

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



**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

HOT DEAL!



**PRAIRIE
NATURALS®
LIQUID B
COMPLEX
SOLUTION**
500 ml

Contains high-
potency B
vitamins to help
reduce stress,
energize, and
improve mood.



ON SALE!

2/49⁹⁹



**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



BIOSIL™
120 vegetarian
capsules

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



ON SALE!

69⁹⁹



Fuel Your Flow

Choose Genuine Health fermented organic vegan proteins+
and fast joint care to support every move, in and out of the gym!



HFN BONUS OFFER

- ✓ 20g of fermented protein
- ✓ Excellent source of iron
- ✓ 7 plant-based sources

64⁹⁹



DUO PACK

- ✓ Starts working in
as little as 1 WEEK!
- ✓ Reduce and relieve
joint pain and stiffness
caused by osteoarthritis.

61⁹⁹



MEGAFOOD®
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}



**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!

39⁹⁹

• SALE DATES: JANUARY 2 - 17, 2026 • HEALTHFIRST.CA •

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VIEW OUR FLYER ON *flipp*

A-1



A.VOGEL ECHINAFORCE® SORE THROAT SPRAY

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



ON SALE!
29⁹⁹



**NATURAL FACTORS®
ULTIMATE
MULTI
PROBIOTIC**
120 vegetarian capsules



ON SALE!
43⁹⁹



ST. FRANCIS HERB FARM STREST®

90 vegicaps
Features
ashwagandha
plus five other
key adaptogenic
herbs to help
relieve symptoms
of stress.



ON SALE!
33⁴⁹

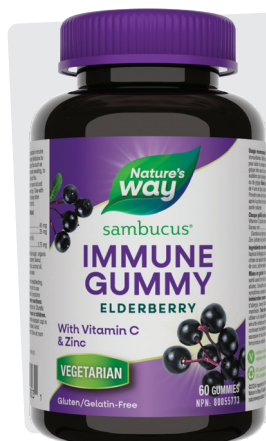


GARDEN OF LIFE® RAW ORGANIC ALL-IN-ONE SHAKE

Assorted
flavours -
907 - 1038 g
On-the-go
nutrition that
contains 20 g of
protein, 7 g of fibre
and 44 superfoods
per serving.



ON SALE!
59⁹⁹



NATURE'S WAY SAMBUCUS® IMMUNE GUMMY

60 gummies
These elderberry
gummies have
the added
benefit of vitamin
C and Zinc for
immune support.



ON SALE!
17⁴⁹



PRAIRIE NATURALS® DIGEST- FORCE

120 + 60
V-Capsules
Offers activated
coconut charcoal
and ginger root
extract to help
relieve digestive
upset and
disturbances.



ON SALE!
55⁹⁹



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!
15⁹⁹



NUTRASEA® OMEGA-3 OR OMEGA-3 + VITAMIN D3

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



ON SALE!
53⁹⁹



ENER-C™

Assorted flavours - 30 sachets
A caffeine-free way to boost your
immunity, energy and hydration.
Available in sugar-free and regular!



ON SALE!
17⁹⁹



FLORA FLOR-ESSENCE®

Assorted varieties
and sizes
An 8-herb formula that
synergistically supports
multiple detoxification
pathways. Also
available with Turkey
Tail and Turmeric to
support a healthy
immune system and
inflammation response.



ON SALE!
20% off



NOW® RELORA®

300 MG
60 veg capsules
Has been shown
to help control
appetite and
stress-related
eating, thereby
helping you to
manage your
weight.



ON SALE!
22⁴⁹



PROGRESSIVE® PHYTOBERRY® OR VEGEGREENS®

450 g or 265 g
A single serving has the equivalent
nutrient content of 6 to 8 servings
of fresh fruit or vegetables.

ON SALE!
25% off



NOW® ZINC PICOLINATE

25 MG
100 vegetarian
capsules
Helps to maintain
healthy skin and
immune function
and aids the body
in metabolizing
carbohydrates,
proteins and fats.



ON SALE!
12⁴⁹



WILD ROSE HERBAL D-TOX

Kit
Supports your detoxification
organs for a healthier, energetic
and more balanced you.

ON SALE!
48⁹⁹



ANDALOU FACE CARE PRODUCTS

Select varieties
and sizes
Products that are
certified organic,
nature derived, and
always cruelty free.



ON SALE!
25% off



GREEN BEAVER® TOOTHPASTE

Assorted varieties - 75 ml
Loaded with excellent natural
cleaning properties, such as GMO-
free coco-glucoside from coconut
and fruit, as well as xylitol from
North American hardwood trees.



