

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® RESPIR FIRST 500 ml

A unique herbal blend that helps to relieve bronchitis, coughs, colds, and seasonal allergy symptoms.



ON SALE!

21⁹⁹



ST. FRANCIS HERB FARM DEEP IMMUNE® 100 ml + FREE Vitamin D 15 ml

Made from powerful adaptogenic herbs that work to balance and optimize the immune system. Also available for kids!



ON SALE!

29⁴⁹



HEALTHOLOGY GUT-FX FORMULA 180 g

The ultimate formula to repair your intestinal tract lining, heal inflammation, support healthy gut flora, and restore your gut health.



ON SALE!

39⁹⁹



TOTAL BODY COLLAGEN® Assorted flavours - 430 - 500 g

Supports formation of collagen and connective tissue for joint health and helps to nourish skin, hair and nails.



ON SALE!

57⁴⁹



CANPREV™ MAGNESIUM

Assorted varieties and sizes

Delivers a powerful dose of pure elemental magnesium in a form known for its superior absorption and gentleness on the bowels.



ON SALE!

10%^{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!

20%^{off}



MEGAFOOD® MULTIVITAMINS

Assorted varieties and sizes

Premium supplements that support your body, and a more sustainable future. Crafted with real food from trusted farm partners committed to organic and regenerative agriculture.



ON SALE!

15%^{off}



BIOSIL™ 120 vegetarian capsules

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



ON SALE!

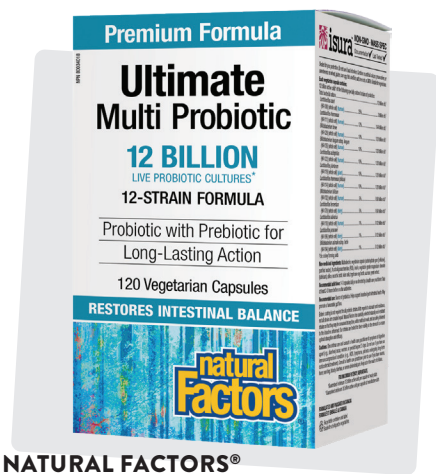
69⁹⁹

• SALE DATES: SEPTEMBER 4 - 19, 2026 • HEALTHFIRST.CA •

©+TM+© 2024 Health First Network • All rights reserved • All other trademarks are owned by their respective owners.

VIEW OUR FLYER ON

A-1



**NATURAL FACTORS®
ULTIMATE MULTI
PROBIOTIC**
120 vegetarian capsules
12 billion live probiotic cultures help to restore and maintain healthy, balanced intestinal flora.



ON SALE!
43⁹⁹



**WOMENSENSE®
ADRENASENSE®**
210 vegetarian capsules (30 FREE)
Improves mental and physical performance after periods of mental and/or physical exertion, and helps to temporarily promote relaxation.



ON SALE!
43⁹⁹

**SALUS VALUE PACKS
(500 ML + 250 ML)**

62⁴⁹



MILK THISTLE

FLORADIX

FLORAVIT

KINDERVITAL

Milk Thistle plus herbal extracts to support digestion and overall liver cell function. **Floradix** and **Floravit** prevent iron deficiency (anemia) and restore energy without constipation. **Kindervital** provides essential building blocks for healthy muscles, strong bones, and enhanced vision.



**A.VOGEL ECHINAFORCE®
SORE THROAT SPRAY**
30 ml + 30 ml

Used to treat painful inflammation and infection of the throat, such as pharyngitis, tonsillitis, soreness and hoarseness.



ON SALE!
29⁹⁹

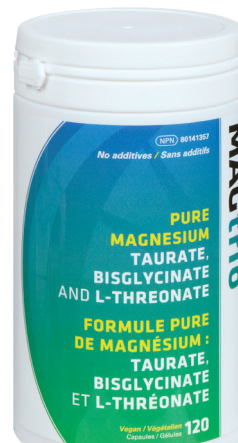


SOVEREIGN SILVER®
59 ml

99.999% pure silver and pharmaceutical-grade purified water in an amber glass bottle. An effective tool to maintain, sustain and support the immune system!



ON SALE!
15⁴⁹



ITL HEALTH
Assorted varieties and sizes

Science-backed magnesium supplements with no fillers or binders, and are allergen-free and vegan.



ON SALE!
15%^{off}



SUKU™ VITAMINS
Select varieties - 60 gummies

Delicious, plant-based gummy vitamins that are sugar-free, ensuring both clean ingredients and high potency.



ON SALE!
15%^{off}



**YOUNITED ALL-IN ONE PLANT
PROTEIN + SUPERFOODS**
Assorted flavours - 775 - 837.5 g

With 21 g of organic plant protein and 53 organically grown veggies, fruits, mushrooms and herbs, this great-tasting powder is a nutrition powerhouse.



