

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 2 TO
THURSDAY MAY 9 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.

Foodsmiths

THE GOOD FOOD STORE

ONTARIO FRESH!



Don't miss our

2 DAY SUPER SPECIALS

on page 6



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



SPRING INTO SUMMER WITH THE FOODS YOU LOVE

✓ GREAT SALES, GREAT TIPS
GREAT FOOD!

BLACK RIVER
LEMONADES
1 L ASSORTED



5.49
/ EACH
SAVE \$1



11.99
/ EACH
SAVE \$1

DREAM COME TRUE KITCHEN
LEMON SQUARES
4 PACK MADE LOCALLY



11.99
/ EACH
SAVE \$1

FOODSMITHS
MADE IN STORE FROM OUR
SECRET RECIPE!

**BOWTIE PASTA
SALAD**

PER 100 G

1.99
/ 100 G
SAVE 50¢



BRANDT
**POLISH
HAM**

CUSTOM CUT AT OUR
DELI COUNTER
PER 100 G



1.99
/ 100 G
SAVE 50¢



PATCHWORK GARDENS
**LOCAL
COLESLAW
MIX**
IN OUR PRODUCE 300 G
PRODUCT OF BATTERSEA
ONTARIO



ONTARIO FRESH!



5.48
/ EACH
SAVE \$1.51



✓ MAKE EGG ROLL IN A BOWL, KETO
STYLE, RECIPE ON OUR WEBSITE:
<https://www.foodsmiths.com/blogs/foodsmiths-recipes/egg-roll-in-a-bowl-keto-style>

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

PREMIUM QUALITY FRESH CARA CARA ORANGES
PRODUCT OF USA

JUICY & SWEET

SAVE 51¢
1.98
/ LB

PREMIUM QUALITY FRESH GREEN PEPPERS
PRODUCT OF USA

SAVE 51¢
2.48
/ LB



GOOD FOR YOU!
AND COST EFFECTIVE!

SAVE \$1.01
2.98
/ LB

PREMIUM QUALITY CERTIFIED ORGANIC ORGANIC GRANNY SMITH APPLES
PRODUCT OF USA



SAVE 71¢
2.78
/ LB

PREMIUM QUALITY ONTARIO GROWN ROYAL GALA APPLES
PRODUCT OF ONTARIO



SYLVIA'S 4TH LINE FLORALS
PREMIUM QUALITY
LOCALLY GROWN
PEONY TULIP BUNCH
PRODUCT OF LANARK COUNTY, ONTARIO



SAVE \$1.51
8.48
/ EACH



PREMIUM QUALITY ONTARIO GROWN CARROTS
2 LB BAG
PRODUCT OF ONTARIO



BUY THIS EARN 15 POINTS

EVERYDAY PRICE
3.49
/ EACH



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THIS WEEK'S GARDEN FRESH PRODUCE TOP PICKS

PREMIUM QUALITY
FRESH SNOW PEAS

230 G
PRODUCT OF CHINA

EVERYDAY PRICE

5.99
/ EACH



BUY THIS
EARN
30
POINTS

HERITAGE SEEDS
PREMIUM QUALITY
LOCALLY GROWN
HEIRLOOM SEEDS

PRODUCT OF
WESTPORT, ONTARIO
ASSORTED
(MAY NOT BE
AS SHOWN)

SAVE \$1.58

2/\$5
OR \$2.98 EACH



ONTARIO
FRESH!



✓ FOR GARDENING TIPS
VISIT THEIR SITE:

[HTTPS://WWW.HERITAGESEEDANDPRODUCE.COM/TIPS.SHTML](https://www.heritageSeedandProduce.com/tips.shtml)

PREMIUM QUALITY
FRESH ROSEMARY BUNCH

PRODUCT OF COLOMBIA

SAVE \$1.51

1.98
/ BUNCH EA



PATCHWORK GARDENS

PREMIUM QUALITY
LOCALLY GROWN
CERTIFIED ORGANIC

ORGANIC CANDY BEETS

PRODUCT OF BATTERSEA, ONTARIO

SAVE \$1.01

4.98
/ LB



ONTARIO
FRESH!



