

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, SEP 19 TO
THURSDAY SEP 26 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!



PROUDLY INDEPENDENT
LOCAL & CANADIAN



Don't miss out

2 DAY SUPER SPECIALS

on page 6



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

♥ **LOVE
CANADIAN**

PREMIUM QUALITY
**FRESH, NEW CROP
PAULA RED APPLES**
PER LB PRODUCT OF CANADA

\$1.28
/LB SAVE 41¢

**BRANDT
SAUSAGES**

250 G - 375 G FULLY COOKED



JUST
HEAT
AND
SERVE!

\$6.99
EACH SAVE 50¢

**BRANDT
HONEY MAPLE
HAM**

CUSTOM CUT IN OUR DELI

PER 100 G



\$1.99
/100G SAVE 70¢

**RAVENSFIELD FARM
LOCAL, ORGANIC
GREEN KALE**

BUNCH PRODUCT OF MABERLY, ONTARIO



\$3.68
/EACH SAVE \$1.01

**SUNFLOWER KITCHEN
HUMMUS**

227 G ASSORTED



\$3.99
EACH SAVE 50¢

**IN OUR DELI
MIXED BEAN
SALAD**

PER 100 G



\$1.69
/100G SAVE 30¢

**BRIDOR
BIG FOOT CIABATTA**
LARGE LOAF



\$2.99
EACH SAVE 50¢

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

PREMIUM QUALITY
ONTARIO GROWN
**FRESH BARTLETT
PEARS**
PRODUCT OF ONTARIO



SAVE 71¢

2.28
/ LB

CARLETON
PREMIUM QUALITY
ONTARIO GROWN
**FRESH RED COCKTAIL
TOMATOES**
454 G
PRODUCT OF ONTARIO



BUY THIS
EARN
35
POINTS

EVERYDAY
PRICE

6.99
/ EACH

PREMIUM QUALITY
ONTARIO GROWN
**FRESH CILANTRO
BUNCH**
PRODUCT OF ONTARIO



SAVE 71¢

2.78
/ EACH

PREMIUM QUALITY
LOCALLY GROWN
**FRESH NEW
CROP GALA
APPLES**
PRODUCT OF PICTON,
ONTARIO



SAVE 61¢

1.38
/ EACH

PATCHWORK GARDENS
PREMIUM QUALITY
LOCALLY GROWN
CERTIFIED ORGANIC
**FRESH ORGANIC
HEIRLOOM
TOMATOES**
PRODUCT OF BATTERSEA,
ONTARIO