ON SALE!
69⁹⁹



**NORDIC NATURALS®
ULTIMATE OMEGA™**
60 soft gels

Made from 100% wild-caught fish, this fish oil contains highly concentrated EPA and DHA and provides support for eye, skin, cardiovascular and cognitive health.



ON SALE!
37³⁹

GENUINE HEALTH



Power through your day with the Perfect Combo.

20%^{off}



PROUDLY CANADIAN

HEALTH
FIRST



BUILD YOUR IMMUNE SUPPORT KIT

September is a good time to get routines back on track and prepare for the season ahead. Support your body's natural immune defences with targeted Health First essentials and everyday habits that help you stay well as schedules get busier and cooler weather approaches.

IMMUNE SUPPORT TIPS:

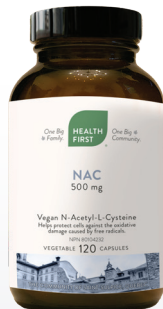
- Stay hydrated throughout the day
- Add colourful fruits and vegetables to meals and snacks
- Make time for regular movement
- Keep a consistent sleep routine
- Choose nutrients and formulas suited to your individual needs



ON SALE!
26⁹⁹

IMMUO FIRST 60 vegetable capsules

A daily supplement with plant-based phytoestrogens and vitamin A that helps support the immune system and maintain eyesight, healthy skin and mucous membranes.



ON SALE!
25⁹⁹

NAC 120 vegetable capsules

N-acetyl-L-cysteine is an amino acid the body uses to produce glutathione, an important antioxidant that helps protect cells from oxidative damage and supports immune health.



ON SALE!
39⁹⁹

COLD DEFENSE SUPREME 120 vegetable capsules

A blend of traditional Chinese herbs and adaptogens to help relieve cold symptoms and support your immune system without drowsiness. A seasonal must have for the whole family.



ON SALE!
29⁹⁹

CONGESTION RELIEF SUPREME 60 gelcaps

Traditionally used garlic oil helps relieve nasal and sinus congestion and ease mucus buildup. The formula also contains organic black seed oil and organic oregano oil.



ON SALE!
23⁹⁹

OREGA SUPREME 25 ml

Wild-sourced oregano oil and thyme oil are blended with extra virgin organic olive oil to provide antioxidant support in a simple, traditional liquid formula.

VISIT YOUR LOCAL HEALTH FIRST STORE FOR TRUSTED PRODUCTS & VALUABLE WELLNESS RESOURCES.

healthfirst.ca



BUILD YOUR IMMUNE FOUNDATION

As the days get shorter and we spend less time in the sun, the body has fewer opportunities to produce enough vitamin D. Make vitamin D and vitamin C part of your daily routine with Health First formulas in a range of strengths and formats to support immune health.



NEW!

ON SALE!
22⁹⁹

VITAMIN D3 PLUS K2 30 ml

Provides 1,000 IU of vitamin D3 and 120 mcg of menaquinone 7 vitamin K2 in a base of MCT oil, to help build strong bones and teeth and support immune function.



ON SALE!
1000 IU
19⁹⁹

ON SALE!
2500 IU
21⁹⁹

VITAMIN D3 1000 IU OR 2500 IU **ONE DROP DAILY** 30 ml

Each drop provides either 1,000 IU or 2,500 IU of vitamin D3 in an MCT oil base to support immune function and help prevent vitamin D deficiency.



ON SALE!
16⁹⁹

VITAMIN D3 1000 IU 500 gelcaps

Each gelcap provides 1,000 IU of vitamin D3 in an organic olive oil base to support immune function and help prevent vitamin D deficiency.



ON SALE!
22⁹⁹

VITAMIN C TIMED RELEASE 180 caplets

Provides 1,000 mg of vitamin C with citrus bioflavonoids in a timed-release formula designed to release gradually over six to eight hours for longer-lasting immune support.



FILL THE GAPS IN YOUR DAILY ROUTINE

Your nutritional needs can change with your routine, diet and stage of life. From everyday support for energy and overall wellness to targeted formulas for immune and men's health, Health First offers options to help you choose what fits your individual needs.

EVERYDAY ESSENTIALS



ON SALE!
35⁹⁹

ACTIVE B SUPREME 90 vegetable capsules

When diet alone doesn't meet your needs, supplementing B vitamins in the morning can help you take on the day! Support energy production in the body with active forms of all 8 key B vitamins plus inositol and choline.



ON SALE!
26⁹⁹

MULTI FIRST CHEWABLE 120 chewable tablets

A well-rounded multivitamin with highly absorbable forms of vitamins and minerals, including active B vitamins, buffered vitamin c and plant-sourced Aquamin™ calcium and magnesium, with real fruit and vegetable extracts.

