

A PROUD MEMBER OF

HEALTH FIRST®

PROUDLY CANADIAN SINCE 1999.

healthfirst.ca



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

NEW

Canadian Grown Probiotic Strains
Souches probiotiques cultivées au Canada

HEALTH FIRST

WOMEN'S SUPREME

50 billion/100 billion CFU

10 Evidence-Based Strains
To support gastrointestinal health and prevent urinary tract infections.

15 Evidence-Based Strains
Promotes a favourable gut flora and helps support gastrointestinal health.

15 Souches éprouvées
Favorise une flore intestinale et contribue à la santé gastro-intestinale.

10 billion/milliards

30 capsules

HEALTH FIRST

CORE PROBIO SUPREME

10 billion/milliards

15 Evidence-Based Strains
Promotes a favourable gut flora and helps support gastrointestinal health.

15 Souches éprouvées
Favorise une flore intestinale et contribue à la santé gastro-intestinale.

10 billion/milliards

30 capsules

CurcuminRich™

DOUBLE STRENGTH Theracurmin®

#1 ABSORBED FORM OF CURCUMIN†

60 Vegetarian Capsules

HEALTHY INFLAMMATORY RESPONSE

Natural Factors

BONUS SIZE

WOMENSENSE®

MENOSENSE®

210 vegetarian capsules (30 FREE)

Helps relieve the symptoms of menopause including hot flashes, night sweats, and other symptoms of menopause.

WOMENSENSE®

MenoSense

menopause formula

For the reduction of hot flashes, night sweats, and other symptoms of menopause

non gmo • gluten free

360 210 VEGETARIAN CAPSULES

NATURAL FACTORS® CURCUMINRICH™

DOUBLE STRENGTH THERACURMIN®

60 vegetarian capsules

Helps to relieve joint pain associated with osteoarthritis. Theracurmin® is more bioavailable than other leading forms of curcumin.

ON SALE!

45.99

WINTER WELLNESS GUIDE

Recharge and refocus this winter with the **Health First Winter Wellness Guide**. Created with our trusted brand partners, this guide delivers natural support for immunity, digestion, sleep, skincare, and stress, plus recipes to brighten your days.

HEALTH FIRST

SCAN HERE

SALE DATES: NOVEMBER 7 – 22, 2025 • HEALTHFIRST.CA •

Limited print copies available in-store.

NEW ROOTS HERBAL PROSTATE PERFORM

60 softgels

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

Prostate Perform

Relieves Urologic Symptoms of BPH and Frequency of Urination Daytime and Nighttime

New Roots HERBAL

150 17025 Laboratory-Tested 60 softgels

NPN 800101925

ULTIMATE® PERFORMANCE WITH TONGKAT ALI

90 vegetarian capsules

Formulated to support a healthy libido in both men and women.

ULTIMATE® PERFORMANCE WITH TONGKAT ALI

Epimedium grandiflorum is Used in Tietal Medicine as an Aphrodisiac

NON-GMO • GLUTEN-FREE

90 VEGETARIAN CAPSULES

ON SALE!

46.99



**SURO®
ORGANIC
ELDERBERRY
SYRUP**
236 ml

Fights cold, cough
and sore throat.

ON SALE!
22⁹⁹



**PRAIRIE
NATURALS®
SYTRINOL®
CHOLEST
FORCE**
60 V-Capsules

Clinically proven to
help reduce
total cholesterol
and improve
LDL:HDL ratios
with just one
capsule a day.

ON SALE!
45⁹⁹



**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!
45⁹⁹



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

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

ON SALE!
51⁹⁹
55⁹⁹



**GENUINE
HEALTH
FAST JOINT
CARE WITH
NEM® &
TURMERIC**
60 + 60
capsules

Reduces pain and
stiffness caused
by inflammation
and osteoarthritis
with NEM® and
fermented
turmeric.

ON SALE!
61⁹⁹



**HARMONIC
ARTS
5 MUSHROOM
CACAO**
125 g

A velvety smooth
cacao with lion's
mane and reishi
to help strengthen
immunity.

ON SALE!
22⁹⁹



ENER-D™ OR ENER-C™
Assorted flavours -
24 or 30 packets

Vitamin and mineral drink mixes,
formulated with naturally sourced,
scientifically proven ingredients.