SAVE \$1.71

5.28
/ LB

PREMIUM QUALITY
ONTARIO GROWN
**FRESH YELLOW
FLESH POTATOES**
PRODUCT OF ONTARIO



SAVE 71¢

1.28
/ LB

THIS WEEK'S GARDEN FRESH PRODUCE TOP PICKS

PREMIUM QUALITY
ONTARIO GROWN
FRESH BLUE GRAPES
500 G
PRODUCT OF ONTARIO



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

BUY THIS
EARN
40
POINTS



EVERYDAY PRICE
7.99
/ EACH

PREMIUM QUALITY
CANADA GROWN
FRESH GREEN LEAF LETTUCE
PRODUCT OF CANADA



SAVE 51¢
1.98
/ EACH

PREMIUM QUALITY
FRESH SMALL RED RUBY GRAPEFRUIT
PRODUCT OF SOUTH AFRICA



SAVE \$1.38
3/\$4
OR \$1.48 EACH

PREMIUM QUALITY
CERTIFIED ORGANIC
FRESH ORGANIC LEMONS
PRODUCT OF SOUTH AFRICA



SAVE \$1.98
3/\$4
OR \$1.48 EACH



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



SAVE 81¢
2.48
/ LB

COOKSTOWN GREENS
PREMIUM QUALITY
ONTARIO GROWN
CERTIFIED ORGANIC
FRESH ORGANIC SEEDLING SALAD



100 G
PRODUCT OF ESSA,
ONTARIO

SAVE \$1.21
7.28
/ EACH



PREMIUM QUALITY
FRESH SPANISH ONIONS
PRODUCT OF USA



SAVE 61¢
1.08
/ LB

THIS WEEK'S GARDEN FRESH PRODUCE

PREMIUM QUALITY
FRESH RED PLUMS
PRODUCT OF USA



SAVE \$1.01
3⁹⁸
/ LB

PREMIUM QUALITY
**FRESH HONEYDEW
MELON**
PRODUCT OF USA/MEXICO



SAVE \$1.51
7⁴⁸
/ EACH

PREMIUM QUALITY
**FRESH SWEET
MINI RAINBOW
PEPPERS**
454 G
PRODUCT OF MEXICO



SAVE \$1.51
5⁴⁸
/ EACH

FRESH, LOCAL & ONTARIO NOW IN STOCK...

Build your meal with healthy fruits and veggies!

SCOTCH LINE FARM
PREMIUM QUALITY
LOCALLY GROWN
FRESH, LOCAL
PIE PUMPKINS
PRODUCT OF PERTH, ONTARIO



EVERYDAY PRICE
3⁴⁹
/ EACH

SCOTCH LINE FARM
PREMIUM QUALITY
LOCALLY GROWN
FRESH, LOCAL
**CELEBRATION
SQUASH**
PRODUCT OF PERTH, ONTARIO



EVERYDAY PRICE
1⁹⁹
/ LB

SCOTCH LINE FARM
PREMIUM QUALITY
LOCALLY GROWN
FRESH, LOCAL
GOURDS
PRODUCT OF PERTH, ONTARIO



EVERYDAY PRICE
2⁹⁹
/ LB

SCOTCH LINE FARM
PREMIUM QUALITY
LOCALLY GROWN
FRESH, LOCAL
**BABY BUTTERNUT
SQUASH**
PRODUCT OF PERTH, ONTARIO



EVERYDAY PRICE
1⁹⁹
/ LB

PATCHWORK GARDENS
PREMIUM QUALITY
LOCALLY GROWN
CERTIFIED ORGANIC
FRESH, LOCAL, ORGANIC
**ORGANIC NAPA
CABBAGE**
PRODUCT OF BATTERSEA, ONTARIO



EVERYDAY PRICE
3⁴⁹
/ LB

2-DAY SUPER SPECIALS

2 DAYS OF BIG SAVINGS!

FROM EVERY DEPARTMENT!

FRIDAY SEP 20 & SATURDAY SEP 21

IN OUR BULK GRIND YOUR OWN PEANUT BUTTER

IN OUR BULK RAW PEPITAS (PUMPKIN SEEDS)

OHANA PROTEIN SHOTS

30 G ASSORTED
Delivers 30g of hydrolyzed protein in just a quick 1-2 second gulp.
Perfect for busy lifestyles!



WOW!
3.99 / EACH
SAVE \$1



35% OFF
SAVE \$3.82/KG

35% OFF
SAVE \$6.62/KG

DREAM COME TRUE SCONES ASSORTED IN OUR BAKERY



WOW!
3.49 / EACH
SAVE UP TO \$1

MCVITIES COOKIES 300 G - 400 G ASSORTED



WOW!
4.49 / EACH
SAVE \$1.50

ROCK HARBOUR COD OR SALMON BURGERS 4 PACK



WOW!
1.899 / EACH
SAVE \$1

PREMIUM QUALITY FRESH BANANAS PRODUCT OF CENTRAL/SOUTH AMERICA



WOW!
1.18 / LB
SAVE 51¢

THIS WEEK'S TOP PICKS!

CHICAGO 58

**LANKY FRANKY
ALL BEEF WIENERS**

450 G



BUY THIS
EARN
50
POINTS

EVERYDAY PRICE

9.99
/ EACH

BARBARA'S
CHEESE PUFFS

155 G - 198 G



SAVE \$1

3.99
/ EACH

IN OUR BULK BINS
**MILK CHOCOLATE
ALMONDS**



30%
OFF

SAVE \$8.97/KG

FOODSMITHS
PIZZA FINGERS
AT OUR DELI COUNTER



SAVE 30¢
1.99
/ EACH

O'DOUGHS
**GLUTEN FREE
FLATBREAD**

405 G PLAIN OR MULTIGRAIN



SAVE \$1
6.99
/ EACH

IN OUR BULK BINS
GOURMET JELLY BEANS



30%
OFF

SAVE \$11.97/KG

**ORDER
YOURS
TODAY!**

FRESH TURKEYS!

