

A PROUD MEMBER OF

HEALTH FIRST

ONE BIG FAMILY. ONE BIG COMMUNITY.



myvita.ca

HEALTH FIRST

WIN WITH HEARTLAND STAR, MICHELLE MORGAN!

Canadian actor, Michelle Morgan, is a mom who prioritizes natural health and wellness options for her real-life family and is choosy about the supplements she gives her kids! She loves our Family First line and is running a back-to-school giveaway of 3 Family First prize packs worth \$150 each!



@michellemorgan

HOW TO ENTER:

- 1. Follow @healthfirstnetwork on Instagram.
2. Comment on Michelle's giveaway post.
3. Tag friends for extra entries!

Contest runs from August 4th to 11th, 2022 and is for Canadian residents only. Michelle will randomly select 3 lucky winners to receive a Family First prize pack valued at \$150 on August 12th, 2022.

NATURAL FACTORS MAGNESIUM BISGLYCINATE PURE 200 MG 250 vegetarian capsules

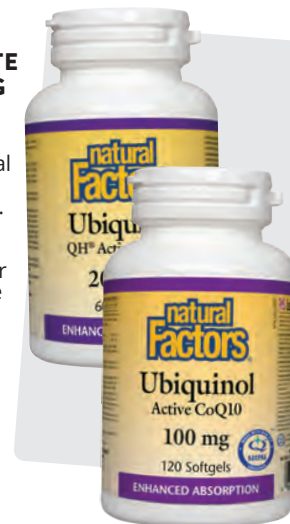


Provides natural relief from muscle cramps. Easy on the stomach, just one capsule per day can restore magnesium levels in the body.



ON SALE! 31.99

NATURAL FACTORS UBIQUINOL ACTIVE COQ10 200 mg 60 softgels or 100 mg 120 softgels



Is the active form of coenzyme Q10 which is naturally produced by our cells and better absorbed. Helps maintain cardiovascular health and offers antioxidant protection.



ON SALE! 65.99



PROGRESSIVE PERFECT PROBIOTIC Assorted varieties and sizes

Is 100% human strain, a better match to your own gut flora meaning better probiotic multiplication and overall health benefits. TRU-ID guarantees every strain listed on the label is found in the product.

ON SALE! 20% off



FLORA FERRITIN+ 30 delayed release vegan capsules

This plant-based ferritin iron is made with organic peas. Just one capsule per day helps maintain healthy iron levels, and supports energy and mental clarity.



ON SALE! 26.99



NOW ZINC PICOLINATE 25 MG 100 vegetarian capsules

Helps to maintain healthy skin and immune function and aids the body in metabolizing carbohydrates, proteins and fats.



ON SALE! 11.49



WOMENSENSE MENOSENSE 210 vegetarian capsules (30 FREE)

Helps relieve the symptoms associated with menopause and peri-menopause.



ON SALE! 35.49

SALE DATES: AUGUST 5 - 21, 2022 • HEALTHFIRST.CA •

A-1

GENUINE HEALTH

Buy one,
get one
50% off!

when you buy a 2 pack of
advanced gut health probiotics
extra strength or women's daily



Supports your digestive,
gut health & immune
health in an **EXTRA
STRENGTH
FORMULA.**

Specially formulated
for a **WOMAN'S GUT,
SKIN AND VAGINAL
HEALTH.**

GENUINEHEALTH.COM
@GENUINEHEALTH



IRON VEGAN™ PROTEINS
Assorted varieties and sizes -
1 - 2.5 kg

Made with organic and vegan
proteins. Fuel your body,
accelerate recovery and build
lean muscle!



ON SALE!
59⁹⁹



NOW KIDS™
60 - 59 ml

Vitamin D-3 helps
in the development
and maintenance of
bones and teeth.
Liquid Echinacea
helps relieve
symptoms of upper
respiratory tract
infections.