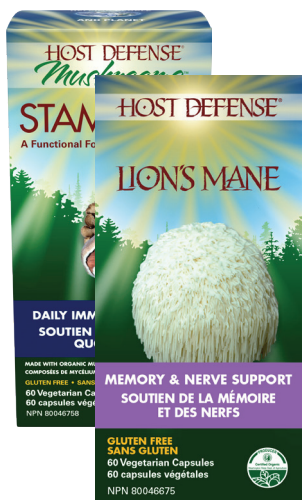
ON SALE!
17⁹⁹



**YOUNITED ALL-IN
SUPERFOOD**
Assorted flavours -
250 - 292 g

Each scoop contains 52 organically
grown land and sea vegetables, fruits,
mushrooms, and herbs, and provides
the antioxidant equivalent of 6-8
servings of fruits and vegetables.

ON SALE!
54⁹⁹



**HOST
DEFENSE®
MUSHROOMS**
Select varieties
and sizes

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

ON SALE!
10%^{off}



**SOVEREIGN
SILVER®**
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!
16⁹⁹



**ST. FRANCIS
HERB FARM
CANADIAN
BITTERS®**
100 or 50 ml

Provides relief
from indigestion,
gas, bloating and
stomach upset.
Also available
with apple cider
vinegar!

ON SALE!
27⁹⁹
17⁹⁹



**PROGRESSIVE® COMPLETE
COLLAGEN™**
Assorted flavours - 500 g

A source of essential amino acids and
assists in the building of lean muscle
mass. Each scoop contains 10 g of
non-GMO collagen per serving.

ON SALE!
51⁹⁹



HEALTH
FIRST

LISTEN TO YOUR GUT

DISCOVER THE RIGHT PROBIOTIC
FOR YOUR EVERYDAY NEEDS.

Your gut is home to an entire ecosystem of trillions of microbes. Some support digestion, immunity, and overall health, while others can throw things off balance. Probiotics add beneficial bacteria to help restore harmony and keep you feeling your best.



CANADIAN-GROWN PROBIOTIC STRAINS

- Clinically Researched
- Guaranteed Potency
- Delayed-Release Capsules
- Targeted Formulas for Your Needs

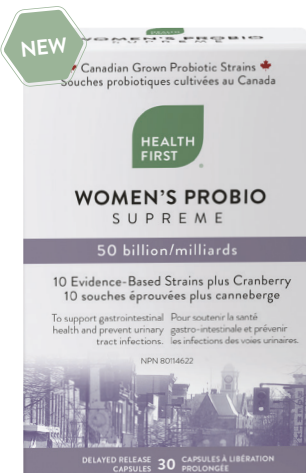


DAILY BALANCE

CORE PROBIO SUPREME 10 BILLION 30 delayed release capsules

Everyday digestive and immune support with 15 Canadian-grown strains in a convenient, shelf-stable capsule. Helps keep your gut balanced and your microbiome thriving.

NEW
19⁹⁹



WOMEN'S SUPPORT

WOMEN'S PROBIO SUPREME 50 BILLION 30 delayed release capsules

Targeted support for women's unique needs, with 10 Canadian-grown strains plus cranberry extract for urinary tract and vaginal health. Refrigerated capsules designed to deliver results where you need them most.

NEW
36⁹⁹



ADVANCED CARE

PROBIO SUPREME 55 BILLION 30 or 60 delayed release capsules

A high-potency probiotic that supports intestinal health and promotes a favourable gut flora. Clinically shown to help manage acute infectious diarrhea and reduce the risk of antibiotic-associated diarrhea.

30 CAPSULES **60 CAPSULES**
29⁹⁹ 59⁹⁹

FIND THESE EXCLUSIVES AT YOUR LOCAL HEALTH FIRST MEMBER STORE HEALTHFIRST.CA

YOUR EVERY DAY DEFENSE

November brings darker days, busy schedules, and more time indoors. Give your body the extra care it needs with every day nutrients and herbal support designed to strengthen your defenses and keep you feeling healthy, energized, and ready for whatever the season brings.



IMMUO FIRST 60 vegetable capsules

A daily supplement that helps to support the immune system while also maintaining eyesight, healthy skin and mucous membranes with a potent plant based phytosterol, beta-sitosterol and vitamin A rich formula.

 **ON SALE!**
26⁹⁹



COLD DEFENSE SUPREME 120 vegetable capsules

Formulated with a blend of traditional Chinese herbs and adaptogens to help relieve cold symptoms and support your immune system without drowsiness. A seasonal must-have for the whole family, ages 12 and up.

