

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](http://naturespiritearthmarket.com)



NEW

## HEALTH FIRST® MAGNESIUM COMPLEX SUPREME 120 vegetable capsules

Offering 100 mg of elemental magnesium from an exclusive blend of magnesium aspartate, bisglycinate, malate and L-threonate to help support overall wellbeing.



ON SALE!

29<sup>99</sup>



## CANPREV™ ADRENAL- PRO™ 120 vegetable capsules

Specially formulated to support the adrenal glands, increase energy, reduce stress and fatigue, and provide an improved sense of well-being.



ON SALE!

35<sup>99</sup>



## ULTIMATE® TESTOSTERONE BOOST 60 vegetarian capsules

Promotes healthy testosterone production and improves physical performance, energy levels and vitality in men.



ON SALE!

24<sup>99</sup>



BONUS SIZE

## 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!

27<sup>99</sup>



NEW

## WOMENSENSE® MENOPAUSE HAIR FORMULA 60 vegetarian capsules

Clinically shown to help improve hair thickness and density, and help relieve symptoms associated with perimenopause and menopause.



ON SALE!

39<sup>99</sup>



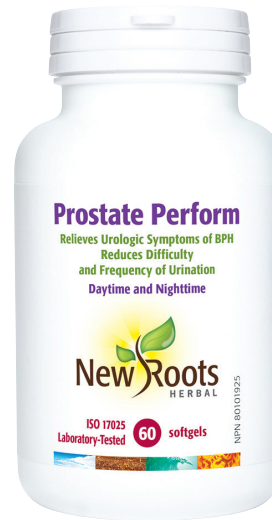
## PROGRESSIVE® MULTIVITAMIN FOR ACTIVE MEN OR WOMEN 120 vegetable capsules

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



ON SALE!

38<sup>99</sup>



## NEW ROOTS HERBAL PROSTATE PERFORM Assorted sizes

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



ON SALE!

10% off



## NATURAL FACTORS® WELLBETX® BERBERINE 120 vegetarian capsules

A natural option for supporting blood sugar balance. Evidence shows berberine plays a role in blood sugar metabolism and supports cardiovascular health by maintaining healthy blood lipid levels.



ON SALE!

39<sup>99</sup>

• SALE DATES: JUNE 5 - 20, 2026 • HEALTHFIRST.CA •

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VIEW OUR FLYER ON

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**NATURAL FACTORS®  
BIOCOENZYMATED™  
ACTIVE B COMPLEX**  
120 vegetarian capsules

A one-a-day formula featuring highly bioavailable B vitamins for active support of energy metabolism.



**ON SALE!**  
**42<sup>99</sup>**

**GENUINE HEALTH**

10g of clean collagen that mixes effortlessly and tastes great.



**PROUDLY CANADIAN**

**20% off**



**ST. FRANCIS  
HERB FARM  
SKIN HEALING  
SALVE**  
60 ml

Soothes skin irritation and promotes wound healing. Temporarily protects and helps relieve minor skin irritation and itching.

**ON SALE!**  
**19<sup>99</sup>**



**NATURTINT®  
PERMANENT  
COLOURING  
GEL**  
Assorted colours

A plant-based permanent hair colour formulated with a botanical base that is eco-friendly, and ammonia- and paraben-free.



**ON SALE!**  
**15<sup>99</sup>**



**NUTRASEA®  
OMEGA-3**  
240 softgels

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



**ON SALE!**  
**46<sup>99</sup>**



**SUKU™  
VITAMINS  
KIDS GREENS  
MULTI+**  
14 sachets x 2 gummies

Gummy vitamins for kids that contain superfood greens and fruits, vitamins and minerals and 0 g sugar.



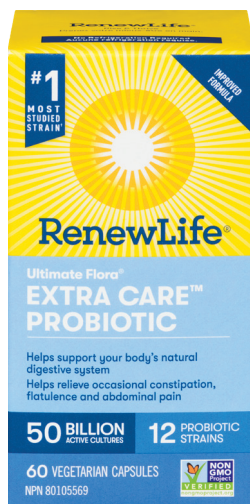
**ON SALE!**  
**10% off**



**BACH®  
RESCUE®  
REMEDY PRODUCTS**  
Assorted varieties and sizes

Ideal for helping get through stressful situations, relaxing the mind and increasing focus.

**ON SALE!**  
**15% off**



**RENEW LIFE®  
ULTIMATE  
FLORA®  
EXTRA CARE™  
PROBIOTIC**  
60 vegetarian capsules

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



**ON SALE!**  
**66<sup>99</sup>**



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

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



**ON SALE!**  
**59<sup>99</sup>**



**FLORA  
ORGANIC  
UDO'S OIL™  
OMEGA  
3+6+9 BLEND**  
500 ml

A plant-based source of omega-3, -6 and -9 fatty acids from fresh-pressed, unrefined seed oils, including organically grown flax, sesame, sunflower and evening primrose.