TARGETED SUPPORT



CAPSULES
11⁴⁹

CHEWABLE
22⁹⁹

ZINC PLUS COPPER 100 vegetable capsules or 150 chewable tablets

Zinc helps support immune function and maintain healthy skin, hair and nails. Available in a vegetable capsule or chewable tablet, both formulas provide a balanced ratio of zinc and copper to help prevent deficiency.



ON SALE!
71⁹⁹

PROSTATE PROTECT SUPREME 120 vegetable capsules

Offers a complete prostate support formula containing Flowens® cranberry, phytosterols, and key nutrients to support prostate health and help relieve the urologic symptoms associated with mild to benign prostatic hyperplasia (BPH).



CREATE A CALMER SLEEP ROUTINE

Feeling your best starts with simple daily routines that support you from day to night. Build healthy habits throughout the day, then create a calming evening routine that supports your natural sleep-wake cycle.

- Keep a consistent bedtime and wake-up time
- Get natural light earlier in the day
- Dim lights and limit screens before bed
- Create a calming bedtime ritual
- Choose one targeted sleep formula when extra support is needed



SLEEP SUPREME 60 vegetable capsules

Sleep Supreme is a melatonin-free formula, containing PharmaGABA®, inositol, magnesium, passionflower and jujube, that temporarily helps to promote relaxation and sleep.

ON SALE!
24⁹⁹



MELATONIN SUPREME 120 tablets

Promote healthy sleep and help reset your body's sleep-wake cycle with Melatonin Supreme. It provides 3 mg of MelaPure™ melatonin in a timed-release formula that works gradually over 6 to 8 hours.

ON SALE!
16⁹⁹



ON SALE!
24⁹⁹

WELLNESS CANDLES 7 oz | 207 ml

Transform your bedtime routine with Health First Wellness Candles, crafted from sustainably harvested non-GMO coconut and apricot wax and pure essential oils.

VISIT YOUR LOCAL HEALTH FIRST STORE FOR TRUSTED PRODUCTS & VALUABLE WELLNESS RESOURCES.

healthfirst.ca



 10^{49}



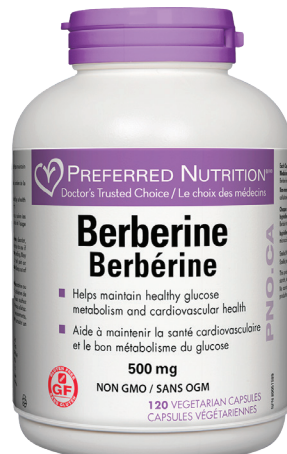
**NATURAL FACTORS®
STRESS-RELAX® MENTAL
CALMNESS 100 MG**
60 chewable tablets

Helps reduce feelings of stress and anxiety and promotes relaxation without drowsiness.



ON SALE!

19⁹⁹



**PREFERRED NUTRITION®
BERBERINE 500 MG**
120 vegetarian capsules

Helps maintain healthy glucose metabolism and cardiovascular health.



ON SALE!

36⁹⁹

SAVOUR THE FLAVOUR, SKIP THE DISCOMFORT!

- TRIPLE ACTION ENZYMES BREAK DOWN PROTEINS, CARBS, AND FATS EFFECTIVELY
- INCLUDES BETAINES HYDROCHLORIDE AND OX BILE TO BOLSTER LOW STOMACH ACID
- HELPS DECREASE DIGESTIVE DISCOMFORT SUCH AS BLOATING AFTER HIGH-CALORIE FATTY MEALS

38⁶⁹

New Roots
HERBAL



ELEV-8 YOUR VITAMIN C GAME



25¹⁹

**ADVANCED FORMULA
WITH BUFFERED, ACTIVE
VITAMIN C COMPLEX FROM EIGHT
SUPERIOR SOURCES**



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



**NATURAL FACTORS®
REGENERLIFE™ CREATINE
MONOHYDRATE**
300 g

Provides 5 g of quality micronized creatine monohydrate per serving, which increases body muscle mass and improves strength and power.



ON SALE!

23⁹⁹



**NOW® KSM-66
ASHWAGANDHA®**
90 veg capsules

Used in Herbal Medicine as an adaptogen to help increase energy, improve resistance to stress, support memory and promote restful sleep.



ON SALE!

20%^{off}

20%^{OFF}

ALL NutraSea Omega-3, NutraVege Plant-Based Omega-3, and Nature's Way Herbs.

1% FOR THE PLANET — MEMBER —

Certified Corporation

Learn more at bcorp.com



**HEALTH FIRST® CAL
MAG OR CAL
MAG PLUS K2
SUPREME**
450 ml

Features Aquamin™ plant source calcium and magnesium plus key vitamins and trace minerals to support bone health.



Cal Mag

28⁹⁹

Cal Mag Plus K2

29⁹⁹



Nature Spirit Earth Market
250-247-0210
#1-480 North Rd
Gabriola Island, BC

**HEALTH
FIRST**

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