

A PROUD MEMBER OF

HEALTH FIRST®

ONE BIG FAMILY. ONE BIG COMMUNITY.



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

naturespirearthmarket.com



HEALTH FIRST® ACTIVE B SUPREME 90 vegetable capsules

With highly bioavailable forms of B vitamins to support energy production in the body.



ON SALE! **35⁹⁹**



RENEW LIFE® ULTIMATE FLORA® EXTRA CARE™ OR WOMEN'S EXTRA CARE™ PROBIOTIC

60 vegetarian capsules each

With 12 probiotic strains and 50 billion active cultures, these shelf-stable probiotics help support your body's natural digestive system.



ON SALE! **65⁴⁹**



CANPREV™ D3 & K2 120 softgels

Assists the body in absorbing and utilizing calcium and supports the development and maintenance of bones and teeth.



ON SALE! **24⁹⁹**



TOTAL BODY COLLAGEN™ OR TOTAL BODY MULTI COLLAGEN™ PROTEIN

500 g or 267 g

Supports formation of collagen and connective tissue for joint health and helps to nourish skin, hair and nails.



Collagen - 500 g

57⁴⁹

Protein - 267 g

36⁹⁹



HEALTHOLOGY GUT-FX FORMULA 180 g

The ultimate formula to repair your intestinal tract lining, heal inflammation, support healthy gut flora, and restore your gut health.



ON SALE! **38⁹⁹**



MEGAFOOD® MULTIVITAMINS Assorted varieties and sizes

Premium supplements that support your body, and a more sustainable future. Crafted with real food from trusted farm partners committed to organic and regenerative agriculture.



ON SALE! **15% off**



PRAIRIE NATURALS® SPORT CREATINE MONOHYDRATE POWDER 300+100 g

Increases muscle mass and improves performance. It also supports healthy aging by maintaining lean muscle and strength.



ON SALE! **24⁹⁹**



BIOFIL™ 120 vegetarian capsules

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



ON SALE! **62⁹⁹**

• SALE DATES: JANUARY 3 - 18, 2025 • HEALTHFIRST.CA •

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VIEW OUR FLYER ON

A-1

IMMUNE SUPPORT



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.



ON SALE!

41⁴⁹



NOW® QUERCETIN WITH BROMELAIN 120 veg capsules

Supports healthy seasonal immune function. Also helps relieve the pain of nonbacterial chronic prostatitis. Enhanced with bromelain for improved absorption and activity.



ON SALE!

48⁹⁹



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!

67⁹⁹



BOIRON® STODAL® Assorted varieties - 200 ml

Homeopathic medicine used for dry or wet cough, irritating cough, or cough with phlegm. Available in a sugar-free formula!

ON SALE!

12⁴⁹



ST. FRANCIS HERB FARM DEEP IMMUNE® KIDS 50 ml

Made from powerful adaptogenic herbs that work to balance and optimize the immune system.



ON SALE!

16⁹⁹



SOVEREIGN SILVER® BIO-ACTIVE SILVER HYDROSOL™ 59 ml

99.999% pure silver and pharmaceutical-grade purified water in an amber glass bottle. An effective tool to maintain, sustain and support the immune system!



ON SALE!

15⁴⁹

ACTIVE LIVING



GARDEN OF LIFE® RAW ORGANIC ALL-IN-ONE SHAKE Assorted flavours - 907 - 1038 g

On-the-go nutrition that contains 20 g of protein, 7 g of fibre and 44 superfoods per serving.



ON SALE!

59⁹⁹



IRON VEGAN™ SPROUTED PROTEIN™ BARS 12 x 64 g or 64 g

Made with 5 plant-based proteins, sprouted for greater nutrition and impact on your performance. Fuel your body, accelerate recovery and build lean muscle!



12 x 64 g

39⁹⁹

64 g

3⁴⁹



PRAIRIE NATURALS® LIQUID & IONIC SOLUTIONS Magnesium or B Complex - 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!

41⁹⁹

HEALTH
FIRST



SIMPLE STEPS TO START FRESH

- 1. Stay Hydrated:** Start your day with a glass of water to energize.
- 2. Nourish Your Body:** Take a multivitamin and omega fish oil for overall health.
- 3. Get Moving:** Do light stretching or take a quick walk to boost energy.



