

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

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

## TARGETED SUPPORT FOR 50 AND UP

60 vegetable capsules

**NEW!** Health First® Men's 50 Plus Multi Supreme and Women's 50 Plus Multi Supreme

Thoughtfully crafted to support the health and well-being 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. With ginkgo biloba in our women's formula to help improve memory and lycopene in our men's formula for prostate support.



NEW!

39<sup>99</sup>



**NATURAL FACTORS®  
REGENERLIFE™  
NMNSURGE**

60 vegetarian capsules

**SEE INSIDE FOR  
PERFECT PAIRING!**

Aging is caused by many processes, but DNA damage and mitochondrial dysfunction are the leading causes. NMNSurge contains metabolically active nicotinamide mononucleotide, a unique anti-aging ingredient used to rejuvenate cellular health.



ON SALE!

47<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®**  
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



**RENEW LIFE® ULTIMATE FLORA®  
EXTRA CARE™ OR WOMEN'S EXTRA  
CARE™ PROBIOTICS**  
60 vegetarian capsules

Each shelf-stable formula contains 50 billion active cultures from 12 probiotic strains.



ON SALE!

65<sup>49</sup>



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

Helps maintain healthy glucose metabolism and cardiovascular health.



ON SALE!

37<sup>99</sup>

• SALE DATES: JANUARY 5 - 20, 2024 • [HEALTHFIRST.CA](http://HEALTHFIRST.CA) •

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VIEW OUR FLYER ON

A-1



# The powerhouse of *energy* and life-long *vibrancy*

Discover increased vitality when you take Regenerlife's optimized mitochondrial support along with NMN's cellular health boost. Together, they rejuvenate for lasting well-being. Elevate your energy and embrace healthy aging today.



**51<sup>99</sup>**  
81 g powder

**84<sup>99</sup>**  
120 vegetarian capsules

NEW SIZE



**FLORA FLOR-ESSENCE®**  
Assorted varieties - 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!  
**29<sup>99</sup>**



**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!  
**16<sup>99</sup>**



**BOLTON'S NATURALS MAGNESIUM GEL OR LIQUID**  
237 ml each

Massage gel over tight, sore muscles and joints. Use the liquid in a foot or full bath for a relaxing magnesium soak.

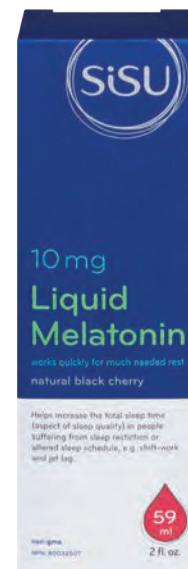
ON SALE!  
**19<sup>99</sup>**



**MYONATURAL™**  
85 g

A fast-acting cream to help relieve the pain of sore muscles, arthritis and backache.

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



**SISU LIQUID MELATONIN 10 MG**  
59 ml

Works quickly and helps improve total sleep time. The black cherry flavoured liquid allows for flexible dosing and accelerated absorption.



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



**SALUS FLORADIX KINDERVITAL®**  
500 or 250 ml

A liquid multivitamin for children that builds healthy muscles, strong bones, enhances vision, and boosts immunity. Tastes great and is easily absorbed.



ON SALE!  
**41<sup>49</sup>**  
**25<sup>49</sup>**



**ATTITUDE® SUPER LEAVES™ ESSENTIALS ALUMINUM SHAMPOOS AND CONDITIONERS**  
Assorted varieties - 473 ml

Plastic-free beauty products made with naturally sourced ingredients that cleanse and hydrate hair. Perfect to create an at-home spa sensory experience!

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



**BACH® RESCUE® REMEDY**  
20 ml

Ideal for helping get through stressful situations, relaxing the mind and increasing focus.

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



# BUILDING BLOCKS FOR A BETTER YEAR AHEAD

This year, embark on a journey to a healthier you with Health First. Explore our foundational vitamins and supplements expertly crafted to enhance your well-being. Elevate your health and embrace a year of vitality with the Health First product line.

