

Nature Spirit Earth Market

250-247-0210

#3-480 North Rd

Gabriola Island, BC

Gabriola's Natural Health & Conscious Living Store

Proudly independent and Family owned

Friendly staff to serve you - Open 7 days a week

naturespiritearthmarket.com



HEALTH
FIRST

One Big
Family.
One Big
Community.



Holiday Specials '24



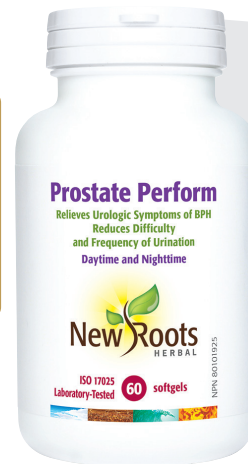
HEALTH FIRST® VISION SUPREME

Support eye health with a potent antioxidant formula designed to meet the renowned AREDS2 eye study. Vitamins C and E, zinc, copper, zeaxanthin and lutein are blended with antioxidant rich goji berries and bilberry to help maintain eyesight, slow the progression of macular degeneration and reduce the risk of cataracts.



100 VEG CAPS
37⁹⁹

50 VEG CAPS
20⁹⁹



NEW ROOTS HERBAL PROSTATE PERFORM

Helps relieve symptoms of benign prostatic hyperplasia (BPH), including urgency and frequency of urination, inconsistent stream, and straining to urinate.



ON SALE!
81⁹⁹

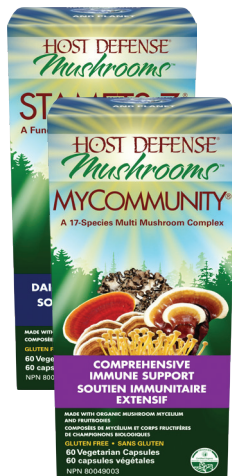


BIOFIL™ 120 vegetarian capsules

Nourish your skin, reduce fine lines and wrinkles, and thicken and strengthen your hair and nails.



ON SALE!
62⁹⁹

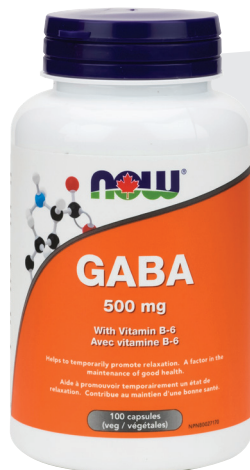


HOST DEFENSE® MUSHROOMS

Certified organic medicinal mushrooms formulated and grown by world-renowned mycologist Paul Stamets.



ON SALE!
10% off



NOW® GABA 500 MG WITH VITAMIN B-6

Works synergistically to help temporarily promote relaxation and support mood.



ON SALE!
15⁹⁹



CANPREV™ SYNERGY B

An innovative vitamin B complex that delivers the full spectrum of B vitamins in their preferred forms, plus 200 mg of L-Theanine daily.



ON SALE!
26⁹⁹



NATURAL FACTORS® N-ACETYL- L-CYSTEINE (NAC) 600 MG

Replenishes depleted glutathione stores. Give your body the antioxidant support it needs with NAC!



ON SALE!
27⁹⁹

• SALE DATES: NOVEMBER 1 - 16, 2024 • HEALTHFIRST.CA •

VIEW OUR FLYER ON *flipp* A-1



**NUTRASEA®
OMEGA-3 OR
NUTRASEA+D™**
Lemon Flavour -
500 ml or 150 softgels

Ultra-pure omega-3 for the maintenance of good health, cardiovascular health and cognitive and brain function.

500 ML
57⁹⁹
150 SOFTGELS
59⁹⁹



**SMART SOLUTIONS™
ACTIVECOLLAGEN+™**
120 vegetarian capsules

Contains hydrolyzed wild fish collagen and elastin polypeptides. It is clinically-proven to reduce the number and depth of deep wrinkles by 20% in 28 days, while improving skin's elasticity and moisture.

ON SALE!
48⁹⁹



NATURAL CALM®
Assorted flavours -
452 g

The solution to both restoring a healthy magnesium level and balancing your calcium intake, providing natural stress relief.

ON SALE!
48⁹⁹



**SURO® ORGANIC
ELDERBERRY
SYRUP**
236 ml

Fights cold, cough and sore throat.

ON SALE!
22⁹⁹



BOIRON® OSCILLOCCINUM®
30 or 12 doses

Reduces the duration of flu-like symptoms such as body aches, headaches, fever, and chills. It does not cause drowsiness.