PREMIUM QUALITY
CERTIFIED ORGANIC

ORGANIC GARLIC

PRODUCT OF SPAIN

SAVE \$1.62

3/\$4
OR \$1.58 EACH



PREMIUM QUALITY
FRESH THYME BUNCH

PRODUCT OF COLOMBIA

SAVE \$1.01

2.48
/ BUNCH EA



PREMIUM QUALITY
CERTIFIED ORGANIC
FRESH ORGANIC BOILED BEETS

500 G
PRODUCT OF FRANCE

SAVE \$1.51

4.48
/ EACH



PREMIUM QUALITY
CERTIFIED ORGANIC

FRESH ORGANIC AVOCADOS

PRODUCT OF MEXICO

SAVE \$2.98

2/\$9
OR \$4.98 EACH



THIS WEEK'S GARDEN FRESH PRODUCE

PREMIUM QUALITY
FRESH KENT MANGOES
PRODUCT OF MEXICO



SAVE \$1.21

4⁷⁸
/ EACH

PFENNINGS
PREMIUM QUALITY
ONTARIO GROWN
CERTIFIED ORGANIC
RED POTATOES
5 LB BAG
PRODUCT OF ONTARIO



CANADA
ONTARIO FRESH!



SAVE \$1.51

7⁴⁸
/ 5 LB EA

LOVIN' LIFE
PREMIUM QUALITY
CERTIFIED ORGANIC
FRESH ORGANIC 50/50 SALAD MIX
142 G
PRODUCT OF USA



SAVE \$1.51

5⁴⁸
/ EACH

FAVOURITE & FRESH PRODUCE JUST ARRIVED!

PREMIUM QUALITY
HOT JALAPENO PEPPERS
PRODUCT OF SPAIN



EVERYDAY PRICE

9⁹⁹
/ LB

PREMIUM QUALITY
FRESH CILANTRO
PRODUCT OF USA



IT'S
GUAC O'CLOCK!



EVERYDAY PRICE

3⁹⁹
/ BUNCH EA

PFENNINGS
PREMIUM QUALITY
ONTARIO GROWN
CERTIFIED ORGANIC
ORGANIC ONIONS
3 LB BAG
PRODUCT OF ONTARIO



EVERYDAY PRICE

7⁹⁹
/ EACH

DG'S GREENHOUSE
PREMIUM QUALITY
ONTARIO GROWN
FRESH 4" POTTED HERBS
PRODUCT OF ONTARIO



EVERYDAY PRICE

3⁹⁹
/ EACH

2-DAY SUPER SPECIALS

2 DAYS OF BIG SAVINGS!

FRIDAY MAY 3 & SATURDAY MAY 4

IN OUR BULK
DARK CHOCOLATE
ALMONDS

IN OUR BULK
VIRGINIA PEANUTS
SALTED OR UNSALTED



35% OFF
SAVE \$9.77/KG

35% OFF
SAVE \$5.22/KG

CANNANDA
FLAVOURED CB2
ORGANIC
HEMP SEED OIL

240 ML ORANGE CREAMSICLE
OR SWEET GINGER ONLY

Studies show beta-caryophyllene is a powerful and therapeutic anti-inflammatory that helps with pain, sleep, anxiety and overall health.

Does NOT contain THC or CBD.



WOW!
31.99 / EACH
SAVE \$7

DANDIES
PLANT-BASED, VEGAN
MARSHMALLOWS
283 G



WOW!
5.49 / EACH
SAVE \$1.50

TAKE AND BAKE
PEPPERONI PIZZA

16" LARGE
FROZEN PIZZA

SERVING SUGGESTION



WOW!
19.99 / EACH
SAVE \$2



NOBLE BEAN
TEMPEH
240 G



WOW!
4.99 / EACH
SAVE \$2

PREMIUM QUALITY
ONTARIO GROWN
FRESH HANGING
BOSTON FERNS
PRODUCT OF ONTARIO



WOW!
2/\$45
OR \$24.98 EA
SAVE \$10.98



DOUBLE UP!
PERFECT FOR
DOORS,
DECKS, DOCKS
PORCHES,
& MORE!

THIS WEEK'S TOP PICKS!