VITAMIN D-3

9⁹⁹

ECHINACEA

15⁹⁹



NUTRASEA®
KIDS™ OMEGA-3
Assorted varieties
and sizes

A great tasting,
ultra-pure liquid
omega-3 specially
formulated for
kids. **ADHD** may
help to reduce
symptoms
associated with
attention deficit
hyperactivity
disorder (ADHD)
in school-age
children.

ON SALE!

15%^{off}



WHOLE EARTH & SEA®
**FERMENTED ORGANIC
GREENS**

Assorted flavours - 390 - 438 g

Each serving contains 6 g of
the cleanest possible plant-
based vegan proteins, 3 mg
of iron, and over 50 mg of
vitamin C.



ON SALE!

53⁹⁹



HEALTHOLOGY
STRESS-FX
60 vegetable
capsules

Improves mental
clarity, anxiety, and
memory, helping
us to recover
quickly from the
physical and
mental stressors of
daily life.



ON SALE!

33⁹⁹



NEW CHAPTER®
SUPPLEMENTS
Select varieties
and sizes

Are committed to
ingredients you
can trust - like
organic fruits,
vegetables, herbs
and grains - and
to avoid genetically
modified organisms
whenever possible.



ON SALE!

25%^{off}



**PRAIRIE NATURALS® LIQUID & IONIC
SOLUTIONS**

Select varieties - 500 ml each

Ensure optimal absorption
with these simple to
take liquid supplements.
Experience the noticeable
improvement to your overall
health, energy and well-being!



ON SALE!

15%^{off}



PURICA®
RECOVERY®
**EXTRA
STRENGTH**
360 vegan capsules

Targets the root
cause of pain and
provides effective
and sustained
relief. Lessen pain,
relax stiffness and
regain mobility!



ON SALE!

59⁹⁹



NEW ROOTS
**HERBAL WILD
OMEGA 3**
Assorted varieties
and sizes

Helps improve
cognitive
function, supports
heart health
and reduces
inflammation.



ON SALE!

20%^{off}



CANPREV™ PRO-BIOTIK™
Assorted varieties - 30 tablets or
30 vegetable capsules

A line of probiotics with
formulas suitable for all life
stages, from infant to adult.



ON SALE!

10%^{off}

HEALTH
FIRST

GROCERY CORNER



RISE KOMBUCHA

Assorted varieties -
1 L or Botanicals 414 ml

A delicious, sparkling beverage that is raw, unpasteurized and contains health benefitting bacteria.



1 L
7⁹⁹
414 ML
3/\$10



FILSINGER'S ORGANIC APPLE CIDER VINEGAR

945 ml

Made with Ontario grown, certified organic apples then aged in oak without any additives or preservatives.



ON SALE!
6⁹⁹



NATURE'S PATH® ECO PAC® CEREALS

Assorted varieties 650 - 907 g

Great-tasting, naturally sweetened cereals that are perfect for the whole family!



ON SALE!
9⁹⁹



KETTLE® BRAND POTATO CHIPS

Assorted varieties - 142 - 220 g

Cooked to perfection in the finest oils, and then gently seasoned with all natural ingredients.



ON SALE!
2/\$7



NOW® SWEETENERS

Assorted varieties and sizes

A wonderfully sweet way to avoid sugar and all of its calories and an ideal replacement for refined cane sugar in all your favourite recipes.



ON SALE!
20% off



ZEVIA® ZERO CALORIE SODA

Assorted varieties - 6 x 355 ml

A healthier option for a refreshing, bubbly drink to replace all your favourites!



