

106 WILSON ST. W. PERTH, ON  
FOODSMITHS.COM 613.267.5409

MON-THU 8AM - 7PM  
FRI 8AM - 8PM SAT 8AM - 6PM  
SUNDAY 9AM - 5PM

PRICES IN EFFECT THURSDAY, APR 25 TO  
THURSDAY MAY 2 ONLY

UNLESS OTHERWISE STATED, WHILE SUPPLIES LAST. NO RAIN CHECKS OR SUBSTITUTIONS.  
PRICES SUBJECT TO CHANGE WITHOUT NOTICE. IMAGES ARE REPRESENTATIONAL ONLY.  
PRODUCTS MAY NOT BE EXACTLY AS SHOWN. E & OE.

# Foodsmiths

THE GOOD FOOD STORE

ONTARIO FRESH!



Don't miss out

**2 DAY SUPER SPECIALS**

on page 6



SEE THIS SIGN AND  
EARN 5 TIMES THE  
REWARD POINTS ON  
SELECT ITEMS

## SPRING INTO SUMMER WITH THE FOODS YOU LOVE



### BAXTER BAKERY DESSERT LOAVES

575 G  
ASSORTED



**7<sup>99</sup>**  
/ EACH

SAVE  
50¢



### IN OUR PRODUCE FRESH EGGPLANT

PRODUCT OF CANADA

SERVING  
SUGGESTION



**GREAT FOR  
GRILLING**

**3<sup>48</sup>**  
/ LB

SAVE  
\$1.01



**BACK IN  
THE  
STORE**

## FOODSMITHS POTATO SALAD!!

MADE IN STORE. SAME PRICE AS LAST YEAR!

**ON SALE PER 100 G \$1.29**  
SAVE 20¢



### BUBBIES BREAD N' BUTTER PICKLES

1L

SAVE  
\$3

**8<sup>99</sup>**  
/ EACH



### FOODSMITHS PORK TENDERLOIN

PER 100 G



**1<sup>79</sup>**  
/ 100 G

SAVE  
50¢

OR 17.90/KG SAVE \$5



### HALL'S APPLE MARKET SPARKLING APPLE CIDER

750 ML APPLE OR  
APPLE CRANBERRY



SAVE  
\$1

**7<sup>99</sup>**  
/ EACH



# BE A FOODSMITHS REWARDS CUSTOMER!

Foodsmiths' Customer Rewards Program makes it easy to earn and redeem points fast!

You get 1 point for every \$1 you spend!!

Receive a \$10 reward for every 500 points you earn!

**SIGNUP AT OUR CASH!**

**OR ON OUR WEBSITE: FOODSMITHS.COM**



**YOUR NEIGHBOURS SHOP HERE!**  
**★ ★ ★ ★ ★**  
**AND GET REWARDED!**



**THIS WEEK AND EVERY WEEK IN OUR FLYER:**

**SEE THIS SIGN AND EARN EXTRA REWARD POINTS ON SELECT ITEMS**

**GET REWARDED *FASTER* BY SHOPPING EXTRA POINTS DEALS IN OUR FLYER EVERY WEEK!**

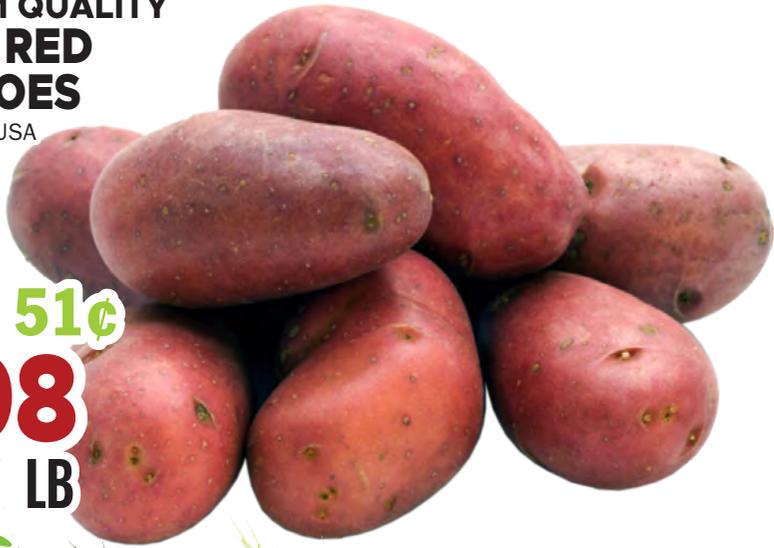
**THIS WEEK'S GARDEN FRESH PRODUCE TOP PICKS**

GO PLANT BASED  Build your meal with healthy fruit and veggies!