KRINOS
**BAKED IN STORE
SPINACH OR
CHEESE ROLLS**

IN OUR DELI
PER 100 G

SAVE 20¢
1.69
/ 100 G



FOODSMITHS
**PREVIOUSLY
FROZEN
PORK RIBS**
IN OUR MEAT DEPT
PER 100 G

SAVE 20¢
1.79
/ 100 G

OR \$17.90 KG SAVE \$2

SERVING
SUGGESTION



IN OUR BULK BINS
**RAW SUNFLOWER
SEEDS**



30% OFF

SAVE \$2.97/KG

IN OUR BULK BINS
DRIED CRANBERRIES



30% OFF

SAVE \$5.07/KG

BEYOND MEAT
**PLANT BASED
BEYOND
BURGERS**

226 G 2 PACK **ON MEAT**



**DAIYA
PLANT BASED
SLICES**

220 G



**PERFECT
COMBO!**

SERVING
SUGGESTION

SAVE \$1.50

7.99
/ EACH



SAVE \$1.50

5.99
/ EACH

LIGHTLIFE
**PLANT BASED
SMART DOGS**

340 G 8 DOGS



**EVERYDAY
PRICE**

5.99
/ EACH



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

**BUY THIS
EARN
30
POINTS**

THIS WEEK'S TOP PICKS!

SAVÖR
ORGANIC KETCHUP
375 ML



BUY THIS
EARN
25
POINTS



EVERYDAY PRICE

5.49
/ EACH

FOODSMITHS
CINNAMON ROLLS
4 PACK



SAVE 50¢

5.99
/ EACH

IN OUR BULK BINS
FRUIT JELLY CANDIES



30%
OFF

SAVE \$5.37/KG

NATURE'S PATH
ORGANIC FROZEN WAFFLES
210 G



SAVE \$1

5.99
/ EACH

JOSEPH'S
LOW CARB WRAPS & PITAS
ASSORTED



10%
OFF

IN OUR BULK BINS
PECAN HALVES



30%
OFF

SAVE \$14.37/KG

FOODSMITHS SIGNATURE SANDWICHES

MADE IN STORE ROSEMARY HAM ON A CIABATTA

IN OUR DELI LUNCH COUNTER



SAVE 50¢

5.99
/ EACH

FOODSMITHS SIGNATURE SANDWICHES

MADE IN STORE BUFFALO CHICKEN WRAP

IN OUR DELI LUNCH



SAVE 50¢

5.99
/ EACH

THIS WEEK'S TOP PICKS!

**KUHNE
GOURMET
RELISH**
250 ML

EVERYDAY PRICE

6.49 / EACH

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

BUY THIS
EARN
30 POINTS



NEW IN THE STORE

JUST EGG
**PLANT BASED
JUST EGG**
500 G

IT'S
HERE!
PLANT
BASED
EGG!

EVERYDAY PRICE

10.99 / EACH



NOSSAK
**CORNISH
PASTIE**
IN OUR DELI



SAVE 50¢
4.99 / EACH

GLEN ABBEY BAKERY
CHALLAH BREAD
MADE IN ONTARIO

**THE
BEST BREAD
FOR
FRENCH TOAST!**

RECIPE: BEST-EVER CHALLAH FRENCH TOAST
[HTTPS://WWW.THEKITCHN.COM/
CHALLAH-FRENCH-TOAST-264194](https://www.thekitchn.com/challah-french-toast-264194)

SAVE 50¢
6.99 / EACH



SUNFLOWER KITCHEN
HUMMUS
NON ORGANIC ONLY
227 G

SAVE 50¢
3.99 / EACH



BAKERS SOURCE
**NEW! WHITE
DINNER ROLLS**
IN OUR BAKERY
6 PACK



SAVE 50¢
2.49 / EACH



FRESH DEALS THROUGHOUT THE STORE

LITA'S TORTILLAS

280 G
WHITE OR
WHOLE WHEAT

**COOK AT HOME!
THEY'RE DELICIOUS!**

SAVE \$1

5.99 / EACH



SKOTIDAKIS TZATZIKI DIP

250 G
ASSORTED



EVERYDAY PRICE

5.99 / EACH



**BUY THIS
EARN
30
POINTS**

**DAIYA DAIRY FREE
GLUTEN FREE
FROZEN PIZZA**

359 G - 492 G
FIRE ROASTED
OR SUPREME



SAVE \$3

9.99 / EACH



RISE KOMBUCHA

414 ML
ASSORTED

SAVE \$1.98

2 / \$7



YOGOURMET YOGURT & KEFIR STARTER

18 G

SAVE \$2

5.49 / EACH



**LA CROIX SPARKLING
FLAVOURED
WATER**

8 X 355 ML CANS
ASSORTED



SAVE 50¢

6.99 / EACH



KARTHEIN'S SAUERKRAUT

375 ML
ASSORTED



SAVE \$2

6.99 / EACH



NEW LOWER PRICE!

