



WELCOME!

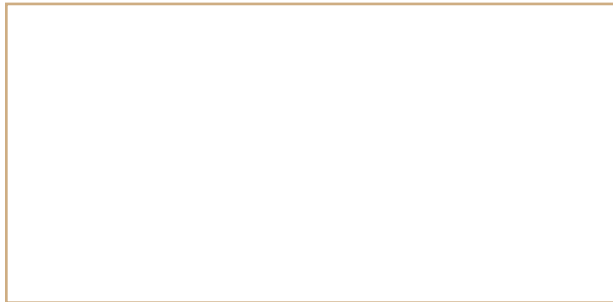


WHEN YOU SHOP HEALTH FIRST, YOU SHOP YOUR COMMUNITY AND YOUR VALUES.



94001

We are a proud member of Health First Network and community destination for natural health and wellness. Our store offers a trusted place for education, advice, and effective natural health solutions, including our exclusive line of Health First® brand products. Come in and let's talk!



EVERYDAY ESSENTIALS



SIGH. SO MANY SUPPLEMENTS... SO LITTLE TIME.

Overwhelmed by the multitude of supplements out there? Not to mention recommendations from friends, family and your yoga instructor... choosing the right supplement can be confusing!

The key to health today is prevention – no one wants to end up sick! There are certain vitamins, minerals and fats we need more of when we're not eating right, when we're stressed, and when we're not getting enough sunshine!



- ✔ MULTIVITAMINS
- ✔ MAGNESIUM
- ✔ OMEGA-3
- ✔ VITAMIN D

Making an educated choice about which supplement works best for you and your lifestyle is a step in the right direction. Look inside to find Health First products that will give you that ounce of prevention!



MULTI ONE DAILY SUPREME

One-a-day multi with Aquamin™ magnesium and calcium, Ferrochel® iron and key plant phytonutrients.

Your micronutrient insurance policy, ensuring all your needs are met!



You're busy, but you also want to be healthy. So if you're looking for a multivitamin, chances are you want to get the most nutrients possible out of a one-a-day pill. We get that. And we know that multivitamins should be easy on your stomach and easy to absorb.

Health First's Multi One Daily 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. Our iron is a patented Ferrochel® bisglycinate that's absorbable and gentle on your stomach. Super antioxidants like quercetin and green tea are added to this well-rounded, all-in-one formula.

FREE FROM



MAGNESIUM SUPREME

Contains chelated magnesium glycinate, a gentle form of magnesium essential for health.

If you get your daily dose of stress, your magnesium stores can become depleted. A daily dose of magnesium will help you cope!



Stressed? We bet you are! Did you know that a constant state of stress leaves your body needing more magnesium to cope? You may not even know whether you're deficient, since signs that you're missing the mark are vague and include headaches, muscle spasms, difficulty sleeping, and even, *ahem*, body odour.

Health First Magnesium Supreme contains a superior dose of chelated magnesium glycinate, one of the most bioavailable forms of magnesium on the market. Since magnesium fuels 300 bodily processes every day, it's essential for keeping things humming! Try taking it at bedtime to relax your muscles and improve your sleep.

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OMEGA FIRST FISH OILS

IFOS® certified with a consistent 5-star rating. Contain wild-caught, small fish species that are always sustainably harvested.

We have soft gels, enteric-coated soft gels and flavoured liquids to suit your every taste.



By now you've probably heard the term "good fats" praised by health gurus everywhere. Omega-3 fatty acids are part of this good fat group and they are beneficial to your cardiovascular, brain, skin, and joint health. The curveball? Our bodies cannot produce Omega-3s on their own - we must consume them!

Luckily your coworkers don't have to endure the re-heating of your latest catch in the lunchroom every day! **Health First Omega First** fish oils contain wild caught, sustainably harvested, small fish species including anchovies, sardines and mackerel. And they're molecularly distilled, stabilized with natural vitamin E and naturally flavoured too!

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VITAMIN D3

Available in a liquid, capsules and yummy chewable tablets.

With our long winters and dark days, we don't get enough vitamin D from the sun to adequately support our immune systems.



Ever notice you feel healthier in the summer? That's because sunshine gives you plenty of vitamin D! During our darker winter days, Canadians often become deficient in vitamin D, which is not a good thing because it's essential for mood as well as bone, immune and hormone health.

No matter your age, it's never been easier to obtain adequate levels of Vitamin D. Health First offers convenient ways to take the "Sunshine Vitamin" in liquid, tablet, soft gel, and even chewable form. Our **Vitamin D Supreme** features Bioperine® and red bioflavonoids for enhanced bioavailability and superior action in the body.

FREE FROM