**\$3.00 OR LESS**

**PREMIUM QUALITY FRESH RED POTATOES**

PRODUCT OF USA



SAVE 51¢

**1.98**  
/ LB

**COUNTRY FRESH PREMIUM QUALITY ONTARIO GROWN YELLOW COOKING ONIONS**

2 LB  
PRODUCT OF ONTARIO



SAVE \$1.01

**2.48**  
/ EACH



**ONTARIO FRESH!**



**PREMIUM QUALITY FRESH DILL BUNCH**

PRODUCT OF USA

SAVE \$1.01

**1.48**  
/ BUNCH EA

**GOOD FOR YOU!**  
AND COST EFFECTIVE!



**PREMIUM QUALITY CANADA GROWN MCINTOSH APPLES**

PRODUCT OF CANADA

SAVE \$1.01

**1.08**  
/ LB

**PATCHWORK GARDENS**

PREMIUM QUALITY  
LOCALLY GROWN  
CERTIFIED ORGANIC

**ORGANIC GOLDEN BEETS**

PRODUCT OF BATTERSEA, ONTARIO



**ONTARIO FRESH!**



SAVE \$1.01

**4.98**  
/ LB

**PREMIUM QUALITY FRESH RAINBOW SWEET BELL PEPPERS**

3 PACK  
PRODUCT OF SPAIN/CANADA



**BUY THIS EARN 35 POINTS**

EVERYDAY PRICE

**6.99**  
/ EACH

# THIS WEEK'S GARDEN FRESH PRODUCE TOP PICKS

SYLVIA'S 4TH LINE FLORALS

**FRESH, LOCAL  
DAFFODIL  
BOUQUET**

PRODUCT OF LANARK  
COUNTY, ONTARIO



**ONTARIO  
FRESH!**



**BUY THIS  
EARN  
65  
POINTS**

**EVERYDAY PRICE**

**12<sup>99</sup>  
/ EACH**

**PATCHWORK GARDENS**

PREMIUM QUALITY  
LOCALLY GROWN  
CERTIFIED ORGANIC

**ORGANIC RED  
FINGERLING  
POTATOES**

1.5 LB

PRODUCT OF BATTERSEA, ONTARIO



**ONTARIO  
FRESH!**



**SAVE \$1.01**

**6<sup>98</sup>  
/ EACH**

PREMIUM QUALITY  
CERTIFIED ORGANIC  
**ORGANIC FUJI  
APPLES**

PRODUCT OF USA



**SAVE 51¢**

**3<sup>48</sup>  
/ LB**

**COOKSTOWN GREENS**

PREMIUM QUALITY  
CERTIFIED ORGANIC

**ORGANIC  
RAINBOW  
CARROTS**

PRODUCT OF ESSA, ONTARIO



**ONTARIO  
FRESH!**



**SAVE 61¢**

**4<sup>88</sup>  
/ LB**

PREMIUM QUALITY  
ONTARIO GREENHOUSE GROWN

**YELLOW SWEET  
BELL PEPPERS**

PRODUCT OF ONTARIO



**SAVE \$1.11**

**3<sup>88</sup>  
/ LB**

**IPANEMA VALLEY**

PREMIUM QUALITY

**100% FRUIT  
BANANA  
BROWNIES**

120 G

ASSORTED

PRODUCT OF BRAZIL



**SAVE \$1.98**

**2/\$7  
OR \$3.88 EACH**

PREMIUM QUALITY  
**FRESH ROMAINE  
HEARTS**

3 PACK

PRODUCT OF USA



**SAVE \$1.51**

**8<sup>48</sup>  
/ 3 PK EA**

PREMIUM QUALITY

**FRESH GRAPE  
TOMATOES**

1 PINT

PRODUCT OF MEXICO



**SAVE \$1.98**

**2/\$6  
OR \$3.48 EACH**

# THIS WEEK'S GARDEN FRESH PRODUCE

PREMIUM QUALITY  
**FRESH BLOOD  
ORANGES**  