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

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



**16"
LARGE
PIZZA**
FRESH FROZEN



**PEPPERONI
ON SALE
IN OUR 2-DAY!
FRIDAY NIGHT
EASY MEAL!**

NEW EVERYDAY PRICE

21⁹⁹ - 27⁹⁹
/ EACH / EACH



MIYOKO'S
**PLANT BASED
DAIRY FREE
BUTTER**

227 G
IN OUR DAIRY
COOLER



**BUY THIS
EARN
50
POINTS**

EVERYDAY PRICE

10⁴⁹
/ EACH



NEAL BROS
**ORGANIC
SALSA**

410 ML
ASSORTED



SAVE \$1.50

5⁹⁹
/ EACH

RICE WORKS
RICE CHIPS

155 G ASSORTED



SAVE \$2

5⁹⁹
/ EACH

HOLLANDIA
**CANTENAAR
CHEESE**

PER 100 G



SAVE 40¢

4⁹⁹
/ 100 G

COOMBE CASTLE
RED LEICESTER

PER 100 G



SAVE 50¢

4⁴⁹
/ 100 G

COOMBE CASTLE
**DOUBLE
GLOUCESTER**

200 G



SAVE 70¢

6⁴⁹
/ EACH

FRESH DEALS THROUGHOUT THE STORE

WHOLESOME ORGANIC/NON-GMO FAIR TRADE SUGAR

681 G
TURBINADO
LIGHT BROWN
DARK BROWN



SAVE \$2
8.49
/ EACH

✓ **MAKE SIMPLE PECAN PRALINE COOKIES. FIND THE RECIPE HERE:**
<https://wholesomesweet.com/recipes/pecan-praline-cookies>

PILLER'S PEPPERONI CUPS

100 G
REGULAR OR
HOT



BUY THIS
EARN
30
POINTS

EVERYDAY PRICE
5.99
/ EACH

THE GOOD CRISP POTATO CRISPS

160 G
ASSORTED
GLUTEN FREE



SAVE \$1.50
4.49
/ EACH

IN OUR BULK ILIAS & SONS EXTRA VIRGIN ORGANIC OLIVE OIL

PER 100 G

YOU CAN BRING YOUR OWN CLEAN CONTAINER OR PURCHASE ONE



SAVE 69¢
3.90
/ 100 G

NEW IN THE STORE

IN OUR GROCERY AISLES SPRUCEWOOD HANDMADE SHORTBREAD COOKIES

150 G
MADE IN ONTARIO!



EVERYDAY PRICE
7.99
/ EACH

CLASSIC LEMON ZEST MAPLE CHOCOLATE CHIP
OR KEY LIME

FRESH DEALS IN OUR GROCERY AISLES!

PHOEAPOLIS
EXTRA VIRGIN ORGANIC OLIVE OIL

750 ML



SAVE \$5

19⁹⁹ / EACH

HAIKU
LIGHT COCONUT MILK

398 ML



SAVE 70¢

349 / EACH

FILSINGER'S
ORGANIC APPLE CIDER VINEGAR

945 ML

Aged in wood,
made from
organically grown
apples



SAVE \$2

7⁹⁹ / EACH



IN OUR BULK
ECO MAX
BODY WASH
PER 100 G

YOU CAN BRING
YOUR OWN CLEAN
CONTAINER OR
PURCHASE ONE

SAVE 14¢

85¢ / 100 G

OR \$8.50/KG SAVE \$1.40



CABOO
TREE FREE BATHROOM TISSUE

4 PACK



SAVE \$2

4⁹⁹ / EACH

MADE WITH SOFT &
SUSTAINABLE BAMBOO.
FREE OF CHLORINE BLEACH
AND CHEMICALS.



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, Feedsmiths 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

**ONTARIO GROWN
POTTED
BASIL**

Grows well in containers or the garden.
Basil loves heat, so plant when temps are warm, optimally 20° C.