**Thinking of a fresh turkey
this Thanksgiving?**

We're offering small (5-7kg), medium (7-9kg), and large size (9-11kg) fresh turkeys by order.

**Please phone our deli
at 613-267-5409,
ext 104, to place
your order by
Friday, Sept 20!**

(Please note: we ask for a \$10 deposit to reserve your turkey.)



THIS WEEK'S TOP PICKS!

MAPLE DALE
MOZZARELLA
400 G BLOCK



**AN EXCELLENT
EVERYDAY
MOZZARELLA
CHEESE!**

EVERYDAY PRICE

9.99
/ EACH



**BUY THIS
EARN
50
POINTS**



ROCK HARBOUR
**BACON
WRAPPED
SCALLOPS**
200 G



SAVE \$1

10.99
/ EACH



IN OUR BULK BINS
THOMPSON RAISINS



**30%
OFF**

SAVE \$4.17/KG

NOBLE BEAN
TEMPEH
240 G



SAVE 50¢
6.49
/ EACH

SKOTIDAKIS
YOGURT
500 G
ASSORTED



SAVE 50¢
5.99
/ EACH

IN OUR BULK BINS
**CORN CHIPS
WITH FLAX**



**30%
OFF**

SAVE \$5.97/KG

LAUGHING COW
**PLANT BASED
HERB & GARLIC
"CHEESE"**

128 G
MADE WITH
ALMONDS



SAVE 80¢
4.99
/ EACH



SUPREME
**PLANT BASED
POTATO & ONION
PIEROGIES**

454 G



SAVE 50¢
5.99
/ EACH



THIS WEEK'S TOP PICKS!

ILIOS
ORGANIC BROTH
946 ML

EVERYDAY PRICE

3.99
/ EACH



BUY THIS
EARN
20
POINTS

ZEVIA
0 SUGAR SODA
SWEETENED WITH STEVIA
6 X 355 ML

SAVE \$2.98

2/\$13



WE'VE GOT YOUR FLAVOUR!

MCLEANS
TUSCANY TURKEY BREAST
CUSTOM CUT IN OUR DELI
PER 100 G

NO NITRATES
NO PRESERVATIVES
NO GLUTEN, DAIRY, SOY
FROM CANADIAN FARMS

SAVE \$1.30

3.99
/ 100 G



KETTLE BRAND
KETTLE CHIPS
198 G
ASSORTED

SAVE 98¢

2/\$8



WE HAVE YOUR FLAVOUR!

BAKER'S SOURCE
BUTTER CROISSANT BUNS
4 PACK

SAVE 50¢

4.99
/ EACH



FRESH DEALS THROUGHOUT THE STORE

CORNER BAKERY
**LOCALLY MADE
DATE SQUARES**
6 PACK

**CUSTOMER
FAVOURITE**

SAVE \$1

11.49
/ EACH



GAY LEA
**14% MF SOUR
CREAM**
500 ML



EVERYDAY PRICE

4.49
/ EACH



BUY THIS
EARN
20
POINTS

GOLDEN STAR
HALLOUMI
250 G

RIVIERA
**CHEVRE
CHEESE**
125 G
ASSORTED

ARLA
**CHEESE
SLICES**
145 G
HAVARTI
MOZZARELLA
MILD CHEDDAR
MARBLE
PROVOLONE
SWISS

SAVE \$1

8.99
/ EACH



SAVE \$1

6.99
/ EACH



SAVE 50¢

7.99
/ EACH



BRIDOR
**ALMOND BUTTER
OR CHOCOLATE
DANISH**
IN OUR BAKERY

SAVE 30¢

2.49
/ EACH



NOW MORE FLAVOURS! GREAT PRICE!