## FOUNDATIONAL MINERALS

Modern diets and busy lifestyles often lead to mineral deficiencies. Supplementation, particularly when initiated early, can play an important role in maintaining vibrancy and health as we age. The calcium in Cal Mag Supreme is sourced from highly bioavailable Aquamin™, extensively studied for its ability to assist in preserving bone density. Iron is commonly deficient in pre-menopausal women and is critical in red blood cell formation. Iron Supreme features Ferrochel® iron and key nutrients in a non-constipating and easily absorbed formula. Magnesium contributes to over 300 bodily processes! Our formula provides 200 mg of elemental magnesium, featuring the bisglycinate form for maximum absorbability.

**CAL MAG SUPREME**  
120 tablets

ON SALE!

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

**IRON SUPREME**  
60 vegetable capsules

ON SALE!

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



**MAGNESIUM BISGLYCINATE 200 SUPREME**  
180 vegetable capsules

ON SALE!

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

## EXTINGUISH INFLAMMATION

Chronic inflammation can contribute to the progression of various chronic illnesses. Lifestyle changes, such as regular exercise, stress management, and a healthy diet, can play a role in reducing inflammation, but it isn't always enough. Curcumin Supreme Extra Strength contains Meriva® curcumin, a phytosome extract that has been shown to increase the bioavailability of curcumin, helping to relieve joint pain and inflammation.



**CURCUMIN  
SUPREME EXTRA  
STRENGTH**  
60 vegetable capsules

ON SALE!

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



# YOUR 2024 IMMUNE LIFELINE

As a mom, you just don't have time to get sick! Prioritize your well-being this year and be ready at the first hint of illness (and even before) with the Health First line of immune supporting supplements. Experience the power to bounce back quickly and embrace a healthier, more resilient and unstoppable you.



## IMMUNO FIRST 60 vegetable capsules

A daily supplement that can both boost an underactive immune system and modulate an overactive one, with a potent plant based phytosterol, beta-sitosterol and vitamin A rich formula. Immuno First helps to maintain eyesight, skin, mucous membranes, and a healthy immune system.

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



## CONGESTION RELIEF SUPREME 60 gelcaps

With a potent blend of antioxidant rich, antibacterial and antifungal ingredients including organic oregano oil, organic garlic oil and black seed oil, Congestion Relief Supreme will become your go-to supplement to help ease mucus build up while clearing nasal and sinus congestion.

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



## OREGA SUPREME 25 ml

A must have for any medicine cabinet! Our potent combination of wildcrafted oil of oregano and thyme oil is blended with extra virgin organic olive oil and will become your go to supplement to help relieve coughs, bronchitis symptoms and mucus build up.

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



## COLD DEFENSE SUPREME 33 vegetable capsules

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

## TRY IT FOR ONE COLD, LOVE IT FOR ALL!

With a blend of traditional Chinese herbs and adaptogens that help to relieve cold symptoms we're sure if you try it for one cold you'll be hooked! Featuring ginseng, andrographis and astragalus with fang feng and huo xiang for an all-in-one, non-drowsy formula that can be used by everyone in the family aged 12 and up.



## SUNSHINE VITAMIN IN 3 WAYS

Not all vitamin D is created equal! Health First offers a broad selection of the sunshine vitamin with 400 IU or 1,000 IU dosing in liquid, gelcap and chewable formats to suit your every need. We use cholecalciferol, the natural form of vitamin D made in your skin, in a base of MCTs and organic sunflower or organic olive oil to optimize absorption. Daily vitamin D supports your immune system and helps prevent vitamin D deficiency.

**BUY ONE BOTTLE OF VITAMIN D3 GET A SECOND BOTTLE OF THE SAME VITAMIN D3 FREE!**



**VITAMIN D3  
500 + 500  
gelcaps FREE!**

Each gelcap provides you with 1,000 IU of vitamin D3 in certified organic olive oil.