✓ For more info:
How to Grow Basil Plants
The Old Farmer's Almanac
<https://www.almanac.com/plant/basil>

**4" POT
EVERYDAY PRICE**

\$3.99

EACH

**6" POT
EVERYDAY PRICE**

\$5.99

EACH



**OUR FLAGSHIP, HIGH QUALITY
EXCLUSIVE BRAND...**

HEALTH FIRST

**MADE IN CANADA AND SOLD
EXCLUSIVELY BY HEALTH FIRST
NETWORK MEMBERS TO SUPPORT
HEALTHY CANADIAN COMMUNITIES.**



EVERYDAY PRICE

**\$8.99 -
\$69.99**

**IN OUR BULK
ORGANIC
QUINOA FLAKES**

PER 100 G



\$1.59

PER 100 G

**ONLY BUY
WHAT YOU
NEED!**

**IN OUR BULK
BROWN
FLAX SEEDS**

PER 100 G



99¢

PER 100 G

**ONLY BUY
WHAT YOU
NEED!**



CHOOSE YOUR BEANS

GRIND THEM TO PERFECTION AT OUR COFFEE MILL

ON SALE THIS WEEK

LIFE'S LITTLE MOMENTS

**SOME GIRLS JUST WANT TO HAVE FUN
I JUST WANT TO HAVE COFFEE**

Fluid
Solar Roasted Coffee

**TWISTED SISTERS
LOCALLY ROASTED COFFEE
CITY + ROAST PER 100G**

The women who run the Las Marias coffee co-op not only farm their beans, but wash, process and dry them, ready to ship to Fluid Coffee. These sisters definitely twisted the classic business model, by taking charge of their business and financial well being.

NOTES: Berries, cacao nibs, stone fruit, caramel

399
/ 100G
SAVE \$1



399
/ 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**

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

GOURMET JELLY
BEANS



25% OFF
SAVE \$9.98
PER KG

BERRY PATCH GRANOLA



25% OFF
SAVE \$4.23
PER KG

YOGURT PRETZELS



25% OFF
SAVE \$5.98
PER KG

CRANBERRY CLASSIC
TRAIL MIX



25% OFF
SAVE \$4.48
PER KG

UNBLEACHED ALL
PURPOSE FLOUR



25% OFF
SAVE 98¢
PER KG

CHOCOLATE BANANA
CHIPS



25% OFF
SAVE \$6.48
PER KG

CHOCOLATE
ROSEBUDS



25% OFF
SAVE \$4.48
PER KG

MANGO SLICES



25% OFF
SAVE \$5.48
PER KG

BASMATI RICE



25% OFF
SAVE \$2.48
PER KG

DRIED APRICOTS



25% OFF
SAVE \$6.98
PER KG

CHIA SEEDS



25% OFF
SAVE \$3.98
PER KG

TURKISH DELIGHT



25% OFF
SAVE \$5.73
PER KG

DRIED BLUEBERRIES



25% OFF
SAVE \$10.73
PER KG

CURRY POWDER



25% OFF
SAVE \$7.50
PER KG

WHAT'S NEW in health & beauty

Everyday
\$89.99
EACH



NOW SOLUTIONS

DIFFUSERS

Featuring automatic shut-off and offering up to 7 hours of continuous, whisper-quiet operation, this stylish diffuser with rotating LED lights and faux candle vapor perfectly complements your wellness routine. Suitable for use in bedrooms, living rooms, office spaces, or any area where you desire to cultivate a tranquil and healthful environment.

Everyday
\$37.99
EACH



RELAXUS

LED GLOBES

These Globes enhance the ambience of any space. Energy-efficient illumination that is a little bit romantic, a little bit whimsical, and all-around brilliant.

RELAXUS

WATER FOUNTAINS

Invite tranquility into your home, or office with these unique accent pieces. They each provide the calming cascade of water to give you the relaxation of the outdoors while you are busy indoors.

Everyday
\$18.99
EACH



RELAXUS

NIGHT LIGHT DIFFUSER

Fresh and aromatic mist for your home and well-being, this essential oil night light diffuser helps you sleep with ease.