DAILY ESSENTIALS FOR A FRESH START

The start of a new year is the perfect time to refocus after the hustle and bustle of the holiday season. Reclaim your routine and support your well-being with daily essentials that keep you on track. From high-quality multivitamins to fill nutritional gaps to omega fish oil for overall health, these staples form the foundation for feeling your best every day.



PRE AND POST NATAL MULTI SUPREME 90 vegetable capsules

An easily digested and highly bioavailable multi formula featuring key nutrients for women in their childbearing years. Supports adequate iron levels, general health and helps reduce the risk of neural tube defects when taken 3 months prior to conception and during early pregnancy.

ON SALE!
25⁹⁹



MULTI ONE DAILY SUPREME WITH IRON OR MULTI SUPREME IRON FREE 180 tablets or 180 vegetable capsules

Health First Multi One Daily Supreme and Multi Supreme are all-in-one multis packed with phytonutrients, Aquamin™ calcium and magnesium, and buffered vitamin C for optimum bioavailability. They help build strong bones and teeth and support eye, skin and immune health.

WITH IRON
47⁹⁹

IRON FREE
42⁹⁹



OMEGA FIRST 60 gelcaps

A concentrated fish oil with 450 mg EPA and 250 mg DHA per gelcap to help support cardiovascular health, cognitive health and brain function. Sourced from wild caught, sustainably harvested, small fish species including anchovies, sardines and mackerel. IFOS-certified to meet the world's highest purity and safety standards.

ON SALE!
22⁹⁹

VISIT US IN-STORE TO LEARN MORE ABOUT HEALTH FIRST OR VISIT HEALTHFIRST.CA



ESSENTIAL FOUNDATIONS FOR BONE HEALTH

Healthy, resilient bones rely on key nutrients for strength and support, alongside an active lifestyle. Calcium and magnesium help maintain bone density, while vitamin D3 enhances calcium absorption. Vitamin K2 ensures calcium is directed to where it's needed most—your bones. Explore our range of products designed to support bone health.



CALCIUM AND MAGNESIUM MADE EASY

Our Cal Mag Supreme collection supports bone health and helps reduce the risk of osteoporosis with Aquamin™, a whole food red algae rich in calcium, magnesium and 72+ trace minerals. Our formulas also include nutrients that work together to ensure calcium is delivered into the bones, including vitamins D3 and K2, and minerals potassium and boron.

CAL MAG SUPREME
450 ml

ON SALE!
25⁹⁹

CAL MAG SUPREME
60 tablets

ON SALE!
27⁹⁹

CAL MAG PLUS K2 SUPREME
450 ml

ON SALE!
26⁹⁹



VITAMIN D3
1000 IU ONE
DROP DAILY
30 ml

ON SALE!
19⁹⁹

VITAMIN D3
EXTRA STRENGTH
30 ml

ON SALE!
21⁹⁹

SUNSHINE SUPPORT FOR BETTER ABSORPTION

Health First offers a broad selection of the sunshine vitamin with 1000 IU or 2500 IU of vitamin D3 per drop in a base of MCTs and organic sunflower oil to optimize absorption. Daily vitamin D supplementation supports your immune system and helps prevent vitamin D deficiency.



ESSENTIAL MINERALS FOR WELL-BEING

Minerals are essential for overall health, supporting everything from energy production to immune function. Magnesium promotes muscle relaxation, while chromium helps regulate blood sugar. Iron boosts vitality, and zinc supports immune health. We invite you to explore the many benefits of these vital nutrients with our expertly formulated minerals.



WHY MAGNESIUM MATTERS

Magnesium is a co-factor in over 300 enzymatic processes in the body. It supports muscle function, bone strength, energy production, and stress management. Magnesium also helps regulate mood and sleep by aiding serotonin production. Many Canadians are magnesium deficient due to nutrient-depleted soil and chronic stress, which further drains magnesium levels. Maintaining sufficient magnesium through proper nutrition and supplements can support overall well-being and optimal health.

MAGNESIUM BISGLYCINATE 200 SUPREME 180 vegetable capsules

With 200 mg of elemental magnesium per capsule, our magnesium bisglycinate is highly bioavailable and helps to maintain muscle function, bones, tissue, and teeth in adults and adolescents.