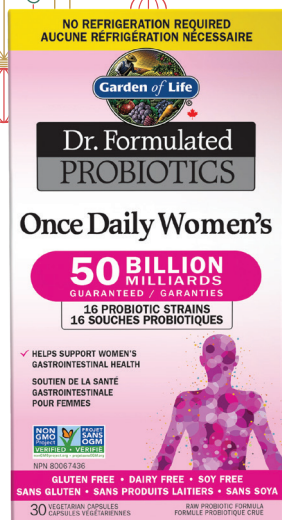
30 DOSES
34⁹⁹
12 DOSES
19⁹⁹



**SISU ESTER-C®
SUPREME**
210 veg caps

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!
68⁹⁹



**GARDEN OF LIFE®
DR. FORMULATED
PROBIOTICS
ONCE DAILY
WOMEN'S**
30 vegetarian capsules

Helps support women's gastrointestinal health with 16 probiotic strains and 50 billion CFU per capsule.

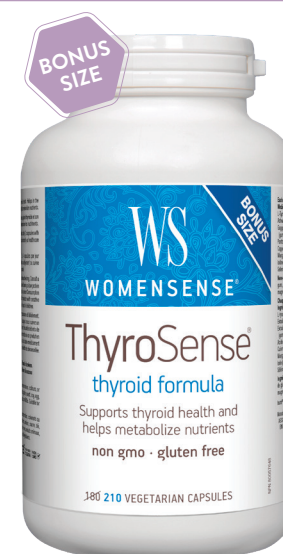
ON SALE!
40⁹⁹



**PROGRESSIVE®
MULTIVITAMIN
FOR ACTIVE
WOMEN OR
WOMEN 50+
120 vegetable
capsules each**

A complex of supporting nutrients designed for women's active lifestyles and the unique needs of those over 50. Men's formulas also on sale!

ON SALE!
40⁹⁹



**WOMENSENSE®
THYROSENSE®**
210 vegetarian
capsules (30 FREE)

Supports thyroid health and helps with weight management, fatigue and thinning hair.

ON SALE!
43⁹⁹





**HEALTH
FIRST**

One Big
Family.
One Big
Community.



FEEL YOUR BEST THIS FESTIVE SEASON

Stay vibrant and energized this holiday season with Health First. Whether it's ashwagandha to ease holiday stress, B vitamins for energy, aloe vera juice to support digestion, or chromium to help manage blood sugar levels, we've got the essentials to keep you feeling your best during the festivities!



ASHWAGANDHA SUPREME

180 vegetable capsules

Made with KSM-66® ashwagandha, a certified organic, concentrated, root-only extract that is the most researched ashwagandha on the market. Shown to help increase energy, support a healthy stress response, improve sleep quality, and assist with post-workout muscle recovery.

NEW SIZE!
49⁹⁹



B100 COMPLEX SUPREME

120 vegetable capsules

Prevent B vitamin deficiencies with our comprehensive B complex. Featuring 100 mg of core B vitamins, the popular adaptogen maca root, as well as 400 mcg of biotin, 1,000 mcg of folate and 100 mcg of methylated B12.

ON SALE!
32⁹⁹



ALOE VERA JUICE

500 ml - Unflavoured
or pomegranate

Add a digestive tonic like aloe vera juice to your holiday routine to help soothe inflammation of the intestinal tract and provide antioxidants. Our certified organic, cold-processed inner fillet aloe vera can even be added to your signature holiday cocktails!

ON SALE!
9⁹⁹



GTF CHROMIUM

90 vegetable capsules

The mineral chromium is well-known for glucose metabolism support. Our formula uses the patented and highly bioavailable Chromium Chelavite® along with cinnamon extract to support healthy blood sugar and carbohydrate metabolism.

ON SALE!
11⁹⁹

HEALTH FIRST PRODUCTS ARE SOLD EXCLUSIVELY AT HEALTH FIRST MEMBER STORES LIKE OURS! 🍁



NATURAL GIFTS FOR HEALTH AND WELLNESS

Give the gift of wellness this holiday season with Health First natural health essentials. From immune support and bone health to delicious chewable vitamins for the whole family, we've got stocking stuffers that nourish, delight, and keep your loved ones healthy all season long!

1. COLD DEFENSE SUPREME

33 vegetable capsules

Help relieve cold symptoms with a blend of traditional Chinese herbs and adaptogens, including ginseng, andrographis and astragalus, along with fang feng and huo xiang. Our non-drowsy formula is suitable for everyone aged 12 and up. Try it for one cold, love it for all!

2. VITAMIN D3

500 gelcaps

This seasonal staple helps support your immune system and prevents vitamin D deficiency when taken daily. Each gelcap provides you with 1000 IU of cholecalciferol, the natural form of vitamin D made in your skin, in a base of certified organic olive oil.