ILIOS
**FROZEN
PIZZA**
330 G - 410 G
IMPORTED
FROM FRANCE

**NEW! SMOKED SALMON
HAM & CHEESE
CHORIZO**

EVERYDAY PRICE

5.49
/ EACH



FRESH DEALS THROUGHOUT THE STORE

OGGI
**GLUTEN FREE
PIZZA CRUST**
500 G



**GLUTEN
FREE**



SAVE \$1
13.99
/ EACH



RICH
**PLAIN
FLATBREAD**
4 PACK



**EVERYDAY
PRICE**
5.99
/ EACH



**BUY THIS
EARN
30
POINTS**

PILLER'S
SALAMI D'AMOUR
PER 100 G
CUSTOM CUT
AT OUR DELI
COUNTER



SAVE 70¢
2.49
/ 100 G



NEW IN THE STORE! LOVE ONTARIO!

HONIGMANN
**BUCKWHEAT
HONEY**
1 KG

PRODUCT OF ONTARIO



EVERYDAY PRICE
18.49
/ EACH



**ONTARIO
FRESH!**

CIRCLE OF LIFE
**GLUTEN FREE
BUENO BARS**
IN OUR BAKERY
260 G



SAVE \$1
9.99
/ EACH



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



SAVE 50¢
4.49
/ EACH



KRINOS
**STUFFED GRAPE
LEAVES**
PER 100 G
AT OUR DELI COUNTER

SAVE 20¢
1.99
/ 100 G



FRESH DEALS THROUGHOUT THE STORE

**LOON
LOCALLY MADE
KOMBUCHA**

355 ML ASSORTED



SAVE 50¢

3.49
/ EACH

**SMART SWEETS
LOW SUGAR
CANDY**

50 G ASSORTED



**BUY THIS
EARN
25
POINTS**

EVERYDAY PRICE

4.69
/ EACH

TO

EVERYDAY PRICE

4.99
/ EACH

**MY BUTCHER
BONE BROTH**

700 ML
BEEF OR CHICKEN



SAVE \$1.50

7.99
/ EACH

**AMY'S
ORGANIC
SOUP**

398 ML
ASSORTED



SAVE \$1

5.49
/ EACH

**SNYDER'S
GLUTEN FREE
PRETZELS**

220 G STICKS
OR MINI



SAVE \$1

6.49
/ EACH

**CARR'S
CRACKERS**

120 G - 150 G
ASSORTED



SAVE \$1

3.49
/ EACH

**ECO MAX
DISHSOAP**

PER 100 G
HYPOALLERGENIC
OR LAVENDER

**IN OUR ECO
FRIENDLY
FILL STATION**



SAVE 6¢

59¢
/ 100 G

**BRING IN
YOUR OWN
CLEAN
CONTAINER
OR PURCHASE
ONE FROM US**

FRESH DEALS THROUGHOUT THE STORE

Omega Nutrition



Organic Coconut Oil

★★★★★ 5 star rating - Excellent

YOUR RECIPES HAVE NEVER TASTED THIS GOOD.

Organic / Kosher / Non-GMO / Aroma Free

Omega Nutrition's Coconut Oil is an aroma free, nutrient-dense oil packed with healthy fats and antioxidants, like lauric acid and medium chain triglycerides. It's a versatile oil that's a great addition to your daily routine whether it's cooking, wellness or cosmetic purposes.



454g save \$2.50	908KG save \$4.50	3.17KG save \$11.00
11⁹⁹ / EACH	18⁹⁹ / EACH	62⁹⁹ / EACH

FROZEN READY TO BAKE

LOCALLY MADE PIZZA!
BAKE AT HOME!

*Pepperoni & Bacon
Meat Lovers
Brock Vegas*



EVERYDAY PRICE
24⁹⁹ - 27⁹⁹
/ EACH / EACH

16" LARGE PIZZA
FRESH FROZEN



OVEN BAKED RECIPES FOR

dogs and cats
made in Canada



The difference is in the baking

REWARD PROGRAM!
Buy 12 bags, get the 13th bag free!

Just keep your receipts!

Oven-Baked Tradition™ cat and dog food is slow-cooked in the oven at low temperatures. This means more fresh meat in the recipe, and ingredients that are easier to digest. 20% denser food, with better integrity of the protein sources and essential vitamins.