ON SALE!
29⁹⁹



ZINC PLUS COPPER 150 chewable tablets – natural elderberry or 100 capsules

Zinc is an essential mineral for the entire family. Not only does it help support healthy immune function, zinc is also key to maintaining healthy skin, hair and nails. Our formulas contain highly absorbable zinc citrate in a balanced ratio with copper to help prevent copper deficiency.

150 TABLETS **100 CAPSULES**
21⁹⁹ **10⁹⁹**



IRON SUPREME 60 vegetable capsules

Features Ferrochel® iron and key nutrients in a non-constipating and easily absorbed formula. With additional B vitamins and vitamin C to enhance absorption and help prevent iron deficiency.

ON SALE!
16⁷⁹



GTF CHROMIUM 90 vegetable capsules

Chromium is well known for helping to support glucose metabolism. 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



SECRETS TO SLEEP HYGIENE

You may be surprised to learn that quality sleep actually begins when we wake up in the morning. Exposure to natural light early in the day helps regulate your sleep-wake cycle, while a consistent bedtime routine signals your body it's time to rest. Small changes can make a big difference. **Scan the QR code for 6 easy tips to improve sleep hygiene and enjoy restful nights.**



SCAN HERE

SLEEP ESSENTIALS FOR RESTFUL NIGHTS

Quality sleep is the foundation for feeling your best. Relax your mind and body with calming support, drift into restful slumber, and wake up feeling refreshed and energized. Explore our range of sleep and energy essentials designed to help you recharge and take on the day!



RELAX, UNWIND, AND SLEEP WELL

SLEEP SUPREME AND CALMING MIST

60 vegetable capsules and 60 ml

Sleep Supreme is a melatonin-free formula, containing PharmaGABA®, inositol, magnesium, passionflower and jujube, that temporarily helps to promote relaxation and sleep. With a soothing blend of organic lavender, vetiver, chamomile, and orange essential oils, Calming Mist can be applied to your face or pillow to set the stage for a restful night.

60 CAPSULES 60 ML

24⁹⁹ 9⁹⁹



MELATONIN SUPREME

60 tablets

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

ON SALE!
9⁹⁹



ENERGIZE YOUR DAY WITH B12

Chronic stress has been shown to deplete B vitamins, especially vitamin B12. It can be challenging to get enough vitamin B12, especially for vegetarians and vegans who are naturally deficient. When diet alone doesn't meet your needs, supplementing B vitamins in the morning can help you take on the day. Our B12 Supreme contains 1200 mcg of methylated vitamin B12 plus B6 and folate in a lozenge format, to help you metabolize your food and prevent vitamin B12 deficiency.



ON SALE!
10⁴⁹

B12 SUPREME
60 natural cherry lozenges

Calm your MIND, soothe your STRESS

Stress-Relax® Ashwagandha and Mental Calmness® work together to reduce stress, improve focus, and promote relaxation. Support your body's natural ability to manage stress and achieve mental clarity.



21⁹⁹

19⁹⁹



NUTRASEA® OMEGA-3
Lemon Flavour - 500 or 200 ml

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

53⁴⁹
27⁹⁹

YOU CAN DO MORE WHEN YOU HAVE STRONG BONES

- COMPREHENSIVE NATURAL FORMULA REDUCES THE RISK OF OSTEOPOROSIS
- HELPS BUILD AND MAINTAIN STRONG, RESILIENT BONES



51⁴⁹



SAVOUR THE FLAVOUR, SKIP THE DISCOMFORT!

- TRIPLE ACTION ENZYMES BREAK DOWN PROTEINS, CARBS, AND FATS EFFECTIVELY
- INCLUDES BETAINES HYDROCHLORIDE AND OX BILE TO BOLSTER LOW STOMACH ACID
- HELPS DECREASE DIGESTIVE DISCOMFORT SUCH AS BLOATING AFTER HIGH-CALORIE FATTY MEALS



36⁹⁹



BIO-STRATH® ORIGINAL
200 tablets or 500 ml

A unique blend of 61 nutrients in a fermented herbal yeast format to support stress, nutrient depletion and overall well-being.

