

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® B100 COMPLEX SUPREME
120 vegetable capsules

Contains 100 mg of the major B vitamins to metabolize carbohydrates, fats and proteins, together with the popular adaptogen maca root.

One Big Family. One Big Community.

B100 COMPLEX SUPREME
B Complex With Maca
Helps the body to metabolize carbohydrates, fats and proteins.
NPN 80090547
VEGETABLE 120 CAPSULES

VEGAN GMOS GLUTEN

ON SALE!

32⁹⁹



NOW® ACETYL-L-CARNITINE
500 MG
100 veg capsules

Helps to support healthy brain and cognitive function in older adults.

VEGAN GMOS GLUTEN

ON SALE!

15% off



PRAIRIE NATURALS® HAIR-FORCE
180 + 20 softgels

Combines a blend of 22 natural nutrients recognized for their role in restoring, repairing and nourishing hair.

Promotes Healthy Hair, Skin & Nails
Favorise la santé des cheveux, de la peau et des ongles

180+20 Softgels/Gélules

VEGAN GMOS GLUTEN

ON SALE!

59⁹⁹



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



TRADITION WITH PRECISION

GROWN WITH EXPERTISE | EXTRACTED WITH PURPOSE | TESTED FOR WHAT MATTERS

Lion's Mane 500 mg Hot-Water Extract	Resilience Mushroom Extract Blend MEDICINAL MUSHROOMS	Reishi 500 mg Hot-Water Extract
MEDICINAL MUSHROOMS COGNITIVE HEALTH IMMUNE-BOOSTING	IMMUNITY - ENERGY STRESS REDUCTION	MEDICINAL MUSHROOMS ENERGY - IMMUNITY STRESS RESISTANCE
35% beta-Glucans from 40% Polysaccharides	Hot-Water Extract 40% Polysaccharides 400 mg	30% beta-Glucans from 40% Polysaccharides

35⁴⁹ | 52⁴⁹ | 35⁴⁹

New Roots HERBAL
Made in Canada
CCMP Certified
NO Approved
NON GMO
TESTED IN AN ISO 17025 ACCREDITED LABORATORY
SINCE 1985



PROGRESSIVE® MULTIVITAMIN FOR WOMEN OR MEN 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!

41⁹⁹



NATURAL FACTORS® N-ACETYL-L-CYSTEINE (NAC) 600 MG
180 vegetarian capsules

Replenishes depleted glutathione stores to help scavenge free radicals and reduce oxidative stress, repair tissues and support overall health.



ON SALE!

29⁹⁹

• SALE DATES: AUGUST 7 - 22, 2026 • HEALTHFIRST.CA •

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VIEW OUR FLYER ON 

A-1



NATURAL FACTORS® ORGANIC OIL OF OREGANO 30 ml

Made from wild-crafted Mediterranean oregano, and provides antioxidant protection for the maintenance of good health.



ON SALE!
18⁹⁹



PREFERRED NUTRITION® CHILDREN'S MULTIVITAMIN 180 gummies

Provides essential nutrients for normal growth and development in children.



ON SALE!
19⁹⁹



HARMONIC ARTS COLD + IMMUNE PRODUCTS Select varieties and sizes

100% fruiting body mushroom blend crafted to support immunity and daily wellness in convenient capsule, powder and liquid tincture formats.



ON SALE!
15%^{off}



GARDEN OF LIFE® RAW ORGANIC PROTEIN Assorted flavours - 568 - 660 g

Contains 22 g of protein per serving and is made from 13 raw-sprouted proteins. Contains no soy.



ON SALE!
49⁹⁹



CANPREV™ TUDCA 60 vegetable capsules

Supports healthy liver function, improves insulin sensitivity in the liver and muscles, and boosts metabolic health.



ON SALE!
56⁹⁹



FLORA Flor-Essence® 500 ml

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!
33⁹⁹



LEAFSOURCE® REAL MAGNESIUM Powder 240 g - 60 Servings

Four bioactive (non-buffered) forms - because no single magnesium does everything. Supports relaxation, muscle function, heart health, energy, and mental clarity. Also available in 120 veggie caps.



ON SALE!
41⁴⁹



SPROOS® PRODUCTS Assorted varieties and sizes

Made with the most sustainable collagen options available with no fillers, artificial colours or flavours.



ON SALE!
10%^{off}



ST. FRANCIS HERB FARM STREST® 90 vegicaps

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



ON SALE!
34⁹⁹



AQUAOMEGA 5X ULTIMATE STRENGTH HIGH EPA 225 ml

Made from wild-caught anchovy. Helps maintain cardiovascular health and support cognitive health.



ON SALE!
46⁴⁹



NOW® ESSENTIAL OILS

Assorted varieties
and sizes

Crafted with ingredients that are non-GMO, processed using gentle methods, and have industry-leading commitment to testing and quality.