FRESH DEALS THROUGHOUT THE STORE

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 30¢

1.69 / EACH



FOODSMITHS SEPTEMBER BYOB CNIB GUIDE DOGS

THIS ONE IS CLOSE TO OUR HEART!

Everyone who would like to have a guide dog should have that opportunity! At CNIB Guide Dogs, they raise, train and match dogs with Canadians who are blind or partially sighted. They also raise their voices to ensure people with sight loss have opportunities to live, work and play without barriers.

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!

DID YOU KNOW?
CNIB Guide Dogs has a *Canine Campus* training facility in Carleton Place!



CNIB.CA

THANK YOU
FOR HELPING SUPPORT THIS IMPORTANT PROGRAM

PRICES IN EFFECT THU SEP 19 - THU SEP 26 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.



CHOOSE YOUR BEANS
GRIND THEM TO PERFECTION
AT OUR COFFEE MILL

ON SALE THIS WEEK

LIFE'S LITTLE MOMENTS

YOU TALKIE A GOOD COFFEE!

EQUATOR
COFFEE ROASTERS

SUMMER SEASONAL BLEND
LOCALLY ROASTED COFFEE
MEDIUM ROAST PER 100G

Nothing says summer like this Congolese, Ethiopian blend! A bright citrusy coffee that has a hint of spice and leaves you dreaming of a beautiful summer day!

TASTING NOTES: BRIGHT, LEMON & BERRIES



399 / 100G
SAVE 50¢



WELCOME TO THE WEEKEND!
FREE COFFEE & TEA
SATURDAY and SUNDAY

FLUID
LOCALLY ROASTED ORGANIC COFFEE

CRANK
ONTARIO ROASTED ORGANIC COFFEE

STASH
ALL NATURAL TEA

CELESTIAL
ALL NATURAL TEA



OUR FRESH BREWED COFFEE OR TEA IS JUST

99¢

(MONDAY TO FRIDAY)

Hungry? Why Wait?

ENJOY A COFFEE OR TEA AND MUFFIN FOR JUST

\$2.99

FOODSMITHS EXPRESS

Meals to Go

SAMOSA FAMILY MEAL DEAL

DINNER FOR FOUR:

ANY CHOICE OF...

2 LARGE DELI SALADS

ANY COMBO OF...

8 SAMOSAS

**8-OUNCE DIPPING
SAUCE**

29⁹⁹



IN OUR DELI

KETO BOWLS!

EGG SALAD KETO BOWL

(SHOWN)

SPINACH, SPROUTS, EGG SALAD,
SWEET PEPPERS & CUCUMBER.

SMOKED MEAT KETO BOWL

SPINACH, SPROUTS, SMOKED MEAT,
SWEET PEPPERS & CUCUMBER, MUSTARD OR MAYO

HAM N' CHEESE KETO BOWL

(SHOWN)

SPINACH, SPROUTS, HAM, CHEESE SLICE,
SWEET PEPPERS & CUCUMBER, MUSTARD OR MAYO

TUNA SALAD KETO BOWL

SPINACH, SPROUTS, TUNA SALAD,
SWEET PEPPERS & CUCUMBER.

ROAST BEEF KETO BOWL

SPINACH, SPROUTS, ROASTED BEEF,
SWEET PEPPERS & CUCUMBER, MUSTARD OR MAYO

ROAST TURKEY KETO BOWL

SPINACH, SPROUTS, ROAST TURKEY
SWEET PEPPERS & CUCUMBER, MUSTARD OR MAYO

SALAMI/CHEESE KETO BOWL

SPINACH, SPROUTS, SALAMI, CHEESE SLICE,
SWEET PEPPERS & CUCUMBER, MUSTARD OR MAYO

VEGGIE PATE BOWL

SPINACH, SPROUTS, FONTAINE SANTE VEGETABLE
PATE, SWEET PEPPERS & CUCUMBER, MUSTARD OR MAYO



**A HEALTHY
CHOICE!**

KETO BOWLS

**(LUNCH IS
SOLVED!)**

**FRESHLY MADE
WITH EVERY
ORDER**

**LARGE ORDER?
CALL AHEAD
613-267-5409**

5⁹⁹

(OUR TUNA BOWL IS 6.99)

FOODSMITHS EXPRESS

Meals to Go

ASSORTED SANDWICHES & WRAPS

FRESHLY MADE IN OUR DELI WITH PRODUCTS FROM OUR STORE!