3. FAMILY FIRST VITAMIN C

150 chewable tablets

Best known to help support immune health, vitamin C is also essential for collagen formation and helps build healthier bones, skin and teeth. Our chewable tablets contain 400 mg of buffered vitamin C which is gentler on the stomach and oral cavity.

4. FAMILY FIRST ZINC PLUS COPPER

150 chewable tablets

Zinc is another key nutrient for supporting healthy immune function. It also helps maintain healthy skin, hair and nails. Our chewable tablets feature highly absorbable zinc citrate in a balanced ratio with copper to help prevent copper deficiency.

5. FAMILY FIRST MULTI

120 chewable tablets

Features highly absorbable forms of vitamins and minerals, including active B vitamins, buffered vitamin C and plant-sourced calcium and magnesium with real fruit and vegetable extracts. Give the gift of a high quality multi to every member of the family!



14.99

9.99



2



4

21.99



26.99

3

5

23.99





HOLIDAY PUMPKIN SPICE SMOOTHIE

Recipe adapted from @juliedaniluk

Cozy up with this festive smoothie, filled with warm spices and seasonal flavours—ideal for chilly mornings! Loaded with gut-friendly ingredients, plus maca to support mood, curcumin to ease inflammation, lion's mane for cognitive support, and vitamin D3 for immune health, this nourishing smoothie is a delicious way to support your health during the holidays.

INGREDIENTS:

- ½ cup applesauce
- ¼ cup pumpkin puree
- ¾ cup coconut milk, heated
- 2 ½ tsp chia seeds
- 1 tsp pure vanilla extract
- 1 tsp cinnamon
- 1 capsule **Health First® Maca**
- 1 capsule **Health First® Curcumin Supreme Extra Strength**
- 1 capsule **Health First® Lion's Mane**
- 1 drop **Health First® Vitamin D3 1000 IU or 2500 IU** (your choice!)
- Pinch of sea salt

METHOD:

1. Combine ingredients in a blender and blend on high speed.
2. Open the Health First capsules, add contents, and discard casings.
3. Add 1 drop of Health First liquid Vitamin D3.
4. Blend on high speed until the mixture is smooth and creamy.
5. Pour into a glass and serve warm. Enjoy!

1. **MACA** 180 vegetable capsules **\$29.99**
2. **CURCUMIN SUPREME EXTRA STRENGTH** 120 vegetable capsules **\$69.99**
3. **LION'S MANE** 60 vegetable capsules **\$39.99**
4. **VITAMIN D3 1000 IU ONE DROP DAILY** 30 ml **\$19.99**
5. **VITAMIN D3 EXTRA STRENGTH 2500 IU** 30 ml **\$21.99**

COZY UP FOR PEACEFUL SLEEP

When life gets overwhelming, finding peace and restful sleep is essential for staying balanced. Our natural health solutions—including melatonin, magnesium, and calming botanicals—work together to relax your mind, soothe your body, and support deep, restorative sleep. Embrace your calm and wake up refreshed!

✓ MELATONIN-FREE SLEEP SOLUTION



SLEEP SUPREME 60 vegetable capsules

Quality sleep is critical for our mental health and physical well-being. Sleep Supreme is a melatonin-free formula that temporarily helps promote relaxation and fosters better sleep. It is formulated with PharmaGABA®, inositol, magnesium, passionflower, and jujube.

ON SALE!
24⁹⁹



✓ RELAX MUSCLES FOR BETTER SLEEP

MAGNESIUM CITRATE 180 capsules

Ongoing stress has been shown to increase your body's need for magnesium. Our formula contains 150 mg of bioavailable magnesium citrate. Try taking it at bedtime to help support normal muscle function, promote healthy bone development and prevent deficiency.

ON SALE!
26⁴⁹

✓ TIMED-RELEASE SLEEP SUPPORT



MELATONIN SUPREME 60 tablets

Help promote healthy sleep and reset your body's sleep-wake cycle with Melatonin Supreme. Made with 3 mg of MelaPure™ melatonin that is timed to release over 6 to 8 hours.

ON SALE!
9⁹⁹

✓ TEMPORARILY CALM THE MIND



L-THEANINE SUPREME 120 chewable tablets

Featuring Suntheanine® L-theanine, an amino acid commonly found in green tea, which has been shown in over 70 clinical studies to temporarily promote relaxation and improve focus and concentration.

ON SALE!
39⁹⁹



SET THE STAGE FOR CALMER NIGHTS

CALMING MIST 60 ml

Enhance your sleep routine with Calming Mist. A soothing blend of organic lavender, vetiver, chamomile, and orange essential oils. Calming Mist promotes relaxation and can be used alongside any of our other sleep supporting supplements. Apply to your face or pillow to set the stage for a restful night's sleep.



