



# Nature Spirit Earth Market 250-247-0210 #3-480 North Rd Gebriole 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® ACTIVE B** SUPREME 90 vegetable

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



**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 shelfstable probiotics help support your body's natural digestive system.









# **CANPREV**<sup>TM</sup>

in absorbing and utilizing calcium and supports the development and maintenance of

UNFLAVOURED TOTAL BODY COLLAGEN™

TOTAL BODY

COLLAGEN

0% COMPLETE AMINO ACIDS

### 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.



TOTAL BODY

MULTI

**PROTEIN** 

Types I, II, III, V, X

ING, MUSCLE & JOINT SUPPOI

OLLAGEN



### **HEALTHOLOGY GUT-FX FORMULA**

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





### **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!



### 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





### BIOSIL™ 120 vegetarian

capsules Nourish your

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



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

### **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.



**41**<sup>49</sup>



### 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.



**48**<sup>99</sup>



### 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.



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!

17<sup>49</sup>



### ST. FRANCIS HERB FARM DEEP IMMUNE® KIDS

50 ml

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



16<sup>99</sup>



### SOVEREIGN SILVER® BIO-ACTIVE SILVER HYDROSOL™

59 mI

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!



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.



**59**<sup>99</sup>



### IRON VEGAN™ SPROUTED PROTEIN™ BARS

12 x 64 g or 64 g

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





### 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 wellbeing!



4199



# 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.



# 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.



### **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.



# 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

25<sup>99</sup>

**CAL MAG SUPREME** 60 tablets

ON SALE!

CAL MAG PLUS K2 SUPREME

26<sup>99</sup>



VITAMIN D3 1000 IU ONE DROP DAILY

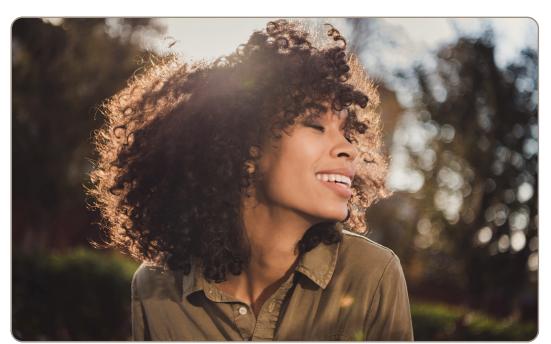
1999

VITAMIN D3 EXTRA STRENGTH

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 supportoverall 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.





#### 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.

2199

100 CAPSULES



### **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.

16<sup>79</sup>

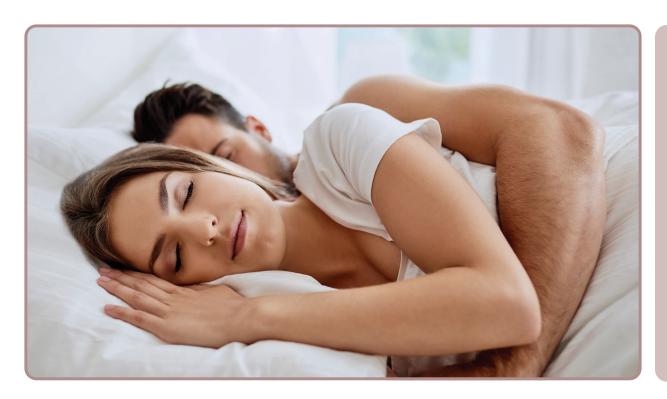


### **GTF CHROMIUM**

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.

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 sleepwake 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!



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### **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.

24<sup>99</sup>





### **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.

999



# 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.







### **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.



## YOU CAN DO MORE WHEN YOU HAVE STRONG BONES



# SAVOUR THE FLAVOUR, SKIP THE DISCOMFORT!

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

New Roots

36<sup>99</sup>

SuperLipCare

Digestive Enzymes New Roots ISO 1792S wegetab try-Tested to capsule



### **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 wellbeing.



# **BEAUTY BOUTIQUE**

# FROSTY MINT SPEARMINT

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### **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.



VEGAN GMOS GLUTEN

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

Quantum

SuperLysine<sup>†</sup>

7 or 5 g

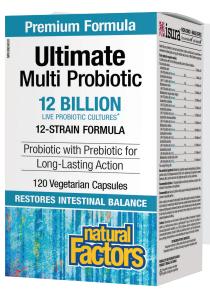
and 14 other ingredients. The ointment trims healing time by half while the ColdStick can be used every day to protect you from the sun, and relieve cracked and chapped lips.



### **FLORA FLOR• ESSENCE®**

Assorted varieties - 500 ml

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





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



43<sup>99</sup>



## WOMENSENSE® ESTROSENSE®

150 vegetarian capsules (30 FREE)

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



**47**<sup>99</sup>



### WILD ROSE HERBAL D-TOX

Kit

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





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

\$30<sup>49</sup>
60 capsules



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

\$4999

60 capsules



- ✓ Increases energy and endurance
- Promotes alertness, enhanced cognitive performance
- ✓ Relieves fatigue

\$6699

assorted sizes 399 g - 444 g



### 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.



**HEALTH** 

**FIRST** 



CURCUMIN Extra Strength 500 mg

SUPREME
With Meriva® Curcumin Phytosome®
For maximum biosvailability to help,
relieve joint inflammation and joint pain.
NPN 80090582
VEGETABLE 120 CAPSULES

ome v

HEALTH FIRST®
CURCUMIN
SUPREME
EXTRA
STRENGTH
120 vegetable
capsules

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



6999



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