WE ALSO OFFER GLUTEN FREE CHOICES



HAM, EGG & CHEESE CROISSANDWICH
GREAT FOR BREAKFAST!

5.99

BUFFALO CHICKEN WRAP
MILDLY SPICY

6.49



TOFU CURRY WRAP
VEGETARIAN

6.49



SMOKED MEAT ON A BUN
WITH PICKLE!

6.49



ASSORTED SANDWICHES! AND WRAPS!

6.49



**SAVE IN OUR
BULK BINS!**

**BUY A LITTLE,
SAVE A LOT!!**

**ONLY BUY
WHAT YOU NEED**

YOU CAN BRING YOUR OWN CONTAINER, TOO!

ONE KG = 2.2 LBS

ECO FRIENDLY - LESS WASTE!

PANDA LICORICE



**25%
OFF**

**SAVE
\$6.23
PER KG**

CHIA SEEDS



**25%
OFF**

**SAVE
\$3.98
PER KG**

CHUNKY HEMP GRANOLA



**25%
OFF**

**SAVE
\$4.23
PER KG**

YOGURT RAISINS



**25%
OFF**

**SAVE
\$4.98
PER KG**

PINEAPPLE RINGS



**25%
OFF**

**SAVE
\$5.48
PER KG**

**ORGANIC DARK SPELT
FLOUR**



**25%
OFF**

**SAVE
\$1.98
PER KG**

PECAN HALVES



**25%
OFF**

**SAVE
\$11.98
PER KG**

TAMARI WEEKEND MIX



**25%
OFF**

**SAVE
\$8.23
PER KG**

COCONUT SMILES



**25%
OFF**

**SAVE
\$6.23
PER KG**

PUMPKIN PIE SPICE



**25%
OFF**

**SAVE
\$8.75
PER KG**

WHATS NEW IN Natural Body Care



Sven's Island
Ultra Renewal Moisturizer
For anti-aging and Firmness.
Contains Mamaku extract and
Kanuka Honey.

50ml - \$38.99



Flora
Antacid
Experience fast, natural relief from
heartburn with Flor•Antacid™.

30 & 90 chew - \$12.99 - \$21.99



Tanit
Organic Castor Oil
Extracted from the seeds of the
castor bean plant, great for hair
and nails.

60ml - \$16.59



Tanit
Black Cumin Oil
Extracted from black cumin seeds
and used for centuries. Unique
effects on the skin thanks to 100
beneficial active components
working in synergy.

60ml - \$27.59



NutriPur
Genius
Boosts brain capacities, work
performance and clear thinking for
both adults and teens. Supports
brain functions such as memory
and problem solving capacities.

Assorted Sizes - \$46.99 - \$73.99



Preferred Nutrition
Gummies
New to our store - Gummies.
Lutein, Ashwagandha, Magnesium,
Collagen, Vitamin D3 2500 IU.

Assorted Sizes - \$18.99 - \$39.99

Supplements and NATURAL BODY CARE



ENHANCE YOUR MENTAL AND PHYSICAL ENERGY



THYROPURE
120 vegi caps

ON SALE
\$38.99
save \$5

A vegan and herb-free nutritional formula designed to provide the 5 essential thyroid nutrients in their most bioavailable forms for the maintenance of healthy metabolism: iodine, zinc, copper, selenium and l-tyrosine.



ADAPTAPURE
120 vegi caps

ON SALE
\$34.99
save \$4

A vegan and licorice-free adaptogenic formula that contains standardized extracts of rhodiola rosea and ashwagandha (Sensoril™), along with l-theanine to promote resilience, stamina and relaxation-- without sedation or over-stimulation.



NADH + UBIQUINOL
60 vegi caps

ON SALE
\$57.99
save \$5

This synergistic combination of antioxidants work together as co-enzymes for energy production at the cellular level in the brain and body.



