

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

naturespiritearthmarket.com

HEALTH FIRST

WIN WITH HEARTLAND STAR, MICHELLE MORGAN!

Canadian actor, Michelle Morgan, is a mom who prioritizes natural health and wellness options for her real-life family and is choosy about the supplements she gives her kids!

She loves our Family First line and is running a back-to-school giveaway of 3 Family First prize packs worth \$150 each!

HOW TO ENTER:

1. Follow @healthfirstnetwork on Instagram.
2. Comment on Michelle's giveaway post.
3. Tag friends for extra entries!

Contest runs from August 4th to 11th, 2022 and is for Canadian residents only. Michelle will randomly select 3 lucky winners to receive a Family First prize pack valued at \$150 on August 12th, 2022.



@michellemorgan



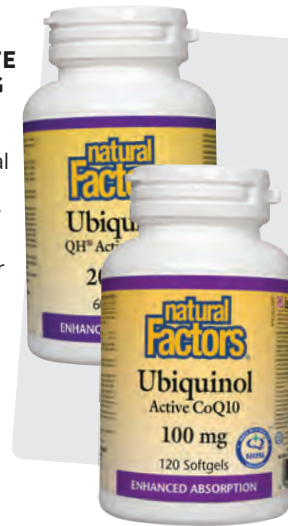
NATURAL FACTORS® MAGNESIUM BISGLYCINATE PURE 200 MG
250 vegetarian capsules

Provides natural relief from muscle cramps. Easy on the stomach, just one capsule per day can restore magnesium levels in the body.



ON SALE!

31⁹⁹



NATURAL FACTORS® UBIQUINOL ACTIVE COQ10
200 mg 60 softgels or 100 mg 120 softgels

Is the active form of coenzyme Q10 which is naturally produced by our cells and better absorbed. Helps maintain cardiovascular health and offers antioxidant protection.



ON SALE!

65⁹⁹



PROGRESSIVE® PERFECT PROBIOTIC™

Assorted varieties and sizes

Is 100% human strain, a better match to your own gut flora meaning better probiotic multiplication and overall health benefits. TRU-ID® guarantees every strain listed on the label is found in the product.



ON SALE!
20% off



FLORA FERRITIN+™

30 delayed release vegan capsules

This plant-based ferritin iron is made with organic peas. Just one capsule per day helps maintain healthy iron levels, and supports energy and mental clarity.



ON SALE!
26⁹⁹



NOW® ZINC PICOLINATE 25 MG
100 vegetarian capsules

Helps to maintain healthy skin and immune function and aids the body in metabolizing carbohydrates, proteins and fats.



ON SALE!
11⁴⁹



WOMENSENSE® MENOSENSE®
210 vegetarian capsules (30 FREE)

Helps relieve the symptoms associated with menopause and peri-menopause.



ON SALE!
35⁴⁹

• SALE DATES: AUGUST 5 - 20, 2022 • HEALTHFIRST.CA •

A-1

GENUINE HEALTH

Buy one,
get one
50% off!

when you buy a 2 pack of
advanced gut health probiotics
extra strength or women's daily



Supports your digestive,
gut health & immune
health in an **EXTRA
STRENGTH
FORMULA.**

Specially formulated
for a **WOMAN'S GUT,
SKIN AND VAGINAL
HEALTH.**

GENUINEHEALTH.COM
@GENUINEHEALTH



IRON VEGAN™ PROTEINS
Assorted varieties and sizes -
1 - 2.5 kg

Made with organic and vegan
proteins. Fuel your body,
accelerate recovery and build
lean muscle!



ON SALE!
59⁹⁹



NOW KIDS™
60 - 59 ml

Vitamin D-3 helps
in the development
and maintenance
of bones and teeth.
Liquid Echinacea
helps relieve
symptoms of upper
respiratory tract
infections.



VITAMIN D-3

9⁹⁹

ECHINACEA

15⁹⁹



NUTRASEA®
KIDS™ OMEGA-3
Assorted varieties
and sizes

A great tasting,
ultra-pure liquid
omega-3 specially
formulated for
kids. **ADHD** may
help to reduce
symptoms
associated with
attention deficit
hyperactivity
disorder (ADHD)
in school-age
children.

ON SALE!

15%^{off}



WHOLE EARTH & SEA®
**FERMENTED ORGANIC
GREENS**

Assorted flavours - 390 - 438 g

Each serving contains 6 g of
the cleanest possible plant-
based vegan proteins, 3 mg
of iron, and over 50 mg of
vitamin C.



ON SALE!

53⁹⁹



HEALTHOLOGY
STRESS-FX
60 vegetable
capsules

Improves mental
clarity, anxiety, and
memory, helping
us to recover
quickly from the
physical and
mental stressors
of daily life.



ON SALE!

33⁹⁹



NEW CHAPTER®
SUPPLEMENTS
Select varieties
and sizes

Are committed to
ingredients you
can trust - like
organic fruits,
vegetables, herbs
and grains - and
to avoid genetically
modified organisms
whenever possible.



ON SALE!

25%^{off}



**PRAIRIE NATURALS® LIQUID & IONIC
SOLUTIONS**

Select varieties - 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!

15%^{off}



PURICA®
RECOVERY®
**EXTRA
STRENGTH**
360 vegan capsules

Targets the root
cause of pain and
provides effective
and sustained
relief. Lessen pain,
relax stiffness and
regain mobility!



