

A PROUD MEMBER OF

HEALTH  
FIRST

ONE BIG  
FAMILY.  
ONE BIG  
COMMUNITY.



# 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

[naturespирearthmarket.com](http://naturespирearthmarket.com)



**HEALTH  
FIRST®  
ACTIVE B  
SUPREME**  
90 vegetable  
capsules

With highly  
bioavailable  
forms of B  
vitamins to  
support energy  
production in the  
body.



ON SALE!  
**35<sup>99</sup>**



**RENEW LIFE® ULTIMATE  
FLORA® EXTRA CARE™ OR  
WOMEN'S EXTRA CARE™  
PROBIOTIC**

60 vegetarian capsules each

With 12 probiotic strains and 50 billion active cultures, these shelf-stable probiotics help support your body's natural digestive system.



ON SALE!  
**65<sup>49</sup>**



**CANPREV™  
D3 & K2**  
120 softgels

Assists the body  
in absorbing and  
utilizing calcium  
and supports the  
development and  
maintenance of  
bones and teeth.



ON SALE!  
**24<sup>99</sup>**



**TOTAL BODY COLLAGEN™  
OR TOTAL BODY MULTI  
COLLAGEN™ PROTEIN**  
500 g or 267 g

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



Collagen - 500 g

**57<sup>49</sup>**

Protein - 267 g

**36<sup>99</sup>**



**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!  
**38<sup>99</sup>**



**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**



**PRAIRIE NATURALS® SPORT CREATINE  
MONOHYDRATE POWDER**  
300+100 g

Increases muscle mass and improves performance. It also supports healthy aging by maintaining lean muscle and strength.



ON SALE!  
**24<sup>99</sup>**



**BIOSIL™  
120 vegetarian  
capsules**

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



ON SALE!  
**62<sup>99</sup>**

• SALE DATES: JANUARY 3 - 18, 2025 • [HEALTHFIRST.CA](http://HEALTHFIRST.CA) •

Premium Formula

# Ultimate Multi Probiotic

**12 BILLION**  
LIVE PROBIOTIC CULTURES\*

**12-STRAIN FORMULA**

Probiotic with Prebiotic for Long-Lasting Action

120 Vegetarian Capsules

**RESTORES INTESTINAL BALANCE**



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

12 billion live probiotic cultures help to restore and maintain healthy, balanced intestinal flora.

ON SALE!  
**43<sup>99</sup>**



**BONUS SIZE**

**WOMENSENSE®**  
**EstroSense®**  
hormone balancing therapy

Helps support and promote healthy estrogen balance

non gmo · gluten free

120 150 VEGETARIAN CAPSULES

**WOMENSENSE®**  
**ESTROSENSE®**  
150 vegetarian capsules (30 FREE)

Supports a healthy liver and promotes a healthy estrogen balance during PMS or menopause.

ON SALE!  
**47<sup>99</sup>**

**WILD ROSE**  
**HERBAL D-TOX**  
D-TOX AUX PLANTES




Whole body cleanse  
Détoxification complète du corps

12 day program\*  
Programme de 12 jours

Specific diet included  
Régime spécifique inclus

Dr. TERRY WILLARD, Ph.D.  
Clinical Herbalist · Herboriste clinicien

SINCE 1975 - DEPUIS 1975 / MADE IN CANADA - FABRIQUE AU CANADA

**WILD ROSE HERBAL D-TOX Kit**

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

ON SALE!  
**58<sup>99</sup>**

**GENUINE HEALTH**



Certified **COMPANION**

PROUDLY CANADIAN

**GENUINE HEALTH**

**fast joint care**  
with NEM® & turmeric  
CLINICAL STRENGTH

Starts working in as little as 1 WEEK!

Reduce pain and stiffness caused by inflammation and osteoarthritis

60 | 30 capsules  
NON GMO | GLUTEN FREE

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

**\$30<sup>49</sup>**

60 capsules

**GENUINE HEALTH**

**fast joint recovery**  
with NEM®  
CLINICAL STRENGTH

Starts working in as little as 1 DAY!

Fast effective and lasting relief from exercise related joint pain

60 | 60 capsules  
NON GMO | GLUTEN FREE

- ✓ Feel results in as little as 1 DAY!
- ✓ Aids recovery from joint pain due to moderate exercise.

**\$49<sup>99</sup>**

60 capsules



**GENUINE HEALTH**

**greens+**

Increases energy and endurance

Promotes alertness, enhanced cognitive performance

Relieves fatigue

**\$66<sup>99</sup>**

assorted sizes 399 g - 444 g

**A.Vogel**

**Echinaforce®**  
Sore Throat Spray  
Spray Mal de gorge

**COLD & FLU**  
RHUME ET GRIPPE

- ✓ Pain and inflammation
- ✓ Pharyngitis and tonsillitis
- ✓ Douleur et inflammation
- ✓ Pharyngite et amygdalite

**Embassage DUO Pack**

**FAST-ACTING ACTION RAPIDE**

30 mL spray

**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<sup>99</sup>**



**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!  
**69<sup>99</sup>**



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**HEALTH FIRST®**

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