 **ON SALE!**
39⁹⁹



ZINC PLUS COPPER 100 capsules

Zinc is an essential mineral that not only helps support immune function, it is also key to maintaining healthy skin, hair and nails. Our formulas contain zinc citrate in a balanced ratio with copper to help prevent copper deficiency.

 **ON SALE!**
11⁴⁹



VITAMIN D3 500 gelcaps

 **ON SALE!**
16⁹⁹

VITAMIN D3 1000 IU ONE DROP DAILY 30 ml

 **ON SALE!**
19⁹⁹

This seasonal staple helps support your immune system and prevents vitamin D deficiency, especially during the darker winter months. Each serving provides 1000 IU of cholecalciferol, the natural form of vitamin D made in your skin, in a base of organic olive, organic sunflower, and MCT oils.



TARGETED CARE FOR IMMUNE RESILIENCE

When cold season strikes, targeted support makes all the difference. From soothing congestion to strengthening respiratory health, our immune formulas deliver natural relief and protection. With powerful herbs and nutrients, you'll be ready to breathe easier and recover faster.



ON SALE!
29⁹⁹

CONGESTION RELIEF SUPREME

60 gelscaps

Formulated with antioxidant rich, antibacterial and antifungal ingredients including organic oregano oil, organic garlic oil and black seed oil which helps to ease mucus build up while clearing nasal and sinus congestion.



ON SALE!
20⁹⁹

RESPIR FIRST

500 ml

Your go-to formula to help relieve coughs, colds, bronchitis, and even seasonal allergy symptoms. Respir First contains a unique blend of marshmallow root, nettle, ginger, astragalus, thyme, linden flower, and fenugreek seed.



ON SALE!
22⁴⁹

OREGA SUPREME

25 ml

Our potent combination of wild-sourced oil of oregano and thyme oil is blended with extra virgin organic olive oil and delivers antioxidant protection in a pure, simple, and traditional combination.



VITAMIN C

As one of the best-known vitamins to help support immune health, vitamin C is also essential for collagen formation and helps build healthier bones, skin and teeth. Our available formulas offer options suitable for the entire family!

VITAMIN C TIMED RELEASE

180 caplets

ON SALE!
20⁹⁹

FAMILY FIRST VITAMIN C

150 chewable tablets

ON SALE!
24⁹⁹



STAY STRONG AND STAY MOVING

Every step, every stretch, every hug—your bones and joints carry you through it all. As the weather cools, give them the extra care they deserve with nutrients that build strength, protect mobility, and keep you moving with ease and comfort all season long.



GLUCOSAMINE AND CHONDROITIN SULFATE 180 capsules

This trusted duo supports cartilage, reduces stiffness, and helps keep your joints moving freely. Perfect for anyone who wants to stay active without slowing down.

ON SALE!
30⁴⁹



MSM 180 capsules

MSM is a natural source of sulfur, an essential nutrient that helps keep joints flexible and comfortable. It also supports healthy hair, skin, and nails!

ON SALE!
21⁹⁹



CAL MAG SUPREME 450 ml

ON SALE!

26⁹⁹

CAL MAG PLUS K2 SUPREME 450 ml

ON SALE!

27⁹⁹

CAL MAG SUPREME & CAL MAG PLUS K2 SUPREME

Aquamin™, sourced from Iceland's pristine Westfjords, is a powerful, whole food red algae rich in calcium, magnesium and 72+ trace minerals. Studies show its unique honeycomb structure helps optimize mineral absorption, preserves bone strength and acts as an anti-inflammatory.

Support bone health and reduce the risk of osteoporosis with **Cal Mag Supreme**. Featuring Aquamin™ calcium and magnesium, along with potassium and boron, and vitamins D3 and K2 which help ensure calcium is delivered to the bones.

THE SCIENCE BEHIND AQUAMIN™!

Explore the research and health benefits of Aquamin™, along with bone-building recipes and tips in the **Health First Guide to Building Better Bones**.



VISIT US IN-STORE FOR MORE INFORMATION ABOUT HEALTH FIRST OR CHECK OUT [HEALTHFIRST.CA](https://www.healthfirst.ca)





**CANPREV
MAGNESIUM
SLEEP +
GABA &
MELATONIN**
120 vegetable
capsules

Temporarily promotes relaxation, resets the body's sleep-wake cycle and helps to reduce the time needed to fall asleep in people with delayed sleep phase disorders.