ON SALE!
2/\$11



Hazelnut No-Churn Ice Cream

SERVES 8-10

Ingredients

- 2 cups 35% whipping cream (heavy cream)
- 1 cup sweetened condensed milk
- ½ cup *Nuts to You Organic Hazelnut Butter* (*Nuts to You Organic Almond Hazelnut Butter* would be a good substitute)
- ¼ cup cocoa powder
- Pinch of salt

ORGANIC HAZELNUT BUTTER

12⁹⁹
365 g



Nuts to You Nut Butter Inc.
Canadian made since 1989 / Fabriqué au Canada depuis 1989



Instructions

1. A metal loaf pan is the perfect size container for the ice cream, but a large glass or plastic container also works. Line with parchment paper, if desired.
2. Whip the heavy cream with a hand or stand mixer until stiff peaks form. Gently fold in the sweetened condensed milk until smooth.
3. Pour half the cream mixture into another bowl and add the Hazelnut Butter, cocoa and salt. Mix until combined.
4. Pour contents of the bowl back into the cream mixture and fold a few times to create a marbled effect. Pour the mixture into container. Freeze for 6 hours or overnight.
5. Cover with a lid or beeswax wrap to store.

FROZEN FOODS



CAULIPOWER® MEAT PIZZAS

Assorted varieties - 310 - 327 g

Frozen pizza reinvented with a game-changing cauliflower crust that tastes like traditional thin crust pizza.



ON SALE!

10⁷⁹



WHOLLY VEGGIE™ VEGAN CAULIFLOWER WINGS

Assorted varieties - 375 g

Lightly coated in a gluten-free panko crust which gives the cauliflower a unique, crunchy bite. Pair with the included sauce, these cauliflower wings are the perfect after work snack or appetizer!



ON SALE!

5⁷⁹



HILARY'S™ VEGGIE BURGERS

Assorted varieties - 182 g

Made with whole grain millet, vegetables and spices resulting in a hearty, delicious burger alternative!



ON SALE!

4⁹⁹



UDI'S® HAMBURGER BUNS

Assorted varieties - 295 - 308 g

Accompany your much-loved ingredients, be it a classic or plant-based burger or a savoury deli-sandwich.



ON SALE!

4⁷⁹



WILDBRINE® KIMCHI OR SAUERKRAUT

Assorted varieties - 500 - 624 ml

Provides a twist on traditional kimchi and sauerkraut. Explore the unique Asian-inspired flavours.



ON SALE!

7⁹⁹



CROFTER'S PREMIUM SPREADS
Assorted varieties - 383 ml

Every jar has one-third less cane sugar than alternative preserves which means you taste more lip-smacking fruit juiciness and less plain sugar.



ON SALE!

5⁴⁹



ENJOY LIFE® COOKIES
Assorted varieties - 170 - 179 g

Loaded with enough flavour to fool anyone into thinking they're homemade - even Mom!



ON SALE!

4⁹⁹



CABOO® BAMBOO BATH TISSUE
12 double rolls

Bathroom tissue made from 100% bamboo and sugarcane pulp. With the strength of bamboo and the softness of sugarcane, Caboo is the sustainable alternative to tree-based products. Septic safe, fragrance and chlorine free.



ON SALE!

10⁹⁹



HERBAMARE® HERBED SEA SALT
Assorted varieties - 250 g

A great replacement for conventional table salt. Free from artificial flavours and preservatives.



ON SALE!

5⁹⁹



MAISON ORPHÉE ORGANIC EXTRA VIRGIN OLIVE OIL
750 ml

So light it can be used as a garnish or for cooking. Its fresh and herbaceous aroma is delicious on and in everything.



ON SALE!

17⁴⁹



FELICETTI PASTA
Assorted varieties - 500 g

Combines outstanding organic ingredients - quality wheat, spring water and the purest air of the Dolomites

ON SALE!

2⁹⁹



SCHÄR ARTISAN BAKER BREAD
Assorted varieties - 385 - 400 g

Made without the use of preservatives, using healthy whole ingredients. The taste and texture of this bread will amaze you!



ON SALE!

6⁴⁹



LÄRABAR® FRUIT AND NUT ENERGY BARS
Assorted varieties - 45 - 48 g

A delicious blend of unsweetened fruits, nuts and spices that are vegan and soy-free.



ON SALE!

1⁷⁹



GIDDY YO™ SPIRULINA OR GIDDY YO™ CHLORELLA POWDER
150 g or 180 g

Highly nutritious and alkalizing. An excellent source of antioxidants, vitamins and minerals.