PRODUCT OF USA



SAVE 71¢

**3.28**  
/ LB

PREMIUM QUALITY  
**FRESH CURLY  
PARSLEY**  
BUNCH  
PRODUCT OF USA



SAVE \$1.01

**2.48**  
/ BUNCH EA

TAYLOR FARMS  
PREMIUM QUALITY  
**GUACAMOLE  
CRUNCH CHOPPED  
SALAD KIT**  
319 G  
PRODUCT OF USA

SAVE 51¢

**6.48**  
/ EACH



## FAVOURITE & FRESH PRODUCE JUST ARRIVED!

PREMIUM QUALITY  
ONTARIO GROWN  
**NORTHERN  
SPY APPLES**  
PRODUCT OF ONTARIO



EVERYDAY PRICE

**2.99**  
/ LB

PREMIUM QUALITY  
ONTARIO GROWN  
**FRESH LARGE  
BOSTON FERNS**  
PRODUCT OF ONTARIO



EVERYDAY PRICE

**27.99**  
/ EACH

PREMIUM QUALITY  
CERTIFIED ORGANIC  
**FRESH ORGANIC  
BLUEBERRIES**  
170 G  
PRODUCT OF USA

EVERYDAY PRICE

**7.99**  
/ EACH



PREMIUM QUALITY  
CERTIFIED ORGANIC  
**FRESH ORGANIC  
RASPBERRIES**  
170 G  
PRODUCT OF USA



EVERYDAY PRICE

**9.99**  
/ EACH

SYLVIA'S 4TH LINE FLORALS  
PREMIUM QUALITY  
LOCALLY GROWN  
**FRESH PEONY  
TULIP BOUQUET**  
PRODUCT OF LANARK COUNTY, ONTARIO



EVERYDAY PRICE

**11.99**  
/ EACH



# 2-DAY SUPER SPECIALS

# 2 DAYS OF BIG SAVINGS!

FRIDAY APR 26 & SATURDAY APR 27



IN OUR BULK  
WALNUT HALVES

IN OUR BULK  
ROASTED CASHEWS  
SALTED OR UNSALTED



**35% OFF**  
SAVE \$12.92/KG

**35% OFF**  
SAVE \$17.12/KG

PRAIRIE NATURALS  
RECLEANSE  
7 DAY  
CLEANSE KIT



STEP 1 28 CAPS  
STEP 2 28 CAPS  
A safe, effective 7-Day whole body detoxification kit supported by clinical use. ReCleanse® 7-Day Herbal Cleanse is formulated to gently and effectively support your body's natural detoxifying and elimination process.

**WOW!**  
**26.99** / EACH  
SAVE \$5

UNCLE LEE'S  
JASMINE  
GREEN TEA  
100 TEA BAGS



**WOW!**  
**5.99** / EACH  
SAVE \$2.50

BRANDT  
HONEY MAPLE  
HAM  
PER 100 G  
CUSTOM CUT IN OUR DELI



**WOW!**  
**1.99** / 100 G  
SAVE 70¢

THE CULTURED  
COCONUT  
ORGANIC  
PROBIOTIC  
COCONUT MILK  
460 ML



**WOW!**  
**20.99** / EACH  
SAVE \$4

PREMIUM QUALITY  
CANADA GROWN  
RED PRINCE  
APPLES  
2.5 LB BAG  
PRODUCT OF CANADA



**WOW!**  
**6.48** / EACH  
SAVE \$2.01

# NEW IN THE STORE

## STIRRINGS COCKTAIL MIX

750 ML ASSORTED

Craft delicious cocktails with this collection of award winning mixers, made with real cane sugar, real juice, and authentic fruit flavours.