ON SALE!
20⁴⁹



**PRAIRIE
NATURAL'S®
BILE-FORCE**
60 capsules

Supports healthy liver and gallbladder function and relieves abdominal bloating, gas and fullness.



ON SALE!
23⁹⁹



**KOOPE
MOISTURIZER**
Assorted
varieties - 50 ml

Absorbs quickly, helps balance hydration, soothes, strengthens the skin's barrier, and restores the skin.



ON SALE!
33⁹⁹



**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.



ON SALE!
20% off



**FLORA
ORGANIC
SAMBU®
GUARD
ELDERBERRY+™**
Assorted varieties
and sizes

A delicious, organic blend of elderberry, echinacea and licorice that can be taken daily or used to provide relief from cold and flu symptoms.



ON SALE!
20% off



SISU ESTER-C®
Assorted varieties and sizes

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!
20% off



**ATTITUDE™
SEASONAL
HAND SOAP**
Assorted
varieties -
473 ml

These hand soaps are beautifully stylish and available in all-natural, seasonal scents. You and your holiday guests can rest easy knowing they are made in Canada and cruelty-free!



ON SALE!
7⁴⁹



**SUKIN®
SKIN CARE
PRODUCTS**
Assorted
varieties and
sizes

Australian-made with ingredients that are naturally derived, cruelty-free and vegan.



ON SALE!
15% off



**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!
39⁹⁹



**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® WELLNESS
CANDLES**
Assorted varieties - 207 ml

Featuring wood wicks, essential oils, non-GMO coconut and apricot wax, and over 40 hours of burn time.

NEW!
29⁹⁹



**ANDALOU FACE CARE
PRODUCTS**
Select varieties and sizes

Products that are certified organic, nature derived, and always cruelty free.



ON SALE!
25% off

WEBINAR

Stress Management 101: Better Sleep, Mood, and Energy for the Whole Family

Are you feeling fatigued and overwhelmed by stress? Do you have trouble concentrating or have difficulty falling asleep because of an overactive mind? It is easy these days to find yourself overstimulated most of the time. More adults and young people alike report feeling stressed. Join our naturopathic doctor for a free webinar to learn which nutrients and lifestyle habits can be considered to help promote relaxation, support mood balance, and allow the whole family to sleep better.

NOVEMBER 18, 2025 | 7:00 PM EST | 7:00 PM PST



**KATE RHÉAUME, ND
(INACTIVE)**

Licensed naturopathic doctor and popular media guest Kate Rhéaume is also the bestselling author of the book *Vitamin K2 and the Calcium Paradox: How a Little-Known Vitamin Could Save Your Life*.



JENNIFER BRIX, ND

Jennifer Brix is a licensed, practising naturopathic doctor, health educator, and public speaker with a passion for empowering her patients to achieve optimal health. Dr. Jen is an expert in treating digestive complaints, hormonal imbalances, and brain-related health conditions.

SCAN HERE TO REGISTER



HEALTH
FIRST

In partnership with Health First
Network. Exclusive to Health
First Member Stores.



**CANPREV™
NAC+ N-ACETYL-
L-CYSTEINE**
120 vegetable
capsules

Designed for superior defence against oxidative stress from over-exercise, pollutants and respiratory conditions, with 600mg of N-Acetyl-L-Cysteine with L-Glycine and selenium for enhanced cell protection against free radicals.



ON SALE!
23⁹⁹



**HEALTH FIRST®
MAGNESIUM
BISGLYCINATE
200 SUPREME**
180 vegetable
capsules

Magnesium glycinate complex for enhanced absorption to help maintain bones, tissues and muscle function.



ON SALE!
29⁹⁹



**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



Nature Spirit Earth Market
250-247-0210
#3-480 North Rd
Gabriola Island, BC

**HEALTH
FIRST**

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

Managing Stress, Nervousness & Sleep Naturally



Naturally effective stress management

When the body's natural "control mechanisms" become taxed, it may be time to get a little extra help. Natural Factors' superior, fast-acting Stress-Relax® products can help you cope with occasional and chronic stress and nervousness and promote sound, healthy sleep. These supplements provide a comprehensive approach for calmer days and restful nights. Each non-habit-forming product can be used alone or in combination for personalized stress management.

isura®
VERIFIED | TESTED
CLEAN | NON-GMO

**natural
Factors**
naturalfactors.com