SPIRULINA

26⁹⁹

CHLORELLA

29⁹⁹



STASH PREMIUM TEAS
Assorted varieties - 18 or 20 Ct

Take your taste buds on a trip around the world with unique blends of leaves for any occasion.



ON SALE!

2/\$9



**BLUE DIAMOND®
ALMOND BREEZE®**
Assorted varieties - 946 ml

A non-dairy solution that is delicious in everything, from cereals and smoothies to cooking and baking. Creamy and smooth with just a hint of almond taste and half the calories of milk.



ON SALE!
2/\$5



SMART SWEETS™
Assorted varieties - 50 g

A healthier substitute for your favourite sugary treats! Free from sugar alcohols, artificial sweeteners and added sugars.



ON SALE!
2/\$7



CHIMES™ GINGER CHEWS
Assorted varieties - 142 g

Free from artificial flavours, colours and preservatives. Made with real Java ginger!



ON SALE!
3/79



**SEASNAX™ ORIGINAL
ROASTED SEAWEED
SNACK**
Assorted varieties - 5 g

A healthier alternative to chips that satisfies your cravings in-between meals.



ON SALE!
2/\$3

MADEGOOD®

Trust in something good.

Delicious snacks for every occasion Des collations délicieuses pour chaque occasion

Organic • Nut Free • Gluten Free
Contains nutrients from vegetables

Biologique • Sans Noix • Sans gluten
Contient des nutriments provenant des légumes



Assorted varieties and sizes
\$3.99



madegoodfoods.ca

Buy One, Get One
50% OFF!



MIX & MATCH

SMARTY PANTS MULTI GUMMIES
Assorted varieties and sizes



Essential vitamins and nutrients to support everyday good health – all in one easy and delicious serving.



SISU ESTER-C® 1000 MG
120 + 120 tablets

Is an easy-to-digest, non-acidic form of vitamin C that stays in the body for a full 24 hours, for around-the-clock immune system support.



ON SALE!

49⁹⁹

BEAUTY BOUTIQUE

ROUTINE. NATURAL DEODORANT
Assorted varieties - 58 g

An effective, natural deodorant using only clean, wholesome ingredients.



ON SALE!

25⁹⁹



REDMOND SILVER EARTH PASTE®
Assorted varieties - 113 g

New and improved formula with Nanosilver! No foaming agents, colouring, glycerin or fluoride.

ON SALE!

8⁹⁹



THAYERS® TONERS
Assorted varieties - 237 - 355 ml

Cleanses and tones. Leaves you feeling refreshed while soothing skin and tightening pores.

ON SALE!

12⁹⁹



PRAIRIE NATURALS® SHAMPOOS OR CONDITIONERS
Assorted varieties - 350 - 500 ml

Made from herbal extracts and natural plant emollients.



ON SALE!

10⁹⁹

HEALTH FIRST®

BACK TO SCHOOL BLITZ!

Preparing your kids and teens for a new school year is no longer just about binders, books and new shoes! It's never been more important to give them the building blocks for a healthy body and mind all year long.



FAMILY FIRST
One product for the whole family. Parents just got (a little) less busy.

- ✦ Dosing for everyone in the family
- ✦ Highly absorbable nutrients for kids and grownups alike
- ✦ Made in Canada in sustainable packaging
- ✦ Clean ingredients and sweeteners
- ✦ Free from GMOs, common allergens and anything artificial
- ✦ A little healthy fun for kids and the whole family!

HEALTH FIRST®

The Health First and Family First lines of fine natural health supplements are exclusive to Health First Member Stores, your community destination for natural health and wellness.

HEALTH FIRST® CAL MAG PLUS K2 SUPREME
450 ml

Features plant-sourced Aquamin™ calcium from the Icelandic red algae that helps to remineralize bone cells. Added vitamin K2 aids in absorption.



ON SALE!