ON SALE!

59⁹⁹



NEW ROOTS
**HERBAL WILD
OMEGA 3**
Assorted varieties
and sizes

Helps improve
cognitive
function, supports
heart health
and reduces
inflammation.



ON SALE!

20%^{off}



CANPREV™ PRO-BIOTIK™
Assorted varieties - 30 tablets or
30 vegetable capsules

A line of probiotics with
formulas suitable for all life
stages, from infant to adult.



ON SALE!

10%^{off}

Buy One, Get One
50% OFF!



MIX & MATCH

SMARTY PANTS MULTI GUMMIES
Assorted varieties and sizes



Essential vitamins and nutrients to support everyday good health – all in one easy and delicious serving.



SISU ESTER-C® 1000 MG
120 + 120 tablets

Is 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!
49⁹⁹

BEAUTY BOUTIQUE



ROUTINE. NATURAL DEODORANT
Assorted varieties - 58 g

An effective, natural deodorant using only clean, wholesome ingredients.



ON SALE!
25⁹⁹



REDMOND SILVER EARTH PASTE®
Assorted varieties - 113 g

New and improved formula with Nanosilver! No foaming agents, colouring, glycerin or fluoride.

ON SALE!
8⁹⁹



THAYERS® TONERS
Assorted varieties - 237 - 355 ml

Cleanses and tones. Leaves you feeling refreshed while soothing skin and tightening pores.

ON SALE!
12⁹⁹



PRAIRIE NATURALS® SHAMPOOS OR CONDITIONERS
Assorted varieties - 350 - 500 ml

Made from herbal extracts and natural plant emollients.



ON SALE!
10⁹⁹

HEALTH FIRST®



BACK TO SCHOOL BLITZ!

Preparing your kids and teens for a new school year is no longer just about binders, books and new shoes! It's never been more important to give them the building blocks for a healthy body and mind all year long.

FAMILY FIRST
One product for the whole family. Parents just got (a little) less busy.

- ✦ Dosing for everyone in the family
- ✦ Highly absorbable nutrients for kids and grownups alike
- ✦ Made in Canada in sustainable packaging
- ✦ Clean ingredients and sweeteners
- ✦ Free from GMOs, common allergens and anything artificial
- ✦ A little healthy fun for kids and the whole family!

HEALTH FIRST®

The Health First and Family First lines of fine natural health supplements are exclusive to Health First Member Stores, your community destination for natural health and wellness.



HEALTH FIRST® CAL MAG PLUS K2 SUPREME
450 ml

Features plant-sourced Aquamin™ calcium from the Icelandic red algae that helps to remineralize bone cells. Added vitamin K2 aids in absorption.



ON SALE!
25⁴⁹



HEALTH FIRST® TEA TREE OIL
50 ml

Is a 100% pure essential oil from Australia. Helps treat acne and is a natural antifungal and antimicrobial with a wide variety of beneficial uses.



ON SALE!
16⁹⁹



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



HEALTH FIRST® JOINTS FIRST
500 ml

Contains a blend of glucosamine, collagen and herbs to help relieve pain and maintain joint health.



ON SALE!
28⁴⁹



GARDEN OF LIFE® GRASS FED COLLAGEN
270 - 560 g

Fortify your hair, skin and nails and support your joints with these clean and convenient collagen powders.

GMOS GLUTEN
35⁴⁹
PEPTIDES
44⁴⁹



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.

VEGAN GMOS GLUTEN
39⁹⁹
ON SALE!

Vitamin K2

Your Calcium "Guide"

Vitamins K and D work well together! These two fat-soluble vitamins interact with calcium to guide it to where it's needed the most – this helps in the normal development and maintenance of bones and teeth, increases calcium absorption, inhibits the calcification of arteries and soft tissue, and supports healthy immune system function.



20⁹⁹

120 softgels

Provides double-action support for **BONE** and **VASCULAR HEALTH**

19⁹⁹

120 vcaps



Helps in the normal development and maintenance of **BONES** and **TEETH**



Ideal to use alongside calcium and vitamin D supplementation

31⁹⁹

360 vcaps



HEALTH FIRST® FAMILY FIRST TEEN B
120 vegetable capsules

Methylated B vitamins to support teens' skin health, immunity, energy, and well-being.

VEGAN GMOS GLUTEN
37⁹⁹
ON SALE!



PROGRESSIVE® MUSHROOM COMPLEX
90 vegetable capsules

Is comprised of a blend of 7 whole mushroom powders, providing immune and antioxidant support to the body.

GLUTEN
34⁹⁹
ON SALE!



NATURAL CALM®
Assorted powders - 452 g or 226 g

Is the solution to both restoring a healthy magnesium level and balancing your calcium intake—the result of which is natural stress relief.

VEGAN GMOS GLUTEN
39⁹⁹
452 G
24⁹⁹
226 G



VEGA SPORT®
Assorted varieties of Vega Sport® product

Offers a line of supplements to help take your fitness to the next level. Recharge and repair so you can do it all over again!

VEGAN GMOS GLUTEN
15% off
ON SALE!

SUPPORT THE HEALTH OF OUR TEENS

Check out this month's **Teen Health Quick Guide** for tips from speaker, poet and youth advocate, Wali Shah, on stress management for teens as they head back to a new school year.

SCAN HERE!



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