ON SALE!
15%^{off}



SUKIN® Assorted varieties and sizes

Made with ingredients from nature that are good for you, your wallet, and the environment too. Australian-made, vegan and cruelty-free.



ON SALE!
15%^{off}



EPSOMGEL™ PAIN RELIEF SOLUTION 90 ml

A unique water-based solution with natural epsom salt, arnica and essential oils that helps to relieve pain and inflammation.



ON SALE!
23⁴⁹

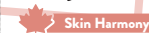


ST. FRANCIS HERB FARM 60 vegicaps or 30 ml

Skin Defend protects skin from UV damage and photoaging and enhances skin hydration, elasticity and radiance. **Skin Harmony** face oil provides deep nourishment and moisture barrier support.



29⁹⁹



14⁹⁹



ORGANYC® PRODUCTS Assorted products

Made with 100% certified organic cotton inside and out, offering complete protection for you and your sensitive skin.



ON SALE!
10%^{off}



PRAIRIE NATURALS® SHAMPOOS OR CONDITIONERS Select varieties - 350 - 500 ml

Made from herbal extracts and natural plant emollients, leaving your hair shiny and manageable.



ON SALE!
14⁹⁹

HEALTH & BEAUTY

WHICH OMEGA IS RIGHT FOR YOU?

DAILY SUPPORT FOR HEART, BRAIN AND OVERALL HEALTH

NEW &
IMPROVED
FORMULAS



10% off
Assorted gelpcaps

Health First® Omega One Daily Supreme and Omega First are made to the highest standards, so you can feel confident in your choice.

NEW & IMPROVED FORMULAS

IFOS™ Certified
Independently tested for quality and purity.

Wild-Caught, Single-Source Fish
Responsibly harvested Peruvian anchovy.

Balanced EPA and DHA
Formulated in ratios designed to suit different needs.

Triglyceride-Based Omega-3s
A natural form that supports improved absorption.

EXCLUSIVELY AVAILABLE AT HEALTH FIRST MEMBER STORES.

healthfirst.ca



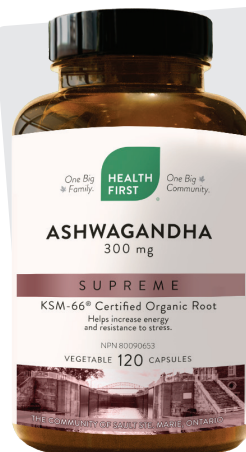
HEALTH FIRST® L-THEANINE SUPREME
120 chewable tablets - Natural chocolate

Contains 100 mg of Suntheanine® L-theanine, which helps to promote a relaxed, yet alert, state.



ON SALE!

39⁹⁹



HEALTH FIRST® ASHWAGANDHA SUPREME
120 vegetable capsules

Uses KSM-66®, a clinically-studied, certified-organic ashwagandha root extract that helps increase energy and resistance to stress, support a healthy stress response and improve sleep quality.



ON SALE!

29⁹⁹



HEALTH FIRST® B12 SUPREME
120 lozenges

Helps to prevent B12 deficiency and form red blood cells. Contains active forms of vitamins B12, B6 and folic acid.



ON SALE!

17⁹⁹



HEALTH FIRST® IRON SUPREME
60 vegetable capsules

Is an easily absorbed iron supplement that helps to form red blood cells, is well tolerated by the body and is non-constipating.



ON SALE!

16⁷⁹

NURTURE THE SKIN YOU'RE IN THIS SUMMER

Astaxanthin Extra Strength

Helps support healthy skin by providing antioxidant protection against summer-related environmental stressors

34⁹⁹
60 softgels



Regenerlife® Omega-3 Ultra Strength

Helps nourish skin cells from within by supporting healthy cell membranes

54⁹⁹
60 Enterpure® softgels



Liposomal Vitamin C

Helps support collagen formation for healthy skin

36⁹⁹
180 liquid softgels



HyAppeal™ Vegan Hyaluronic Acid

Helps improve skin moisture and hydration

39⁹⁹
60 vegetarian capsules



isura
VERIFIED CLEAN | TESTED NON-GMO

**natural
Factors**
naturalfactors.com

A Stronger Start to the School Year

Support sharper focus, steadier energy, and stronger immune resilience through every school day with Provita's ultimate pairing, Immune 9 Complex and B Complex Forte.

53⁹⁹



46⁴⁹



PROVITA

provita-nutrition.ca

GENUINE HEALTH

Happy gut, happy life.

15% off



GENUINEHEALTH.CA



PROUDLY CANADIAN



HEALTH FIRST® MAGNESIUM SUPREME EXTRA STRENGTH 120 tablets

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



ON SALE!
37⁹⁹



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