ON SALE!
6⁷⁹



STRESS LESS. SLEEP WELL. LIVE ENERGIZED.

Good sleep and steady energy work together. When stress builds up, it can affect how you rest at night and how you feel during the day. Health First offers natural support to calm your mind, promote relaxation, and restore healthy energy, so you feel balanced and ready to take on the day!

RESET YOUR RHYTHM

Small daily habits can make a big difference. Try getting natural light exposure in the morning, limiting screen time before bed, and keeping a consistent bedtime routine. Your body thrives on rhythm, and good sleep starts long before your head hits the pillow.

✓ RELAX, UNWIND, AND REST EASY



SLEEP SUPREME AND CALMING MIST

60 vegetable capsules and 60 ml

Sleep Supreme is a melatonin-free formula, containing PharmaGABA[®], inositol, magnesium, passionflower and jujube, that temporarily helps to promote relaxation and sleep. With a soothing blend of organic lavender, vetiver, chamomile, and orange essential oils, **Calming Mist** can be applied to your face or pillow to set the stage for a restful night.

 60 CAPSULES

24⁹⁹

 60 ML

9⁹⁹



MELATONIN SUPREME

120 tablets

Promote healthy sleep and help reset your body's sleep-wake cycle with Melatonin Supreme. Made with 3 mg of MelaPure[™] melatonin our formula is timed to release over 6 to 8 hours.

 ON SALE!

16⁹⁹


✓ RISE AND SHINE WITH B VITAMINS



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!

35⁹⁹



B12 SUPREME

120 natural cherry lozenges

Our new and improved B12 Supreme has been reformulated to contain active forms of B vitamins! Prevent B12 deficiency with 1,200 mcg of methylated B12, plus P5P B6 and L-5-MTHF folate.

 ON SALE!

17⁹⁹

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

healthfirst.ca   

POWER YOUR EVERY DAY

Wellness doesn't stop at your foundation: it fuels how you live every day. Health First Multivitamins deliver complete daily nutrition to support energy, metabolism, and immune health, while Magnesium promotes calm and muscle relaxation. Together, they help you thrive with strength, balance, and vitality from morning to night.



MULTI ONE DAILY SUPREME WITH IRON

180 tablets

MULTI SUPREME IRON FREE

180 vegetable capsules

Health First Multi One Daily Supreme and Multi Supreme are all-in-one multis packed with phytonutrients, Aquamin™ calcium and magnesium, and buffered vitamin C for optimum bioavailability. They help build strong bones and teeth and support eye, skin and immune health.

WITH IRON
47⁹⁹

IRON FREE
42⁹⁹



MEN'S 50 PLUS MULTI SUPREME

60 vegetable capsules

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 for immune and joint health and Kaneka Ubiquinol® for heart health.

ON SALE!
37⁹⁹



PRE AND POST NATAL MULTI SUPREME

90 vegetable capsules

An easily digested multi formula with key nutrients for women in their childbearing years. Supports adequate iron levels and helps reduce the risk of neural tube defects when taken 3 months prior to conception and during early pregnancy.

ON SALE!
25⁹⁹



WHY MAGNESIUM MATTERS

Magnesium is a co-factor in hundreds of enzymatic processes in the body. It supports muscle function, bone health, energy production, and how the body responds to everyday stress. It also plays a role in mood and sleep through serotonin production. Many Canadians fall short on magnesium, and ongoing stress can affect levels. Ensuring adequate intake helps support overall well-being.

MAGNESIUM SUPREME EXTRA STRENGTH

120 tablets



A high potency magnesium complex providing 250 mg of elemental magnesium per tablet. Contains a blend of magnesium glycinate, citrate and hydroxide to help prevent magnesium deficiency and support overall well-being.

ON SALE!
33⁴⁹



SUPPORT WELLNESS FROM WITHIN

Wellness starts in the gut. Health First digestive essentials work together to keep you balanced and strong from the inside out. ProBio Supreme replenishes beneficial bacteria for daily gut health, Liver Supreme supports optimal digestion, and soothing Aloe Vera Juice helps calm and nourish. Together, they build the foundation for healthy digestion and overall well-being.



HEALTHY DIGESTION TIPS:

- Chew slowly; digestion starts in the mouth.
- Stay hydrated to support enzyme activity.
- Include fibre-rich foods for regularity.
- Balance meals with protein, healthy fats and carbs.

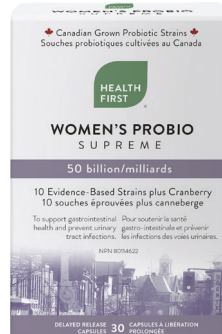


PROBIO SUPREME 55 BILLION

30 delayed release capsules

A high-potency probiotic that supports intestinal health and promotes a favourable gut flora. Clinically shown to help manage acute infectious diarrhea and reduce the risk of antibiotic associated diarrhea.

