

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



DO YOU STRUGGLE WITH DIGESTIVE DISCOMFORT?

Gas, bloating, and heaviness after meals can be signs that your body needs digestive support.

Health First® PrimeZyme is a full-spectrum digestive enzyme formula made from plant and bacterial sources, combined with betaine HCl to help break down proteins, carbohydrates, and fats.

HEALTH FIRST® PRIMEZYME
180 capsules



ON SALE!

43⁹⁹



**NEW ROOTS
HERBAL
D-STRESS**
60 or
30 softgels

Organic lavender oil softgels that deliver relaxing effects for both body and mind, reducing restlessness, mental stress and exhaustion.



60 softgels

31⁹⁹

30 softgels

17⁴⁹



**SALUS
FLORADIX
KINDERVITAL®**
500 or 250 ml

A liquid multivitamin for children that builds healthy muscles, strong bones, enhances vision, and boosts immunity. Tastes great and is easily absorbed.



500 ml

43⁹⁹

250 ml

26⁹⁹



BOTANICA
Select varieties -
574 - 840 g or
154 - 216 g

Perfect Protein is a complete plant protein blend packed with 20g of protein, made with just a few simple organic ingredients.

Perfect Greens is crafted with 100% organically grown ingredients. Stevia-free.



PROTEIN

61⁴⁹

GREENS

35⁹⁹



BIOFIL™
120 vegetarian
capsules

Nourish your skin, reduce fine lines and wrinkles, and thicken and strengthen your hair and nails.



ON SALE!

62⁹⁹

HOT DEALS!



**PRAIRIE
NATURALS®
LIQUID
& IONIC
SOLUTIONS**
B Complex or
Magnesium -
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!

2/49⁹⁹



BUY 1 GET 1 FREE*

**PREFERRED NUTRITION®
COENZYME Q10 150 MG**
Assorted sizes

Helps support cardiovascular health.
*Free product of equal or lesser size.

• SALE DATES: OCTOBER 3 - 18, 2025 • HEALTHFIRST.CA •



CANPREV SYNERGY B *60 vegetable capsules*

An innovative vitamin B complex that delivers the full spectrum of B vitamins in their preferred forms, plus 200 mg of L-Theanine daily.



ON SALE!

26⁹⁹



NATURE'S WAY SAMBUCUS® IMMUNE GUMMY *60 gummies each*

These elderberry gummies have the added benefit of vitamin C and Zinc for immune support. *Available for Adults and Kids.*



ON SALE!

17⁴⁹



PROGRESSIVE® MULTIVITAMIN FOR ADULT MEN OR WOMEN 50+ *120 vegetable capsules each*

Addresses the needs of an aging body with a complex of supporting nutrients designed to address age-specific health needs for women and men.



ON SALE!

25%^{off}



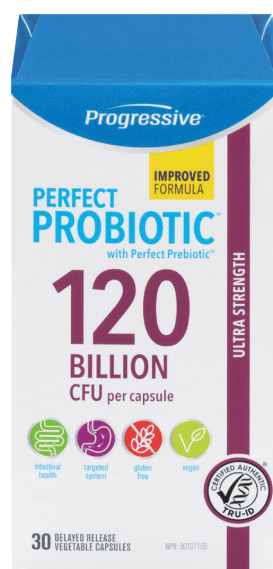
KYOLIC® AGED GARLIC EXTRACT™ CHOLESTEROL CONTROL FORMULA 104 *180 capsules*

A combination of lecithin and 100% organically grown garlic that supports healthy cholesterol levels and overall cardiovascular health.



ON SALE!

27⁹⁹



PROGRESSIVE® PERFECT PROBIOTIC™ 120 BILLION *30 delayed release vegetable capsules*

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



ON SALE!

45⁹⁹



NIYAMA® HEY, RELAX! MAGNESIUM BISGLYCINATE POWDER *Assorted flavours - 216 - 240 g*

Combines magnesium bisglycinate, tart cherry, GABA and myo-inositol to promote relaxation.



ON SALE!

44⁹⁹



WILD ROSE HERBAL D-TOX *Kit*

A 12 day whole body cleanse that helps support the elimination of toxins from the body.

ON SALE!

59⁹⁹



NOW® EXTRA STRENGTH NAC 1000 MG *120 tablets*

Helps to maintain normal, balanced immune system function and is a strong detoxifier in the liver and lungs.



ON SALE!

42⁹⁹



ST. FRANCIS HERB FARM STOP IT COLD® THROAT SPRAY *30 ml*

This targeted and convenient spray is your go-to for sore, dry, or irritated mouth or throat with infection-fighting traditional herbs as well as soothing marshmallow and licorice.



ON SALE!