ON SALE!
9⁹⁹



PRAIRIE NATURALS® ORGANIC BONE BROTH POWDER
Chicken or beef - 300 g

Rich in collagen, hyaluronic acid and minerals that support the immune system, digestive tract, joint health and healthy hair, skin and nails.



ON SALE!
40⁹⁹



QUEEN OF THE THRONES® ORGANIC GOLDEN CASTOR OIL
250 ml

Nature's original skin, hair, lash and brow moisturizer, natural makeup remover, and ultimate carrier oil.



ON SALE!
12⁹⁹



MEGAFOOD® BLOOD BUILDER®
72 + 30 tablets FREE

Clinically shown to increase iron levels and reduce fatigue without common gastrointestinal side effects. Made with whole foods, folic acid and B12 for healthy red blood cell production, and vitamin C to support iron absorption.



ON SALE!
55⁹⁹

Stress & Digestion



NATURAL FACTORS® DGL DEGLYCYRRHIZINATED LICORICE ROOT
180 chewable tablets

Aids in digestion, treats heartburn and indigestion, and soothes and protects the stomach lining.



ON SALE!
21⁹⁹



ST. FRANCIS HERB FARM® STREST®
90 vegicaps

Features ashwagandha plus five other key adaptogenic herbs to help relieve symptoms of stress.



ON SALE!
31⁴⁹



FLORA IMMEDIATE RELIEF ENZYMES
120 vegetarian capsules

Especially helpful for those with diets high in protein and fibre, this vegetarian formula can help provide relief from occasional heartburn, gas, bloating, and indigestion.



ON SALE!
33⁹⁹

Beauty Boutique



NEW ROOTS HERBAL EXOTIC ORGANIC BEAUTY SKINCARE OILS
Assorted varieties - 15 - 50 ml

Pure and undiluted, these exotic oils are rich in vitamins, nutrients, and antioxidants for radiant, healthy-looking skin. Great gift idea!



ON SALE!
20% off



DERMA E NATURAL BEAUTY PRODUCTS
Assorted varieties and sizes

Cruelty-free and vegan natural skincare products that are rich in vitamins, antioxidants and botanicals.



ON SALE!
20% off



ALAFFIA® SKIN, BODY & HAIRCARE ESSENTIALS
Assorted varieties - 946 ml

Made with fair trade, cruelty free ingredients handcrafted at women-led co-ops in West Africa.



ON SALE!
19⁹⁹

The powerhouse of *energy* and life-long *vibrancy*

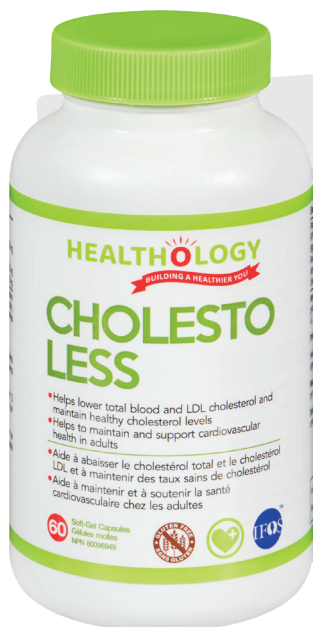
Discover **increased vitality and rejuvenate your body** for lasting well-being with Regenerlife's optimized mitochondrial support, NMN's cellular health boost, and Liposomal Bioenergetic Vitamin C. **Together, they help you embrace healthy aging now.**



22⁹⁹
120 softgels

84⁹⁹
120 vegetarian capsules

51⁹⁹
81 g powder



HEALTHOLOGY CHOLESTO-LESS
60 soft-gel capsules

Helps maintain and support cardiovascular health by lowering total blood and LDL cholesterol and maintaining healthy cholesterol levels.

ON SALE!
40⁹⁹



A.VOGEL ECHINAFORCE®
180 chewable tablets or 30 ml

Junior helps prevent and relieve the symptoms of upper respiratory tract infections. **Sore Throat Spray** is used to treat painful inflammation and infection of the throat.

ON SALE!
29⁹⁹
30 ML SPRAY
16⁴⁹



GENUINE HEALTH GREENS+
Tropical Fruit - 228 g or Unsweetened Natural - 208 g

Highly alkaline-forming and rich in antioxidants, nourishes and protects your body, increases energy, promotes healthier bones – and so much more!

ON SALE!
34⁹⁹



HEALTH FIRST® IRON SUPREME
60 vegetable capsules

Is an easily absorbed iron supplement that helps to form red blood cells, is well tolerated by the body and is non-constipating.

ON SALE!
16⁷⁹



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