EVERYDAY PRICE

**11.99**  
/ EACH

## IN OUR BULK BINS RAW PEPITAS



**30%**  
OFF

SAVE \$5.67/KG

## NEAL BROS ORGANIC TORTILLA CHIPS

300 G ASSORTED



SAVE \$1

**4.49**  
/ EACH

## NEAL BROS REGULAR SALSA

410 ML ASSORTED  
NON-ORGANIC ONLY



SAVE \$1

**5.49**  
/ EACH

## IN OUR BULK BINS RAW ALMONDS



**30%**  
OFF

SAVE \$7.47/KG

## LIL' RIG LOCALLY MADE CRAFT SODA

355 ML



EVERYDAY  
PRICE

**2.29**  
/ EACH

BUY THIS  
EARN  
**10**  
POINTS



**THIS WEEK'S TOP PICKS!**

O'SOLE MIO  
**FRESH PASTA**

255 G



**Feedsmiths**  
THE GOOD FOOD STORE  
BUY THIS, EARN  
**5** TIMES THE  
REWARD POINTS

BUY THIS  
EARN  
**30**  
POINTS



EVERYDAY PRICE

**5.99**  
/ EACH

MAPLE DALE  
**ARTISAN  
PARMESAN  
CHEESE**

220 G



SAVE \$1

**9.49**  
/ EACH

IN OUR BULK BINS  
**ORIENTAL SNACK MIX**



**30%**  
OFF

SAVE \$4.77/KG

CORNER BAKERY  
**ITALIAN  
PASTA  
SALAD**

PER 100 G



SAVE 50¢  
**1.99**  
/ 100 G

MASTRO  
**PORCHETTA  
PORK LOIN**

PER 100 G

CUSTOM CUT IN OUR DELI



SAVE 60¢  
**3.29**  
/ 100 G

IN OUR BULK BINS  
**SESAME STICKS  
REGULAR OR OATBRAN**



**30%**  
OFF

SAVE \$5.67/KG

SCHAR  
**GLUTEN FREE  
PIZZA CRUST**

IN OUR BAKERY

2 PACK

300 G



SAVE \$1.50  
**10.99**  
/ EACH

KRINOS  
**GREEK  
BUTTER  
BEANS**

IN OUR DELI  
PER 100 G



SAVE 30¢  
**1.99**  
/ 100 G

SAUGEEN COUNTRY  
**NON-HOMOGENIZED  
YOGURT &  
KEFIR**

908 G



BUY THIS  
EARN  
**30**  
POINTS

EVERYDAY PRICE

**6 49**  
/ EACH

MADE ON THE  
**FARM**

**NEW IN THE STORE**



IN OUR BAKERY  
**BOULART OLIVE  
CIABATTA BUNS**

4 PACK

MADE WITH UNBLEACHED  
ENRICHED WHEAT FLOUR,  
KALAMATA OLIVES,  
FINE HERBS AND  
MALTED BARLEY.



