A PROUD MEMBER OF HEALTH FIRST®

PROUDLY CANADIAN SINCE 1999.

healthfirst.ca

Nature Spirit Earth Market

250-247-0210
#1-480 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® WHOLE WOMAN SUPREME
120 vegetable capsules

Contains clinically studied EstroG-100®, with adaptogens, to help relieve key menopausal symptoms and support overall well-being.

VEGAN GMOS GLUTEN

ON SALE!

64.99



CANPREV™ D3 & K2
120 softgels

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

GMOS GLUTEN

ON SALE!

24.99



HEALTHOLOGY® BILE-FX FORMULA
60 capsules

Supports healthy bile flow and fat digestion, and reduces bloating, indigestion, and heaviness after meals.

VEGAN GMOS GLUTEN

ON SALE!

25.99



NATURAL FACTORS® MAGNESIUM BISGLYCINATE 200 MG
250 vegetarian capsules

Helps maintain proper muscle function, including the heart muscle, and helps maintain the body's ability to metabolize nutrients.

VEGAN GMOS GLUTEN

ON SALE!

26.97



BOTANICA
Assorted varieties and sizes

Perfect Protein contains 20 g of protein, made with just a few simple organic ingredients. **Perfect Greens** is crafted with 100% organically grown ingredients.

VEGAN GMOS GLUTEN

ON SALE!

15% off



PROGRESSIVE® MULTIVITAMIN FOR ACTIVE MEN OR WOMEN
120 vegetable capsules each

A complex of supporting nutrients designed to support an active lifestyle and address the health needs of active men and women.

GMOS GLUTEN

ON SALE!

20% off



NOW® SUPER ENZYMES
180 capsules

Features Ox Bile for fat digestion, enhanced with Betaine HCl for first level digestion of protein in stomach and fast acting delivery.

ON SALE!

15% off



PREFERRED NUTRITION® COLLAGEN PLUS HYALURONIC ACID & BORON
60 tablets

Helps relieve activity-induced joint pain and helps support joint health and healthy knee joint function.

GMOS GLUTEN

ON SALE!

25.99

• SALE DATES: OCTOBER 2 – 17, 2026 • HEALTHFIRST.CA •

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VIEW OUR FLYER ON flipp



NATURAL FACTORS® STRESS-RELAX® ASHWAGANDHA

60 vegetarian capsules

VEGAN GMOS GLUTEN

Helps increase resistance to stress and anxiety in people with a history of chronic stress.

ON SALE!

21.49



AQUAOMEGA OMEGA-3 FISH OIL

Assorted varieties and sizes

Made from non-farmed, wild-caught fish, sourced from the South Pacific Ocean. Their products are certified by the International Fish Oil Standards Program (IFOS™), and Friend of the Sea (FOS®).

ON SALE!

20% off



BOIRON® STODAL®

Select varieties - 200 ml

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

ON SALE!

11.99



ST. FRANCIS HERB FARM ECHINASEAL®

100 ml + FREE Oregano 1:3 15 ml

Take at the first sign of a sore throat. Unique formula with 2 species of echinacea to fight back against viral infections.

ON SALE!

30.99



FLORA PROBIOTICS

Assorted refrigerated probiotics

GLUTEN

Made up of complete strain formulas which are customized for your condition and age-specific needs and designed to benefit the entire digestive tract.

ON SALE!

15% off



SMART SOLUTIONS™ MENOSMART+™

120 vegetarian capsules

Reduces hot flashes, night sweats and other symptoms of menopause. Contains 300 mg of sage per daily dose to help treat excessive perspiration associated with menopause.

GMOS GLUTEN

ON SALE!

27.99









YOUNITED ALL-IN SUPERFOOD

Assorted varieties - 250 - 292 g

VEGAN

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!

10% off



NIYAMA® CLEAN PLANT PROTEIN

Assorted varieties - 391 - 424 g

VEGAN GMOS GLUTEN

Contains 20 g of organic plant-sourced protein plus fibre, vitamins and minerals in each scoop. This powder contains zero sugar, is allergen- and stevia-free, and is easy to digest.

ON SALE!

35.99



IRON VEGAN™ PRODUCTS

Assorted varieties and sizes

VEGAN GMOS GLUTEN

A line of plant-based supplements made in Canada! Formulated using real ingredients with nothing but natural flavours, sweeteners and colours.

ON SALE!

20% off



GARDEN OF LIFE® RAW ORGANIC ALL-IN-ONE SHAKE

Assorted flavours - 907 - 1038 g

VEGAN GMOS GLUTEN

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

ON SALE!

59.95

HEALTH & BEAUTY



NOW® ESSENTIAL OILS

Assorted varieties and sizes

GMOS

Crafted with ingredients that are non-GMO, processed using gentle methods, and have industry-leading commitment to testing and quality.