**ON SALE!**  
**32<sup>49</sup>**

BEAUTY BOUTIQUE



**EVERY MAN JACK®**  
Assorted varieties and sizes

A line that contains no parabens, phthalates, dyes or aluminum and is never tested on animals.

**ON SALE!**  
**10% off**



**QUEEN OF THE  
THRONES® ORGANIC  
GOLDEN CASTOR OIL**  
500 ml

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



**ON SALE!**  
**19<sup>99</sup>**

# FEEL YOUR BEST EVERY DAY

Powerful Joint and Mobility Support.

This collection brings together targeted formulas to help support cartilage, mobility, and inflammation.

HEALTH FIRST



## JOINTS FIRST 500 ml or 180 capsules

With collagen, two forms of glucosamine, and traditional herbs, **Joints First** helps to ward off inflammation, maintain healthy cartilage and relieve osteoarthritis pain.

500 ml  
**30<sup>99</sup>**

180 caps  
**32<sup>99</sup>**



## GLUCOSAMINE AND CHONDROITIN SULFATE 180 capsules

Shown to work synergistically to repair cartilage and improve its elasticity. These naturally derived ingredients help to relieve joint pain caused by arthritis, especially in the knees.

ON SALE!  
**30<sup>49</sup>**



## MSM 180 capsules

Helps reduce inflammation and joint pain associated with osteoarthritis. Can be combined with Glucosamine and Chondroitin Sulfate for added joint support.

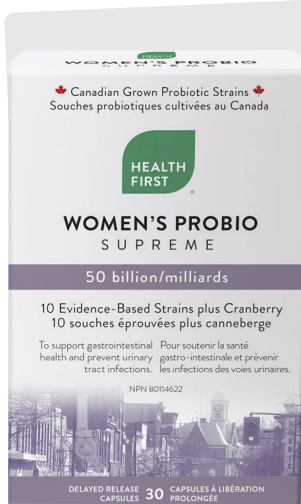
ON SALE!  
**21<sup>99</sup>**

## EXCLUSIVELY AT HEALTH FIRST MEMBER STORES

Not sure which **Health First** joint product is right for you? Your local Health First team is here to help with personalized guidance and support.

#LiveHealthFirst

healthfirst.ca   



**HEALTH FIRST® WOMEN'S PROBIO SUPREME**  
30 delayed release capsules

Contains 50 billion CFU and 10 Canadian grown probiotic strains with cranberry extract to support digestive health and help prevent urinary tract infections.



**ON SALE!**  
**29<sup>99</sup>**



**NATURAL FACTORS® Assorted flavours - 1 kg**

**Whey Factors®** is sourced from grass-fed cattle. **Vegan Protein** is derived from yellow pea, organic-sprouted brown rice, and organic hemp and chia seeds.



**Whey Factors**  
**51<sup>99</sup>**  
**Vegan Protein**  
**50<sup>99</sup>**

**prairienaturals®**  
**Canada's #1 Men's Health Supplement Brand**

**60 softgels 29<sup>99</sup>** **60 softgels 33<sup>99</sup>**

**prostate force**  
Prostate Support Formula  
Soutien nutritionnel pour la prostate

**vigor force**  
Promotes Healthy Libido  
Boosts Testosterone  
Favorise une libido saine  
Augmente la testostérone

**MADE IN CANADA Since 1992**

**Proudly Supporting CANADIAN MEN'S HEALTH FOUNDATION**



**HEALTH FIRST® L-THEANINE SUPREME**  
120 chewable tablets - Natural chocolate

Contains 100 mg of Suntheanine® L-theanine, which helps to promote a relaxed, yet alert, state.



**ON SALE!**  
**39<sup>99</sup>**



**AQUAOMEGA BALANCED ARTHRITIS & BRAIN SUPPORT**  
Assorted sizes

Helps support brain function and to reduce the pain of rheumatoid arthritis in adults.

**ON SALE!**  
**20% off**



**PROVITA IMMUNE 9 COMPLEX**  
90 v-caps

Promotes gut and respiratory immune function, supports immune resilience and aids in post-illness recovery.



**ON SALE!**  
**46<sup>49</sup>**

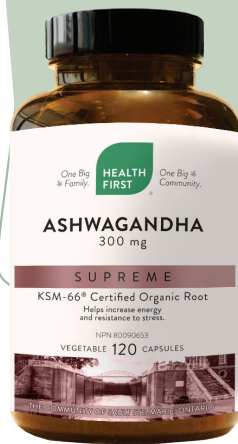


**PREFERRED NUTRITION® BEETROOT**  
195 g

Helps maintain cardiovascular health and healthy blood flow. Naturally supports nitric oxide levels in the bloodstream.



**ON SALE!**  
**39<sup>99</sup>**



**HEALTH FIRST® ASHWAGANDHA SUPREME**  
120 vegetable capsules

Uses KSM-66®, a clinically-studied, certified-organic ashwagandha root extract that helps increase energy, support a healthy stress response and improve sleep quality.



**ON SALE!**  
**29<sup>99</sup>**



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**HEALTH FIRST®**

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