**VITAMIN D3  
ONE DROP  
DAILY  
30 ml +  
30 ml FREE!**

With 1,000 IU per drop in a base of MCT and organic sunflower oils.



**FAMILY FIRST  
VITAMIN D  
180 + 180  
natural chocolate  
chewable tablets  
FREE!**

Each chewable tablet contains 400 IU of vitamin D3 plus real fruit and vegetable extracts.

## NATURAL RESPIRATORY SUPPORT

Fortify your immune and respiratory health throughout the seasons while building the resilience to thrive year-round.



**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. NAC has been extensively studied for its ability to help relieve respiratory tract conditions.

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



**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 to help support your respiratory system when you need it most!

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

HEALTH  
FIRST

## HEALTHY WINTER SKIN

Set the foundation and nourish your skin from within with Health First's curated selection of vitamins and minerals, essential for maintaining a vibrant winter complexion.



Elevate your routine by staying hydrated, rejuvenating with ample sleep and indulging in a nutrient rich diet high in vegetables, fruit, nuts, and seeds. Embrace your winter beauty naturally and enjoy the benefits all season long!



### BERRY C SUPREME 180 vegetable capsules

Contains calcium ascorbate, a highly bioavailable form of vitamin C with Bioperine®, antioxidants, red bioflavonoids, and quercetin. Vitamin C supports immune health and is also essential in collagen formation and building healthier bones, skin and teeth.

ON SALE!

33<sup>99</sup>



### FAMILY FIRST VITAMIN C 150 natural strawberry chewable tablets

With 400 mg of vitamin C including sodium ascorbate, a buffered form that is gentle on the stomach. An easy to take and yummy option for the whole family!

ON SALE!

23<sup>99</sup>



### VITAMIN E 180 gelcaps

In a mixed tocopherol complex, vitamin E offers antioxidant protection against cellular aging. Studied for its role in protecting cell membranes and thus skin, eye and immune health. Try applying vitamin E oil directly on dry skin patches!

ON SALE!

30<sup>99</sup>



### ZINC PLUS COPPER 100 capsules

Features highly absorbable zinc citrate in a balanced ratio with copper to prevent copper deficiency. Well known for its ability to support healthy immune function, zinc is also a key mineral to help maintain healthy skin, hair and nails.

ON SALE!

10<sup>99</sup>



### FAMILY FIRST ZINC PLUS COPPER 150 natural elderberry chewable tablets

An essential mineral for the entire family! Family First Zinc Plus Copper contains a balanced ratio of highly bioavailable zinc citrate and copper citrate to support immune and skin health. Comes in a delicious natural elderberry flavour!

ON SALE!

21<sup>99</sup>



SCAN THE QR CODE  
TO SEE OUR  
HEALTH FIRST  
ZINC QUICK GUIDE



## ACTIVE LIVING



### NUTRASEA® OMEGA-3

240 softgels or  
Lemon Flavour -  
500 ml

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



240 SOFTGELS

50<sup>99</sup>

500 ML

57<sup>99</sup>



### PRAIRIE NATURALS® SPORT MARINE COLLAGEN COOLERS OR SOOTHERS

Assorted flavours - Bag of 15 packets

Instant collagen drink mixes, available in juice-style and cider-style flavours.



ON SALE!

39<sup>99</sup>



### PROGRESSIVE® GRASS-FED WHEY PROTEIN

Assorted flavours -  
850 g

Features a gently processed, low-temperature filtered whey protein concentrate imported from New Zealand. Contains zero artificial flavours, colours, or sweeteners.



ON SALE!

44<sup>99</sup>



### GENUINE HEALTH GREENS+ EXTRA ENERGY

Assorted flavours -  
399 - 445 g

Provides an all-natural, immediate, long-lasting energy boost along with essential nutrients for a healthier, energized body in just one scoop a day.



ON SALE!

62<sup>99</sup>



### IRON VEGAN™ SPROUTED PROTEIN™ BARS

12 x 64 g or 64 g

Fuel your body, accelerate recovery and build lean muscle!