25⁴⁹



HEALTH FIRST® TEA TREE OIL
50 ml

Is a 100% pure essential oil from Australia. Helps treat acne and is a natural antifungal and antimicrobial with a wide variety of beneficial uses.



ON SALE!

16⁹⁹



HEALTH FIRST® CURCUMIN SUPREME EXTRA STRENGTH
120 vegetable capsules

Contains Meriva®, a highly bioavailable curcumin clinically proven to help relieve joint pain and inflammation.



ON SALE!

69⁹⁹



HEALTH FIRST® JOINTS FIRST
500 ml

Contains a blend of glucosamine, collagen and herbs to help relieve pain and maintain joint health.



ON SALE!

28⁴⁹



GARDEN OF LIFE® GRASS FED COLLAGEN
270 - 560 g

Fortify your hair, skin and nails and support your joints with these clean and convenient collagen powders.

GMOS GLUTEN
35⁴⁹
BEAUTY
44⁴⁹
PEPTIDES



SALUS FLORADIX KINDERVITAL®
500 ml

A liquid multivitamin for children that builds healthy muscles, strong bones, enhances vision, and boosts immunity. Tastes great and is easily absorbed.

VEGAN GMOS GLUTEN
39⁹⁹
ON SALE!

Vitamin K2

Your Calcium "Guide"

Vitamins K and D work well together! These two fat-soluble vitamins interact with calcium to guide it to where it's needed the most – this helps in the normal development and maintenance of bones and teeth, increases calcium absorption, inhibits the calcification of arteries and soft tissue, and supports healthy immune system function.



20⁹⁹

120 softgels

Provides double-action support for **BONE** and **VASCULAR HEALTH**

19⁹⁹

120 vcaps



Helps in the normal development and maintenance of **BONES** and **TEETH**



Ideal to use alongside calcium and vitamin D supplementation

31⁹⁹

360 vcaps



HEALTH FIRST® FAMILY FIRST TEEN B
120 vegetable capsules

Methylated B vitamins to support teens' skin health, immunity, energy, and well-being.

VEGAN GMOS GLUTEN
37⁹⁹
ON SALE!



PROGRESSIVE® MUSHROOM COMPLEX
90 vegetable capsules

Is comprised of a blend of 7 whole mushroom powders, providing immune and antioxidant support to the body.

GLUTEN
34⁹⁹
ON SALE!



NATURAL CALM®
Assorted powders - 452 g or 226 g

Is the solution to both restoring a healthy magnesium level and balancing your calcium intake—the result of which is natural stress relief.

VEGAN GMOS GLUTEN
39⁹⁹
452 G
24⁹⁹
226 G



VEGA SPORT®
Assorted varieties of Vega Sport® product

Offers a line of supplements to help take your fitness to the next level. Recharge and repair so you can do it all over again!

VEGAN GMOS GLUTEN
15% off
ON SALE!

HEALTH FIRST

SUPPORT THE HEALTH OF OUR TEENS

Check out this month's **Teen Health Quick Guide** for tips from speaker, poet and youth advocate, Wali Shah, on stress management for teens as they head back to a new school year.

SCAN HERE!

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FRESH MARKET | **myvita.ca**
204-984-9599

- 1) **GARDEN CITY**
20 - 2188 McPhillips St.
204-984-9555
 - 2) **KILDONAN CROSSING**
710 - 1615 Regent Ave. West
204-984-9553
 - 3) **WESTWOOD**
3500 Portage Ave.
204-984-9559
 - 4) **TUXEDO PARK**
180 - 2025 Corydon Ave.
204-984-9552
 - 5) **OSBORNE VILLAGE**
1 - 166 Osborne St.
204-984-9551
 - 6) **ST. VITAL SQUARE**
19 - 845 Dakota St.
204-984-9554
 - 7) **LINDEN RIDGE**
1751 Kenaston Blvd.
204-984-9558
- NOW OPEN!**



HEALTH FIRST

* Not all products shown are available at all Health First Network stores