ON SALE!

15% off



SKIN ESSENCE ORGANICS

Assorted varieties and sizes

VEGAN GMOS GLUTEN

A premium, certified organic skin care line that sources the highest quality ingredients from around the world to nourish and heal the skin.

ON SALE!

15% off



WELEDA SKIN CARE PRODUCTS

Assorted varieties and sizes

An intensely nourishing, deeply hydrating collection of body products.

ON SALE!

15% off



QUEEN OF THE THRONES® CASTOR OIL

Assorted sizes

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

VEGAN GMOS

ON SALE!

15% off

HEALTH FIRST®



HEALTH FIRST® OMEGA FIRST

60, 120 or 240 gelcaps

Each serving provides 480 mg of EPA and 240 mg of DHA in a 2:1 ratio to support mood balance and cardiovascular and cognitive health.

GMOS GLUTEN

ON SALE!

10% off



HEALTH FIRST® OMEGA ONE DAILY SUPREME

60 or 120 gelcaps

Contains 700mg of EPA and 280mg of DHA per serving. Assists in supporting normal cardiovascular health, cognitive health and brain function.

GMOS GLUTEN

ON SALE!

15% off



HEALTH FIRST® MEN'S OR WOMEN'S 50 PLUS MULTI SUPREME

60 vegetable capsules

Formulated to meet the nutritional needs of men and women over 50, featuring highly bioavailable vitamins and minerals, plus ElderCraft® elderberry and Kaneka Ubiquinol®.

GMOS GLUTEN

ON SALE!

37.99



HEALTH FIRST® BERRY C SUPREME®

180 vegetable capsules

Contains calcium ascorbate, a highly bioavailable and buffered form of vitamin C, along with Bioperine®, antioxidants, red bioflavonoids and quercetin for the maintenance of good health.

VEGAN GMOS GLUTEN

ON SALE!

33.99

Have you ever walked into a room and *forgot why?* Try these products.

Regenerlife® CogniSave™ All-in-one daily nutritional support for your brain

Regenerlife® Creatine Monohydrate Benefits beyond bodybuilding

Regenerlife® Omega-3 Ultra Strength
High-potency omega-3 with EPA, DHA, and DPA for cardio and cognitive support

Stress-Relax® Tranquil Sleep Promotes restful sleep and calms nervousness

39.97 30 packets

32.97 600 g powder

54.99 150 Enteripure® softgels

39.99 120 chewable tablets



isura® VERIFIED CLEAN | TESTED NON-GMO

naturalfactors.com



WEBINAR

Menopause Brain: From Fog to *Focus*

Led by naturopathic doctors

Brain fog. Anxiety. Insomnia. Forgetfulness. Trouble finding words. Can hormone changes really cause all of this? Absolutely!

Join us to uncover what happens to the brain during midlife and, more importantly, what you can do about it. Learn practical nutrition strategies and simple tools to help steady emotions, sharpen thinking, and improve sleep.

OCTOBER 20, 2026
7:00 PM EST | 7:00 PM PST

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HEALTH FIRST

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EMBRACE THE WILD AND EXPERIENCE ITS INTENSITY!



SOLVENT-FREE

INDUSTRY-LEADING 93% CARVACROL CONTENT

HAND-PICKED

RARE WILD SPECIES

STEAM-DISTILLED

BOLD, SMOOTH FLAVOUR

24.79

New Roots HERBAL

THE ALPHA OF ALL OMEGAS

CLINICALLY STUDIED RATIO: 2:1 EPA TO DHA

FISH-BASED SOFTGEL



43.69

#1 SELLER

LABORATORY-TESTED FOR POTENCY, PURITY, AND SAFETY FROM HEAVY METALS

SUPPORTS HEART AND BRAIN HEALTH

Made in Canada | cGMP | ISO 17025 ACCREDITED | NON GMO | SINCE 1985 | ND Approved

To ensure these products are right for you, always read and follow label directions.



MEDI-C PLUS®
Assorted varieties - 600 g

Helps to support and maintain cardiovascular health, reduce the recurrence of cold sores, while building strong bones, teeth and gums.

VEGAN GMOS GLUTEN

ON SALE!

52.99



GENUINE HEALTH MARINE CLEAN COLLAGEN
210 - 228 g

Provides 10 grams of pure hydrolyzed collagen sourced from wild-caught fish from the North Atlantic.

GMOS GLUTEN

ON SALE!

34.49



HEALTH FIRST® JOINTS FIRST
500 ml or 180 capsules

Combines a double glucosamine complex with collagen and traditional herbs to help prevent inflammation and relieve joint pain.

GMOS GLUTEN

500 ml

30.99

180 caps

32.99



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HEALTH FIRST®

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

 Please see your health care professional before beginning any type of therapy. Information published in this flyer is not intended to replace medical advice.