EVERYDAY PRICE

**5 99**  
/ EACH

BRIDOR  
**BAKED IN STORE  
BISTRO**

SPINACH FETA  
OR PARMESAN LEEK

SAVE 30¢

**2 99**  
/ EACH



**SYRIAN KITCHEN  
LOCALLY MADE  
DIPS**

Made in Ottawa from scratch.  
Authentic Syrian cuisine  
275 g - 280 g

BABA GHANOUSH  
EGGPLANT DIP  
GARLIC DIP



**REALLY  
GOOD  
DIPS!**



**HEATHER  
RECOMMENDED!**

SAVE \$1

**5 99**  
/ EACH

BLACK RIVER  
**MAPLE CHEDDAR  
CHEESE**

PER 100 G



SAVE \$1

**4 49**  
/ 100G

ILCHESTER  
**SMOKED  
APPLEWOOD  
CHEESE**

PER 100 G



SAVE 70¢

**5 49**  
/ 100 G

DREAM COME TRUE KITCHEN  
**LOCALLY MADE  
BISCOTTI**



SAVE \$1

**9 49**  
/ EACH

# FRESH DEALS THROUGHOUT THE STORE

## STAHLBUSH FROZEN FRUIT

283 G - 300 G  
SUSTAINABLY GROWN  
IN THE US  
ASSORTED

SAVE \$1  
**6.49**  
/ EACH



## SUMMER FRESH

### DIPS

227 G

EVERYDAY PRICE

**4.99**  
/ EACH



BUY THIS  
EARN  
**25**  
POINTS

## LA SOYARIE

### TOFU

350 G - 454 G



SAVE \$1  
**3.69**  
/ EACH



## EARTH BALANCE

### PLANT BASED SPREADS

368 G - 425 G



**10%**  
OFF



## BRIDOR

### BAKED IN STORE MAPLE PECAN DANISH

IN OUR BAKERY



SAVE 50¢  
**2.99**  
/ EACH

## PEIROGI HOUSE

### FROZEN PIEROGIS

350 G



SAVE \$1  
**8.49**  
/ EACH



## SKOTIDAKIS YOGURT

500 G

0% VANILLA, PLAIN 2%  
PLAIN 0%, PLAIN 9%



SAVE \$1  
**4.99**  
/ EACH



**FRESH DEALS THROUGHOUT THE STORE**

**NEW LOWER PRICE!**

**LOCALLY  
MADE PIZZA!**  
BAKE AT HOME!

**16"  
LARGE  
PIZZA**  
FRESH FROZEN



**Pepperoni & Bacon  
Meat Lovers  
Pepperoni  
All Dressed**

**NEW EVERYDAY PRICE**

**21<sup>99</sup> - 27<sup>99</sup>**  
/ EACH / EACH



**DAIYA  
PLANT BASED  
DAIRY FREE  
SHREDED  
"CHEESE"**

200 G  
IN OUR DAIRY COOLER



**EVERYDAY PRICE**

**6<sup>49</sup>**  
/ EACH



**BUY THIS  
EARN  
30  
POINTS**



**NEAL BROS  
CORN CHIPS**

276 G  
ORIGINAL OR  
MEXICAN STREET CORN



**SAVE 50¢**  
**6<sup>49</sup>**  
/ EACH



**ONLY OATS  
GLUTEN FREE  
OATS**

1 KG

**START YOUR  
DAY WITH  
HOT  
PORRIDGE**

**SAVE \$2**  
**10<sup>99</sup>**  
/ EACH



**WILD TEA  
LOW SUGAR  
KOMBUCHA  
BEVERAGE**

355 ML



**SAVE 80¢**  
**2<sup>49</sup>**  
/ EACH

**ICE RIVER  
DISTILLED  
WATER**

4 L JUG



**SAVE 30¢**  
**1<sup>29</sup>**  
/ EACH

**BACK IN THE STORE**

**BATTLE RIVER  
GROUND  
BISON**  
PER 100 G



**EVERYDAY  
PRICE**

**3<sup>49</sup>**  
/ 100 G

# FRESH DEALS THROUGHOUT THE STORE

## NEW IN THE STORE

LIVING TREE FOODS  
**PLANT BASED  
VEGAN RAVIOLI**  
IN OUR FREEZER 250 G

IT'S FLYING  
**OFF OUR  
SHELVES!**



EVERYDAY PRICE

**11.99**  
/EACH



ELMHURST  
**PLANT BASED  
OAT CREAMER**

473 ML -  
ASSORTED



BUY THIS  
EARN  
**45**  
POINTS

EVERYDAY PRICE

**8.99**  
/EACH

FRESH IS BEST  
**TACO SHELLS**  
144 G



SAVE 50¢  
**5.99**  
/EACH

SMART SWEETS  
**LOW SUGAR  
CANDY**  
50 G



SAVE 70¢  
**3.99**  
/EACH

PATAK'S  
**ALL  
PRODUCTS**  
ASSORTED



**10%**  
OFF

# FRESH DEALS IN OUR GROCERY AISLES!

LA COSTENA  
**REFRIED BEANS**

546 ML



**SAVE 50¢**  
**4.99** / EACH

NOW BRAND  
**ORGANIC BETTER STEVIA**  
75 PACKETS



**SAVE \$3**  
**12.99** / EACH

LEROUX  
**CAFFEINE FREE INSTANT CHICORY COFFEE ALTERNATIVE**  
100 G



**SAVE \$1**  
**8.49** / EACH

BACKWOODS  
**LOCAL PURE, RAW HONEY**

1 KG JAR  
PRODUCT OF  
PERTH, ONTARIO



**SAVE \$1**  
**17.49** / EACH

HARLOW  
**CHICKEN & SALMON CAT FOOD**  
1.36 KG (3 LB)



**SAVE \$3**  
**15.99** / EACH

SIMPLY CLEAN  
**VINEGAR PLUS**  
1 L



**SAVE \$1.50**  
**4.99** / EACH

## FOODSMITHS APRIL **BYOB** YAK YOUTH SERVICES, PERTH, ONTARIO

Not-for-Profit Charitable Youth Organization focused on the well-being of local youth through a variety of support services and connections. YYS provides assistance to local youth in building opportunities, supports, resources, information, training and encouragement.

