

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

Buy one, get one free!

Achetez-en un, l'autre est gratuit!



Buy one Genuine Health Fermented Organic Vegan Proteins (600g) at \$51.99 and get one Health First NAC (120 capsules) free. Limited time offer, while supplies last.
Achetez une protéines* biologique végétaliennes fermentées Genuine Health (600 g) à 51,99 \$ et obtenez une NAC Health First (120 capsules) gratuite. Offre à durée limitée, jusqu'à épuisement des stocks.

GENUINE HEALTH

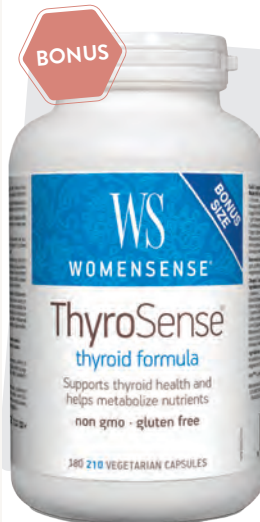
HEALTH FIRST

Protect & Support

protéger et soutenir

A value of
Une valeur de
\$27.99

GENUINEHEALTH.CA
HEALTHFIRST.CA



WOMENSENSE[®] THYROSENSE[®]
210 vegetarian capsules (30 FREE)

Supports thyroid health and helps metabolize carbohydrates, proteins and fats.



ON SALE!

38⁹⁹



GARDEN OF LIFE[®] DR. FORMULATED PROBIOTICS
Assorted varieties and sizes

Formulated by America's brain and gut health expert Dr. Perlmutter and made from diverse strains resistant to stomach acid and bile.



ON SALE!

15% off



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.



39⁹⁹

24⁹⁹



BOTANICA
Assorted varieties of Botanica product

Offers a curated collection of finely-crafted herbs, proteins and superfoods. They are rooted in herbal traditions, made of whole plant ingredients - never isolates or synthetics - and produced in small batches.



ON SALE!
15% off



RENEW LIFE[®] CLEANSEMORE[®]
150 vegetable capsules (25% BONUS)

A powerful colon cleansing formula that works without the use of harsh, purgative type laxatives, which can be addictive. It is effective for relieving occasional constipation.



ON SALE!
31⁴⁹



SALUS FLORAVIT[®] OR FLORADIX[®]
500 ml each

Clinically proven to raise serum ferritin levels (iron levels) quickly and restore your energy. Easily absorbed, non-constipating formula.

ON SALE!
39⁹⁹

• SALE DATES: OCTOBER 7 - 22, 2022 • HEALTHFIRST.CA •

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VIEW OUR FLYER ON reebee



**A. VOGEL
PROSTATE 1**
60 capsules

Contains organic Saw Palmetto fruit extract and helps prevent and relieve symptoms of benign prostate hyperplasia.



ON SALE!

52⁹⁹



**NOW®
D-MANNOSE**
120 vegetable capsules

A simple sugar that occurs in plants that can adhere to undesirable foreign substances, preventing them from sticking to the bladder.



ON SALE!

27⁴⁹



**PRAIRIE
NATURALS®
SYTRINOL™**
60 V-Capsules

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



ON SALE!

44⁹⁹



**NEW ROOTS
HERBAL STRONG
BONES**
Assorted varieties and sizes

Formulated for maximum absorption and provides a natural approach to preventing osteoporosis and healing bone injuries.



ON SALE!

20%^{off}

**smart™
SOLUTIONS**

20%^{off}



PURICA® PROBIOTICS
Assorted varieties and sizes

Contain synergistic blends of clinically-verified probiotic strains to promote optimal well-being and help support gastrointestinal function.



ON SALE!

15%^{off}



**NEW CHAPTER®
SUPPLEMENTS**
Line Drive

Formulated with ingredients you can trust – like organic fruits, vegetables, herbs and grains – avoiding genetically modified organisms whenever possible.



ON SALE!

25%^{off}



**NATURE'S
WAY® COLD
AND FLU
IMMUNE
SUPPORT
PRODUCTS**
Assorted varieties and sizes

Effective natural health products for when you're feeling under the weather.

ON SALE!

15%^{off}



Own Your Health



**W. GIFFORD-
JONES 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.



ON SALE!