12 X 64 G

34<sup>99</sup>

64 G

2/\$7



GENUINE HEALTH



NEM® AND FERMENTED TURMERIC  
Reduce pain and stiffness caused by inflammation and osteoarthritis

60 CAPSULES  
NPN 80123509

30 SERVINGS  
Starts working in as little as 1 WEEK!

GENUINE HEALTH



NEM® AND FERMENTED TURMERIC  
Reduce pain and stiffness caused by inflammation and osteoarthritis

60 CAPSULES  
NPN 80123509

30 SERVINGS  
Starts working in as little as 1 WEEK!

### GENUINE HEALTH JOINT RELIEF 60 + 60 capsules

Reduces pain and stiffness caused by inflammation and osteoarthritis with NEM® and fermented turmeric.



ON SALE!

59<sup>99</sup>

## IMMUNE



### A.VOGEL ECHINAFORCE®

30 ml or 90 chewable  
tablets

Sore Throat Spray is used to treat painful inflammation and infection of the throat. Echinaforce® Junior helps prevent and relieve the symptoms of upper respiratory tract infections in children.



SPRAY - 30 ML

16<sup>49</sup>

JUNIOR - 90 TABS

18<sup>99</sup>



### ST. FRANCIS HERB FARM® DEEP IMMUNE® ORIGINAL

120 vegicaps

Contains eight adaptogenic herbs to support and fortify the immune system by restoring the body's innate balance.



ON SALE!

31<sup>99</sup>



### BOIRON® STODAL®

Assorted varieties -  
200 ml

Homeopathic medicine used for dry or wet cough, irritating cough, or cough with phlegm. Available in a sugar-free and multi-symptom formula!

ON SALE!

13<sup>49</sup>



## YOU CAN DO MORE WHEN YOU HAVE STRONG BONES

- **COMPREHENSIVE NATURAL FORMULA REDUCES THE RISK OF OSTEOPOROSIS**

- **HELPS BUILD AND MAINTAIN STRONG, RESILIENT BONES**



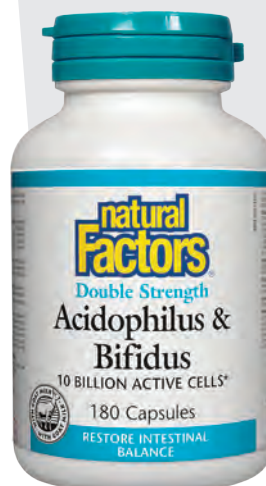
### CANPREV™ D3 & K2 120 softgels

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



ON SALE!

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



### NATURAL FACTORS® DOUBLE STRENGTH ACIDOPHILUS & BIFIDUS 180 capsules

Keeps a proper pH balance in the small intestine, inhibiting yeast growth. Helps maintain the health of the large intestine.



ON SALE!

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



### BIOFIL™ 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>**

## TACKLE FATS, CARBS, AND PROTEINS WITH ENZYME POWER!



- **COMPREHENSIVE BLEND OF ENZYMES**
- **BREAKS DOWN FOOD AND OPTIMIZES NUTRIENT ABSORPTION**
- **HELPS PREVENT DIGESTIVE DISCOMFORT**

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

New Roots  
HERBAL

Inspired by Nature,  
Driven by Science to  
*Make Life Better!*



### NOW® QUERCETIN WITH BROMELAIN 120 veg capsules

Supports healthy seasonal immune function. Also helps relieve the pain of nonbacterial chronic prostatitis. Enhanced with bromelain for improved absorption and activity.



ON SALE!

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



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



### HEALTH FIRST® STRESS RELEASE SUPREME 60 + 60 vegetable capsules FREE!

With Suntheanine®, schisandra, reishi, and cordyceps to support health and well-being during times of stress.



ON SALE!

**BUY 1 BOTTLE OF STRESS RELEASE SUPREME AND GET 1 FREE!**



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