A safe and supportive space where local youth in grades 6-12 can elevate their skills and self-confidence.

*For every transaction at our cash, Foodsmiths donates 5¢ to our monthly charity, plus all net proceeds from paper and reusable bag sales are donated to our monthly charity, too!*

**BRING TOGETHER.  
STRENGTHEN.  
MOTIVATE.**

*THANK YOU*

**FOR HELPING SUPPORT THIS IMPORTANT PROGRAM**

**YUPIK**  
**BULK FOODS**

High quality nuts, seeds, dried fruit, snacks, and baking products with many certified organic options in handy, pre-packaged quantities!



**ASSORTED SIZES AND PRICES**



**CHA'S ORGANICS**  
**HIGH QUALITY ORGANIC SPICES**

**5 G - 150 G ASSORTED**



**ASSORTED SIZES AND PRICES**



Cha's Organics brings flavour to the table with healing foods sourced on fair terms, in partnership with regenerative organic growers, cultivating empowered and vibrant communities at home and abroad.

**ABEEGO**  
**BEESWAX WRAP**

**3 VARIETY STARTER PACK**

**ALL NATURAL REUSABLE VERSATILE**

Abeego Food Wrap supports your healthy lifestyle by protecting food from spoiling before you can eat it.

Squeeze Abeego wrap around everything from fresh fruits and vegetables to cheese and bread.

**EVERYDAY PRICE**

**\$16.99**

**EACH**





CHOOSE YOUR  
**BEANS**  
GRIND THEM TO PERFECTION  
**AT OUR COFFEE MILL**

**ON SALE  
THIS WEEK**

LIFE'S LITTLE  
MOMENTS

**COFFEE  
IN MY CUP  
IS LIKE A  
TIGER IN  
MY TANK!**

**EQUATOR**  
COFFEE ROASTERS

**OUTLIER**  
LOCALLY ROASTED COFFEE  
MEDIUM ROAST PER 100G

This coffee stands apart for its chocolatey smoothness and clean, simple finish. It tells its own story of success.

TASTING NOTES: Dark Chocolate  
Full-Bodied



**399**  
/ 100G  
**SAVE 70¢**



**WELCOME TO THE WEEKEND!**  
**FREE COFFEE**  
**SATURDAY and SUNDAY**

CRANK  
**ONTARIO  
ROASTED  
ORGANIC  
COFFEE**



FLUID  
**LOCALLY  
ROASTED  
ORGANIC  
COFFEE**

**MONDAY-FRIDAY**  
**OUR FRESH  
BREWED  
COFFEE IS  
NOW JUST**

**99¢**



**ENJOY A COFFEE  
AND MUFFIN FOR  
JUST \$2.99**

SAVE IN OUR BULK BINS!

ECO FRIENDLY - LESS WASTE!



BUY A LITTLE,  
SAVE A LOT!!  
ONLY BUY WHAT  
YOU NEED!