47⁴⁹



**GARDEN OF
LIFE® MYKIND
ORGANICS
PLANT IRON &
ORGANIC HERBS**
240 ml

Delivers 10 mg of plant-derived iron with organic amla vitamin C and whole food vitamins B6 and B12, promoting iron absorption and utilization.



ON SALE!

23⁴⁹



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!



ON SALE!

15%^{off}

BUILDING A HEALTHIER YOU

ONE SOLUTION AT A TIME



SLEEP-GREAT

SLEEP-GREAT is a complete formulation that helps you fall asleep quickly, stay asleep and achieve deep, restful sleep.

ON SALE!

18⁴⁹



STRESS-FX

STRESS-FX is formulated to lower cortisol levels and promote a state of calmness and relaxation.

ON SALE!

33⁹⁹

Additional Select Healthology Products on Sale in Store

HEALTHOLOGY
BUILDING A HEALTHIER YOU

Canada Made in Canada

prairienaturals®

Choose Natural Remedies for Cold & Flu



Relieve symptoms of sore throat, coughing & fever

90 ml Liquid
\$23⁹⁹



May reduce risk of contracting colds & flu

500+50 Softgels
\$19⁹⁹
15 ml Drops
\$19⁹⁹



Relief for sore throat & upper respiratory infections

60 V-Caps
\$19⁹⁹



Relief from symptoms of colds & flu

60 V-Caps
\$15⁹⁹



Boost immunity Reduce inflammation

60 V-Caps
\$19⁹⁹



Cold & Flu Soothing & protective effect

150 g Powder
\$25⁹⁹

BEAUTY BOUTIQUE



ALAFFIA® NATURAL PRODUCTS

Assorted varieties - 950 ml

Handcrafted with fair-trade and unrefined shea butter.



ON SALE!

17⁹⁹



LAFES™ NATURAL DEODORANTS

Assorted varieties - 88 ml

Effectively eliminates odour-causing bacteria and clinically proven to offer 24-hour protection.

ON SALE!

6⁹⁹



WELEDA SKIN FOOD

Assorted varieties and sizes

An intensely nourishing, deeply hydrating collection of body products.

ON SALE!

20% off

HEALTH FIRST®



HEALTH FIRST® MAGNESIUM

Assorted varieties and sizes

Contains bioavailable forms of magnesium to help in the development and maintenance of bones and teeth.



CITRATE

21⁴⁹

SUPREME

33⁴⁹



HEALTH FIRST® ZINC PLUS COPPER

100 capsules
A critical balance of zinc and copper to support healthy tissue formation and iron absorption while strengthening immune function.



ON SALE!

8⁹⁹



HEALTH FIRST® OMEGA SUPREME™ ONE DAILY

60 enteric coated gelpcaps
Contains 700mg of EPA / 280mg of DHA per serving. Assists in supporting normal cardiovascular health and brain function.



ON SALE!

33⁹⁹



HEALTH FIRST® MEMORY SUPREME

60 vegetable capsules
Features Synapsa® bacopa, SunPS®, citicoline, lion's mane, and magnesium threonate to support all aspects of cognitive health, including immediate recall.



ON SALE!

44⁹⁹

Redefining *beauty* from the inside out

Think COLLAGEN – our experts do!



Hyaluronic acid

For joint lubrication and supple skin



L-glutamine

Supports the growth of cells



Hydrolyzed collagen

Helps increase skin elasticity as well as reduce wrinkles and facial lines



L-tryptophan

Provides the missing amino acid link that completes collagen's amino profile



Biotin

For strong, healthy nails, skin, and hair

55⁹⁹

855 g powder

49⁹⁹

500 g powder

47⁹⁹

135 g powder

49⁹⁹

180 tablets



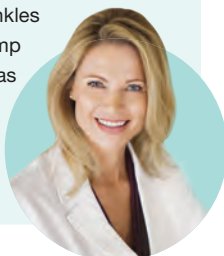
totalbodycollagen.com

isura
VERIFIED | TESTED
CLEAN | NON-GMO

“Regularly add collagen to your diet.” Why?

“When it comes to feeling good and looking good, I am going to share my secret weapon... it is called **Total Body Collagen™**. Collagen hydrates our skin, reducing wrinkles and giving us that plump youthful glow, as well as healthy hair and skin.”

– JULIE REIL, MD
and Beauty Expert



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**HEALTH
FIRST**

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