**NADH SLOW RELEASE
20 MG**
60 vegi caps

ON SALE
\$48.99
save \$5

Supply long-lasting energy for the brain with high-dose, stabilized NADH. Each capsule contains one daily dose of NADH for sustained benefits.



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 THU AUG 29 - THU SEP 26 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.

DAILY PREVENTION



ON SALE

\$34.99

save \$2

CRANRICH

180 CAPSULES

Cranberry juice is well studied for its support of urinary tract health.

- Helps prevent recurrent urinary tract infections
- Provides antioxidants for the maintenance of good health
- 36:1 concentration of cranberry



WORKOUT SUPPLEMENT

ON SALE

\$19.99

save \$2

GLYCINE 1,000 MG

AMINO ACIDS

100 CAPSULES

- Workout supplement for athletic support
- Glycine is a non-essential amino acid that has the simplest structure, allowing it to be a building block for numerous proteins
- A precursor of creatine
- Pharmaceutical Grade
- Vegetarian / Vegan



Supplements and NATURAL BODY CARE

HEALTH FIRST

ON SALE

\$61.99

save \$5

OMEGA FIRST DUO DUAL PACK

120 +120 CAPSULES

- A source of omega-3 fatty acids
- Helps support cardiovascular health
- Quality verified by IFOS™
(International Fish Oil Standards)



FREE FROM



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



ON SALE

\$29.99

save \$7

MAGNESIUM POWDER W/GEL SAMPLE LEMON, ORANGE, RASPBERRY, UNFLAVOURED

226 G

Natural Calm is the better-tasting, better-absorbing, best-loved magnesium drink! Magnesium helps to:

- Calm stress & regulate mood
- A deeper, more restful sleep
- Relax muscles
- Supports heart health, metabolism & more



AERYON

WELLNESS



So Hormoniöus

BALANCE HORMONES & MANAGE BLOOD SUGAR
250 G POWDER

ON SALE

\$58.99

save \$8

Beat Bloating, Feel Lighter: Your Water Retention Supplement!

- Supports Healthy Glucose Metabolism
- PCOS Support
- Ovulation Support
- Hormonal Support

So Horminöus is formulated to support healthy glucose metabolism, stabilize menstrual cycle irregularities and relieve PCOS symptoms. This formula also promotes healthy mood balance, maintains immune function, healthy skin and elasticity, plus provides antioxidants.



ANDALOU

NATURALS

TRAVEL SIZE

50 ML

Indulge yourself in the ultimate natural skincare experience and say hello to your best, most radiant complexion.

BUY THIS
EARN
12
POINTS



EVERYDAY PRICE
2.99
/ EACH



moody bee

LUXURY BEESWAX LIP BALM

4.25 G

ALL THE FLAVOURS

All natural hand made lip balm made with beeswax, in the retail store in Kimberley BC. So many flavours to choose from how do you pick just one!

EVERYDAY PRICE

3.99
/ EACH



BUY THIS
EARN
16
POINTS



Salus



**MULTIVITAMIN, IRON + BONUS PACK
VTAMINS FOR THE WHOLE FAMILY**
500ML + 250ML



ON SALE
\$49.99

save \$15

**KINDERVITAL
MULTIVITAMIN
SUPERCHARGE
YOUR KIDS WITH
KINDERVITAL.**

- Provides essential building blocks for healthy muscles, strong bones, and enhanced vision.



ON SALE
\$49.99

save \$10

**FLORADIX LIQUID IRON
VEGETARIAN
FORMULA**

GUARANTEED TO ENERGIZE

- Clinically proven to quickly raise iron levels in the body, thereby restoring energy and well-being.
- Formulated for those with low iron or anemia.
- Easily absorbed, non-constipating formula.



ON SALE
\$49.99

save \$10

**FLORAVIT LIQUID IRON
VEGAN & GLUTEN
FREE**



ON SALE
\$49.99

save \$10

**CALCIUM
MAGNESIUM
HEALTHY BONES &
HEALTHY BODY**

- Needed for strong and healthy bones.
- Easily absorbed liquid formula.