YOU CAN BRING YOUR OWN CONTAINER, TOO!  
ONE KG = 2.2 LBS

PITTED PRUNES

25% OFF  
SAVE \$5.48  
PER KG

PISTACHIOS IN THE  
SHELL, SALTED

25% OFF  
SAVE \$9.98  
PER KG

STEEL CUT OATS

25% OFF  
SAVE \$1.73  
PER KG

WHITE BREADMAKER  
FLOUR

25% OFF  
SAVE 98¢  
PER KG

DARK CHOCOLATE  
CHERRIES

25% OFF  
SAVE \$9.48  
PER KG

CHOCOLATE BANANA  
CHIPS

25% OFF  
SAVE \$6.48  
PER KG

OLYMPIC TRAIL MIX

25% OFF  
SAVE \$5.73  
PER KG

COCONUT MANGO  
GRANOLA

25% OFF  
SAVE \$4.23  
PER KG

NON-IODIZED SEA SALT

25% OFF  
SAVE \$1.48  
PER KG

FRUIT JELLY CANDIES

25% OFF  
SAVE \$4.48  
PER KG

ROSEMARY MIXED  
NUTS

25% OFF  
SAVE \$9.73  
PER KG

ORGANIC RAW SUGAR



25% OFF  
SAVE \$1.98  
PER KG

MACAROONS

25% OFF  
SAVE \$4.48  
PER KG

GROUND BLACK PEPPER

25% OFF  
SAVE \$17.50  
PER KG

# HEALTHOLOGY

BUILDING A HEALTHIER YOU

# BUILDING A HEALTHIER YOU



All Products  
**ON SALE**  
**20% OFF**



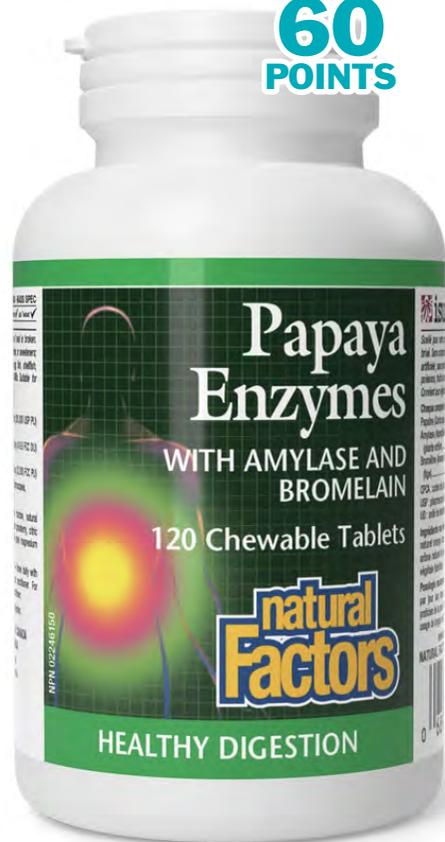
Formulation matters! You want your supplements to do what they say they are going to do and have a real impact on your health. Healthology products are formulated using the latest evidence, research, and clinical information available to create a product that is top of its class. Healthology products meet and exceed Health Canada GMP standards and every lot is fully tested to ensure what is on the label is exactly what is in the bottle.



## PAPAYA ENZYMES

90 SOFTGELS

Natural Factors Chewable Papaya Enzymes with Amylase and Bromelain are naturally flavoured and help the body in breaking down proteins, fats, and carbohydrates, while improving nutrient absorption. Enzymes help to stimulate the good bacteria in the digestive tract, detoxify and cleanse the colon, and improve digestion



BUY THIS  
EARN  
**60**  
POINTS

EVERYDAY PRICE

**11.99**  
/ EACH



## VITAMIN D

1000 IU  
90 TABS

Strong Bones & Teeth; Vitamin D is essential to calcium absorption, preventing bone loss and supporting the development and maintenance of Strong bones and teeth.



BUY THIS  
EARN  
**50**  
POINTS

EVERYDAY PRICE

**9.99**  
/ EACH

# HEALTHY DIGESTIVE SYSTEM!



## CANADIAN BITTERS & ACIDUX

ASSORTED VARIETIES

ON SALE  
**15% OFF**

- Liquid plant medicine
- Optimizes nutrient absorption
- Re-trains your digestive system
- Relieves digestive discomfort
- Soothes digestive inflammation.



St. Francis Herb Farm works with nature to understand, nurture, and extract the healing compounds to be found in the plant world.

St. Francis herbalists are multigenerational herbal artisans who have spent 30+ years researching and cultivating knowledge and trade.



# AERYON

## WELLNESS

### ALL PRODUCTS

ASSORTED VARIETIES



Aeryon Wellness mission is to “Empower Women With Holistic Health.”

Using the latest in scientific research we formulate and distribute the highest grade, all natural, support supplements that make a difference. Our innovative use of QR codes provides education, nutrition and strategies to assist women on their journey to sustainable health and wellness.

Aeryon Wellness prides itself on creating products that can be trusted by you, your daughters, and best friends.