Everyday
\$37.99
SERENITY



Everyday
\$25.99
ELEPHANT

HEALTHOLOGY

BUILDING A HEALTHIER YOU

BUILDING A HEALTHIER YOU



All Products
ON SALE
20% OFF



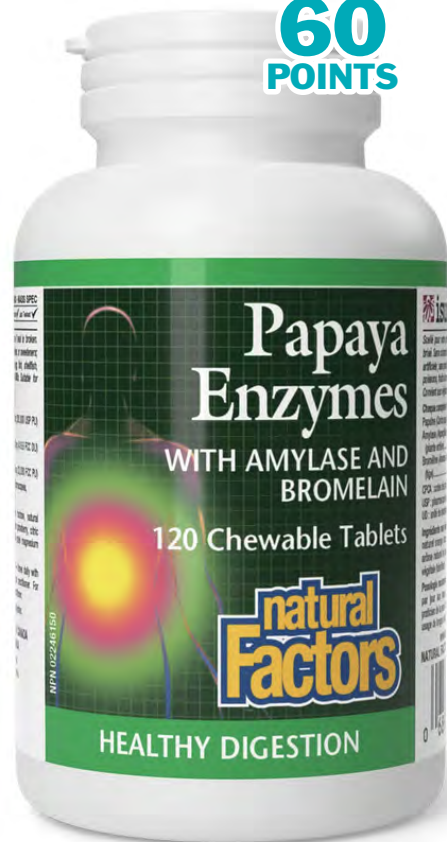
Formulation matters! You want your supplements to do what they say they are going to do and have a real impact on your health. Healthology products are formulated using the latest evidence, research, and clinical information available to create a product that is top of its class. Healthology products 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.



PAPAYA ENZYMES

90 SOFTGELS

Natural Factors Chewable Papaya Enzymes with Amylase and Bromelain are naturally flavoured and help the body in breaking down proteins, fats, and carbohydrates, while improving nutrient absorption. Enzymes help to stimulate the good bacteria in the digestive tract, detoxify and cleanse the colon, and improve digestion



BUY THIS
EARN
60
POINTS

EVERYDAY PRICE

11.99
/ EACH



VITAMIN D

1000 IU
90 TABS

Strong Bones & Teeth; Vitamin D is essential to calcium absorption, preventing bone loss and supporting the development and maintenance of Strong bones and teeth.



BUY THIS
EARN
50
POINTS

EVERYDAY PRICE

9.99
/ 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



ONE BEFORE MEALS

**natural
Factors**

ON SALE

\$25.99

save \$3

**DEGLYCYRRHIZINATED
LICORICE ROOT - DLG
400MG**

180 CHEWABLE TABS

- Protects stomach lining by stimulating mucus formation and secretion
- Helps relieve inflammatory conditions of the gastrointestinal tract
- Helps relieve abdominal pain and burning sensation in the stomach
- Contains no glycyrrhizin

Nothing takes the joy out of a delicious dinner quite like that post-meal feeling. You know the one. You put your fork down and sit back, and suddenly it starts to build. The unmistakable abdominal pain and burning sensation of heartburn and indigestion. Stop that feeling before it starts and get back to enjoying those post-dinner chats with the help of DGL.



Formulated and made in Canada



BOOSTS IMMUNE SYSTEM!

**QUERCETIN WITH
BROMELAIN VEG
CAPSULES**

120 VEG CAPS

ON SALE

\$57.99

save \$5

- Helps relieve the pain of nonbacterial chronic prostatitis
- Supports Healthy Seasonal Immune Function
- Enhanced with Bromelain for improved absorption and activity
- Fast-acting Veg capsule delivery
- Citrus-free
- Vegetarian / Vegan



Quercetin is a naturally occurring bioflavonoid with documented properties that include activity as an antioxidant, and as an anti-inflammatory agent. Enhanced with Bromelain, this product is one of the few remedies that can help relief the pain associate with nonbacterial chronic prostatitis.





ORGANIC TURKEY TAIL

**CERTIFIED ORGANIC
HIGH POTENCY EXTRACT TO HELP SUPPORT
IMMUNE FUNCTION.**

60 VEG CAPS

As science delves more deeply into the fascinating world of fungi, the human benefits of mushrooms are becoming astounding. The fruiting body is the part of the mushroom that grows above ground and is abundant in beta-D-glucans, the powerful medicinal component in mushrooms known for its modulatory impact on immunity.

Turkey tail mushroom is very rich in polysaccharides, making it a fantastic prebiotic support for gut health, digestion and liver health. It helps to support immunity and may help fight infections too – so it could be the next staple in your medicine cabinet during cold and flu season!

Health First Turkey Tail is certified organic and grown sustainably on wood, the natural substrate for mushrooms. It contains 100% fruiting body only and its medicinal components are released via micronization, heat and double liquid extraction for optimal bioavailability.

All Health First mushrooms are 3rd-party tested for beta-D-glucans content to ensure batch-after-batch consistency and efficacy.



ON SALE
\$41.99
save \$11

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





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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