ON SALE!
29⁹⁹



WOMEN'S PROBIO SUPREME 50 BILLION

30 delayed release capsules

Targeted support for women's unique needs, with 10 Canadian-grown strains plus cranberry extract for urinary tract and vaginal health. Refrigerated capsules designed to deliver results where you need them most.

ON SALE!
36⁹⁹



LIVER SUPREME 60 vegetable capsules

Features Siliphos® silybin Phytosome®, a well absorbed and clinically researched milk thistle extract, along with alpha-lipoic acid, plus dandelion root to help support liver function and relieve digestive disturbances.

ON SALE!
39⁹⁹



ALOE VERA JUICE Pomegranate or Unflavoured - 500 ml

Contains certified organic aloe, a source of antioxidants to help soothe inflammation of the intestinal tract. Delicious on its own or mixed into water, juice, or smoothies!

ON SALE!
9⁹⁹



CLEARING THE WAY TO WELLNESS

SUPPORT YOUR BODY'S NATURAL DEFENSES

When your immune system needs extra support, every breath counts. Health First immune and respiratory formulas help you stay strong, breathe easier, and recover faster. From year-round defense to targeted relief, our natural ingredients work with your body to protect what you've built, so you can keep moving forward.



OREGA SUPREME 25 ml

Our potent combination of wild-sourced oil of oregano and thyme oil is blended with extra virgin organic olive oil and delivers antioxidant protection in a pure, simple, and traditional combination.

ON SALE!
22⁴⁹



NAC 120 vegetable capsules

Our vegan N-Acetyl-Cysteine is an amino acid the body needs to create glutathione, a potent antioxidant that helps to reinforce the immune system's defense against oxidative stress.

ON SALE!
25⁹⁹



RESPIR FIRST 500 ml

Your go-to formula to help relieve coughs, colds, bronchitis, and even seasonal allergy symptoms. Respir First contains a unique blend of marshmallow root, nettle, ginger, astragalus, thyme, linden flower, and fenugreek seed.

ON SALE!
20⁹⁹



CONGESTION RELIEF SUPREME 60 gelscaps

Formulated with antioxidant-rich, antibacterial and antifungal ingredients including organic oregano oil, organic garlic oil and black seed oil, which help to ease mucus build up while clearing nasal and sinus congestion.

ON SALE!
29⁹⁹



COLD DEFENSE SUPREME 120 vegetable capsules

Formulated with 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, ages 12 and up.

ON SALE!
39⁹⁹



✓ SCAN HERE

Scan for natural ways to strengthen your immune system and start the year feeling your best.

VISIT US IN-STORE TO LEARN MORE ABOUT HEALTH FIRST PRODUCTS, OR EXPLORE [HEALTHFIRST.CA](https://healthfirst.ca)



FEEL IT IN YOUR BONES.

D₃ & **K₂** options that keep you moving.
Made with organic coconut oil for
enhanced absorption.



SOMETIMES LIFE CAN BE STRESSFUL

NEW to the Stress-Relax® family! KSM-66 ASHWAGANDHA®

Increase resistance to stress, calm your mind, and rejuvenate your body. Studies have shown that ashwagandha can also support sleep, memory, and physical performance.



20⁴⁹
60 chewable tablets

22⁹⁹
60 chewable tablets

21⁹⁹
60 vegetarian capsules



PREFERRED NUTRITION® CREATINE MONOHYDRATE 400 g

Contains a micronized form of creatine monohydrate that improves strength and performance in repetitive bouts of brief, highly intense physical activity.



ON SALE!
24⁹⁹

YOU CAN DO MORE WHEN YOU HAVE STRONG BONES

- COMPREHENSIVE NATURAL FORMULA REDUCES THE RISK OF OSTEOPOROSIS
- HELPS BUILD AND MAINTAIN STRONG, RESILIENT BONES



52⁹⁹

52⁹⁹

51⁹⁹



40 YEARS
New Roots
MAKING LIFE BETTER

1 IN 3 CANADIANS

DOESN'T GET ENOUGH MAGNESIUM



ARE YOU?

29⁹⁹

Made in Canada



PREFERRED NUTRITION® MICRONIZED FERMENTED GLUTAMINE 600 g

Assists in muscle tissue repair and supports digestive and immune system health after prolonged exhaustive exercise.



ON SALE!
38⁹⁹



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 mental acuity and immediate recall.



ON SALE!

44⁹⁹



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HEALTH FIRST®

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