**We are Women Owned.**

**We are Canadian.**

**We are Aeryon Wellness.**

**ON SALE**  
**10% OFF**



ONE BEFORE MEALS

**natural  
Factors**

ON SALE

**\$25.99**

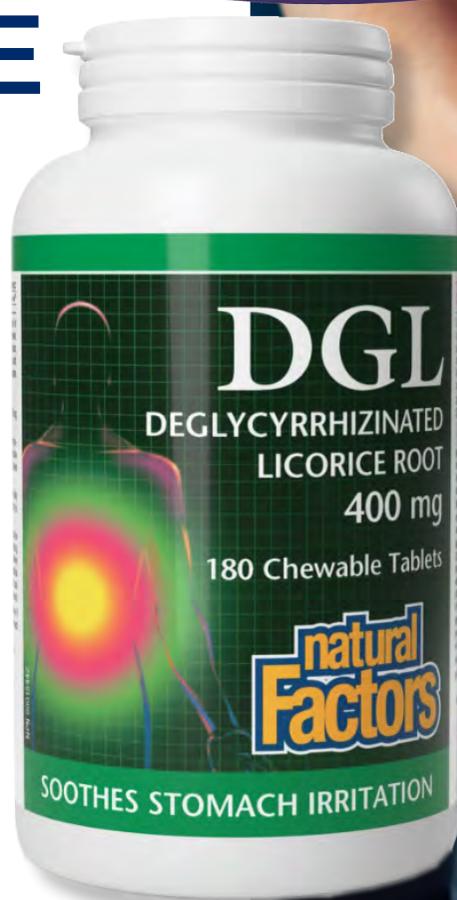
save \$3

**DEGLYCYRRHIZINATED  
LICORICE ROOT - DLG  
400MG**

180 CHEWABLE TABS

- Protects stomach lining by stimulating mucus formation and secretion
- Helps relieve inflammatory conditions of the gastrointestinal tract
- Helps relieve abdominal pain and burning sensation in the stomach
- Contains no glycyrrhizin

Nothing takes the joy out of a delicious dinner quite like that post-meal feeling. You know the one. You put your fork down and sit back, and suddenly it starts to build. The unmistakable abdominal pain and burning sensation of heartburn and indigestion. Stop that feeling before it starts and get back to enjoying those post-dinner chats with the help of DGL.



Formulated and made in Canada



**BOOSTS IMMUNE SYSTEM!**

**QUERCETIN WITH  
BROMELAIN VEG  
CAPSULES**

120 VEG CAPS

ON SALE

**\$57.99**

save \$5

- Helps relieve the pain of nonbacterial chronic prostatitis
- Supports Healthy Seasonal Immune Function
- Enhanced with Bromelain for improved absorption and activity
- Fast-acting Veg capsule delivery
- Citrus-free
- Vegetarian / Vegan



Quercetin is a naturally occurring bioflavonoid with documented properties that include activity as an antioxidant, and as an anti-inflammatory agent. Enhanced with Bromelain, this product is one of the few remedies that can help relief the pain associate with nonbacterial chronic prostatitis.





## ORGANIC TURKEY TAIL

**CERTIFIED ORGANIC  
HIGH POTENCY EXTRACT TO HELP SUPPORT  
IMMUNE FUNCTION.**

60 VEG CAPS

As science delves more deeply into the fascinating world of fungi, the human benefits of mushrooms are becoming astounding. The fruiting body is the part of the mushroom that grows above ground and is abundant in beta-D-glucans, the powerful medicinal component in mushrooms known for its modulatory impact on immunity.

Turkey tail mushroom is very rich in polysaccharides, making it a fantastic prebiotic support for gut health, digestion and liver health. It helps to support immunity and may help fight infections too – so it could be the next staple in your medicine cabinet during cold and flu season!

Health First Turkey Tail is certified organic and grown sustainably on wood, the natural substrate for mushrooms. It contains 100% fruiting body only and its medicinal components are released via micronization, heat and double liquid extraction for optimal bioavailability.

All Health First mushrooms are 3rd-party tested for beta-D-glucans content to ensure batch-after-batch consistency and efficacy.



**ON SALE**  
**\$41.99**  
**save \$11**

Made in Canada and sold exclusively by Health First Network Members to support healthy Canadian communities.





# REDUCE HYPERACIDITY

## ALKAPURE pH 180 vegi caps

ON SALE  
**\$44.99**  
save \$5



Your pH balance is the key to optimal digestive health, immune system support - and overall health in general!

**Pure Lab Vitamins' Alkapure pH formula** takes on the acidic impact of stress, unhealthy eating, and inactivity, helping you reclaim pH balance!

Packed with vital potassium, sodium, and magnesium, our alkaline blend replenishes minerals lost during inflammation, boosting your body's resilience naturally.

**Ready to embrace wellness from within?**



**PURCHASE WITH CONFIDENCE -**  
all Pure Lab Vitamin products  
are quality assured with  
rigorous third-party testing.

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