



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



HOT DEAL!



PRairie NATURALS® LIQUID B COMPLEX SOLUTION 500 ml

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



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.



BIOSIL™ 120 vegetarian capsules

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



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

64.99

DUO PACK

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

61.99



MEGAFOOD® Assorted varieties and sizes

Premium supplements that support your body, and a more sustainable future. Crafted from 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!
39.99

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

A-1



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!
29.99



43.99



ON SALE!



ST. FRANCIS HERB FARM STREST® 90 vegicaps

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



ON SALE!
33.49



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!
59.99

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!
53.99



17.49



ON SALE!



55.99

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!



15.99

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!



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!
53.99



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!



PROGRESSIVE® PHYTOBERRY® OR VEGETABLES 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



ANDALOU FACE CARE PRODUCTS Select varieties and sizes

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



ON SALE!



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!
6.79

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!

17.99



ON SALE!

20% off

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® 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!

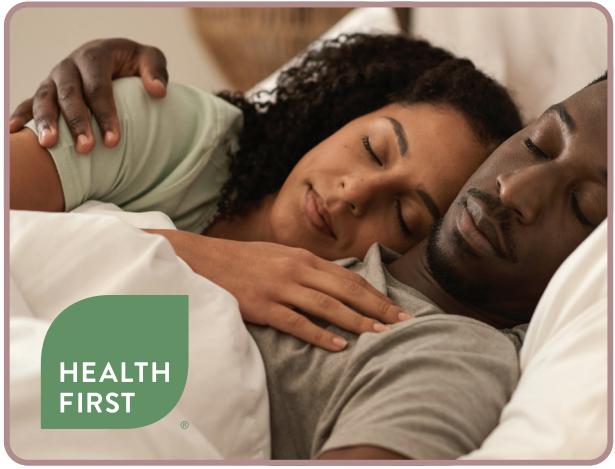
12.49



48.99

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

LOOK FOR THIS IN OUR FLYER TO FIND PRODUCTS FROM CANADIAN BRANDS!



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!

✓ 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

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.



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 **IRON FREE**
47⁹⁹ **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
 ON SALE!
25⁹⁹



**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.



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.

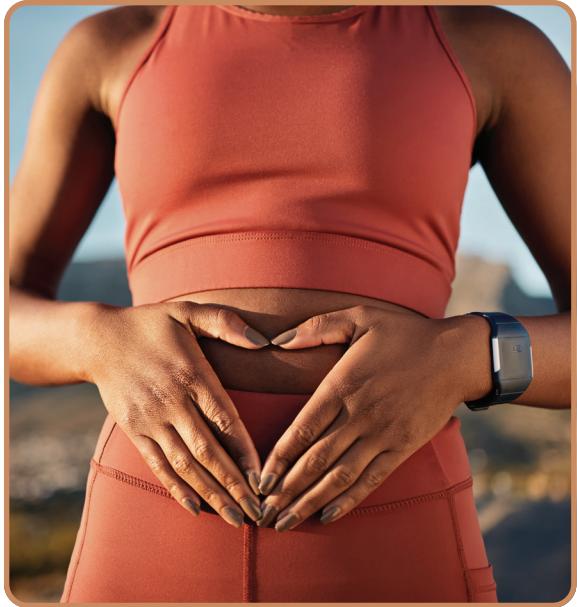
MAGNESIUM SUPREME EXTRA STRENGTH

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.

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.

30 CAPS
36⁹⁹

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.

LIVER SUPREME 60 vegetable capsules



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 gelcaps

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

VISIT US IN-STORE TO LEARN MORE ABOUT HEALTH FIRST PRODUCTS, OR EXPLORE HEALTHFIRST.CA



SCAN HERE

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



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.

isura® VERIFIED CLEAN | TESTED NON-GMO



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.



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



PREFERRED NUTRITION® MICRONIZED FERMENTED GLUTAMINE 600 g

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



Nature Spirit Earth Market
250-247-0210
#3-480 North Rd
Gibriole Island, BC

HEALTH FIRST®

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