39⁹⁹

BEAUTY BOUTIQUE



GREEN BEAVER® TOOTHPASTE
Assorted varieties - 75 ml

Loaded with excellent natural cleaning properties, such as GMO-free coco-glucoside from coconut and fruit, as well as xylitol from North American hardwood trees.

5⁹⁹



QUANTUM HEALTH® SUPERLYSINE+® COLD SORE TREATMENT OR SUPERLIPCARE+® COLDSTICK

Soothing, effective cold sore care with Lysine and 14 other ingredients. The ointment trims healing time by half while the ColdStick can be used every day to protect you from the sun, and relieve cracked and chapped lips.

11⁴⁹
9⁹⁹



FLORA FLOR-ESSENCE®
Assorted varieties - 500 ml

An 8-herb formula that synergistically supports multiple detoxification pathways. Also available with Turkey Tail and Turmeric to support a healthy immune system and inflammation response.

29⁹⁹

Premium Formula

Ultimate Multi Probiotic

12 BILLION
LIVE PROBIOTIC CULTURES*

12-STRAIN FORMULA

Probiotic with Prebiotic for Long-Lasting Action

120 Vegetarian Capsules

RESTORES INTESTINAL BALANCE



NATURAL FACTORS®
ULTIMATE MULTI PROBIOTIC
120 vegetarian capsules

12 billion live probiotic cultures help to restore and maintain healthy, balanced intestinal flora.

ON SALE!
43⁹⁹



BONUS SIZE

WOMENSENSE®
EstroSense®
hormone balancing therapy

Helps support and promote healthy estrogen balance

non gmo · gluten free

120 150 VEGETARIAN CAPSULES

WOMENSENSE®
ESTROSENSE®
150 vegetarian capsules (30 FREE)

Supports a healthy liver and promotes a healthy estrogen balance during PMS or menopause.

ON SALE!
47⁹⁹

WILD ROSE
HERBAL D-TOX
D-TOX AUX PLANTES




Whole body cleanse
Détoxification complète du corps

12 day program*
Programme de 12 jours

Specific diet included
Régime spécifique inclus

Dr. TERRY WILLARD, Ph.D.
Clinical Herbalist · Herboriste clinicien

SINCE 1975 - DEPUIS 1975 / MADE IN CANADA - FABRIQUE AU CANADA

WILD ROSE HERBAL D-TOX Kit

A 12 day whole body cleanse that helps support the elimination of toxins from the body.

ON SALE!
58⁹⁹

GENUINE HEALTH



Certified **B** Corporation

PROUDLY CANADIAN

GENUINE HEALTH

fast joint care
with NEM® & turmeric
CLINICAL STRENGTH

Starts working in as little as 1 WEEK!

Reduce pain and stiffness caused by inflammation and osteoarthritis

60 | 30 capsules

- ✓ Starts working in as little as 1 WEEK!
- ✓ Reduce and relieve joint pain and stiffness caused by osteoarthritis.

\$30⁴⁹

60 capsules

GENUINE HEALTH

fast joint recovery
with NEM®
CLINICAL STRENGTH

Starts working in as little as 1 DAY!

Fast effective and lasting relief from exercise related joint pain

60 | 60 capsules

- ✓ Feel results in as little as 1 DAY!
- ✓ Aids recovery from joint pain due to moderate exercise.

\$49⁹⁹

60 capsules



GENUINE HEALTH

greens+

Increases energy and endurance

Promotes alertness, enhanced cognitive performance

Relieves fatigue

\$66⁹⁹

assorted sizes 399 g - 444 g

A.Vogel

Echinaforce®
Sore Throat Spray
Spray Mal de gorge

COLD & FLU
RHUME ET GRIPPE

- ✓ Pain and inflammation
- ✓ Pharyngitis and tonsillitis
- ✓ Douleur et inflammation
- ✓ Pharyngite et amygdalite

Embassage DUO Pack

FAST-ACTING ACTION RAPIDE

30 mL spray

A.VOGEL
ECHINAFORCE®
SORE THROAT SPRAY
30 ml + 30 ml

Used to treat painful inflammation and infection of the throat, such as pharyngitis, tonsillitis, soreness and hoarseness.

ON SALE!

29⁹⁹



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



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