15⁹⁹



GENUINE HEALTH

#1 GREENS IN CANADA

- ✓ Foundational nutrition for your body.
- ✓ Supports energy, gut and overall health.
- ✓ Unique blend of superfoods, plant nutrients, antioxidants, and probiotics.

35⁴⁹
assorted sizes 208 g - 228 g

women's advanced gut health probiotic
50 billion CFU daily dose
30 capsules

- ✓ Uniquely aligned for a woman's design
- ✓ Support through every stage of life

40⁹⁹
30 capsules*
*also available in 60 capsules

Certified Corporation

PROUDLY CANADIAN

prairienaturals®

Canada's #1 Men's Health Supplement Brand

MADE IN CANADA
Since 1992

ON SALE! 29⁹⁹
60 softgels

ON SALE! 44⁹⁹
60 V-capsules

ON SALE! 33⁹⁹
60 softgels

prost force
Prostate Support Formula
Soutien nutritionnel pour la prostate

tongkat ali
Promotes Testosterone
Favorise la testostérone

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



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! 29⁹⁹



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! 39⁹⁹



HEALTH FIRST® SLEEP SUPREME
60 vegetable capsules

PharmaGABA® with inositol, magnesium and key adaptogens to promote relaxation and sleep.

ON SALE! 24⁹⁹



HEALTH FIRST® LION'S MANE
60 vegetable capsules

High potency to help support cognitive health and immune function.

ON SALE! 39⁹⁹

BEAUTY BOUTIQUE



WELEDA SKIN FOOD PRODUCTS
Assorted varieties - 75 ml

This rich, multi-purpose cream nourishes the skin on your elbows, knees, hands, and heels. You can also add it to your makeup routine as a glow-boosting primer.

ON SALE! 20⁹⁹



HERBATINT® PERMANENT HAIRCOLOUR GEL
Assorted colours

Formulated using safe ingredients balanced with extracts from natural herbs. No ammonia, no damage, just healthy shine.

ON SALE! 17⁴⁹



EVERYONE® 3-IN-1 SOAPS OR LOTIONS
Select varieties - 946 ml

Hydrating and gentle enough to be used on your hands, body and face.

ON SALE! 30% off



PREFERRED NUTRITION® MEN'S OR WOMEN'S COMPLETE MULTI
60 vegetarian capsules each

A one-per-day comprehensive blend of vitamins, minerals, and supportive nutrients formulated specifically for men or women.



ON SALE!
19⁹⁹



HEALTH FIRST® MAGNESIUM SUPREME EXTRA STRENGTH
120 tablets

Is a high potency magnesium glycinate at 250 mg per tablet. Helps to maintain proper muscle function, bone maintenance and development.



ON SALE!
33⁴⁹



HEALTH FIRST® CURCUMIN SUPREME EXTRA STRENGTH
120 vegetable capsules

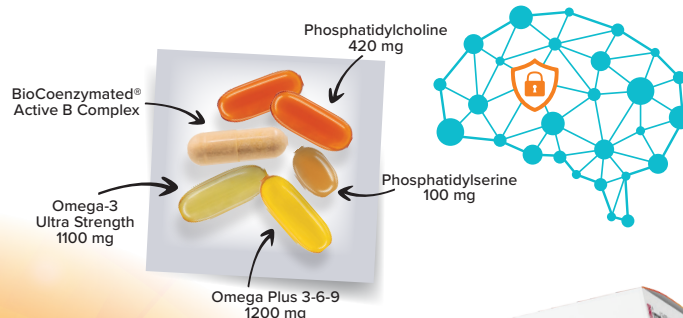
Contains Meriva®, a highly bioavailable curcumin clinically proven to help relieve joint pain and inflammation.



ON SALE!
69⁹⁹

Don't wait until it's too late...

Helps support brain function



39⁹⁹
30 all-in-one packets



47⁹⁹

60 vegetarian capsules



NMNSurge

NAD+ precursor and healthy-aging molecule

- NMN is a cutting-edge, metabolically active form of vitamin B3
- Replenishes age-related declines in NAD+
- Supports energy production in cells
- Promotes cellular repair

23⁹⁹

300 g powder



Creatine Monohydrate

Promotes healthy muscles

- Increases lean muscle mass when used in conjunction with exercise
- Helps replenish muscle ATP stores
- Provides 5 g of quality creatine monohydrate per serving
- Micronized for optimal absorption

29⁹⁹

450 g powder



Fermented L-Glutamine

Micronized for easier absorption

- Helps assist muscle cell repair after exercise
- Supports the immune system after periods of physical stress
- Helps restore glutamine levels depleted after periods of physical stress (such as intense exercise)
- Used as a workout supplement
- Micronization technology makes L-glutamine easier to absorb



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