

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, MAY 9 TO
THURSDAY MAY 16 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 our

2 DAY SUPER SPECIALS

on page 6



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

HAPPY MOTHER'S DAY

FRESH IDEAS
for Mom

ONE STOP SHOPPING FOR MOTHER'S DAY!
FOOD, GIFTS, AND TREATS!

STASH
TEA
18 - 20 TB
ASSORTED

SAVE \$1
649
/ EACH



CORNER BAKERY
MADE LOCALLY

CREAMY PASTA SALAD

PER 100 G



SAVE 50¢
199
/ 100 G



DREAM COME TRUE
IN OUR BAKERY

SCONES

ASSORTED



SAVE 50¢
349
/ EACH



REID'S DAIRY
OLD FASHIONED

SINGLE CUP ICE CREAM

100 ML ASSORTED



SAVE 10¢
89¢
/ EACH



P. RAVENSBERGEN
ONTARIO GROWN
12" HANGING BEGONIA

IN OUR PRODUCE
PRODUCT OF ONTARIO
ASSORTED COLOURS

ONTARIO FRESH!



SAVE \$3.01
29.98
/ EACH



DG'S GREENHOUSE
ONTARIO GROWN
4" POTTED HERB

IN OUR PRODUCE
PRODUCT OF ONTARIO
ASSORTED

SAVE \$4.95
5/\$15
OR \$3.48 EACH



THIS SUMMER
CREATE
A HERB
GARDEN
MOM WILL LOVE



ONTARIO FRESH!



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**



**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!**



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



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 CANADA GROWN FRESH BOK CHOY
PRODUCT OF CANADA



SAVE \$1.01

2.98 / LB

GREAT FOR STIR FRY!

PREMIUM QUALITY ONTARIO GREENHOUSE GROWN FRESH ENGLISH CUCUMBERS
PRODUCT OF ONTARIO



SAVE 41¢

1.28 / EACH



PREMIUM QUALITY FRESH GREEN LEAF LETTUCE
PRODUCT OF USA

SAVE 51¢

2.98 / EACH

GOOD FOR YOU!
AND COST EFFECTIVE!

BEST BAKING APPLE!



PREMIUM QUALITY ONTARIO GROWN NORTHERN SPY APPLES
PRODUCT OF ONTARIO

SAVE 71¢

2.28 / LB

PREMIUM QUALITY FRESH SWEET CORN ON THE COB
PRODUCT OF USA



SAVE \$3.45

5 / \$5
OR \$1.18 EACH

PICCIONI BROS PREMIUM QUALITY ONTARIO GROWN CERTIFIED ORGANIC ORGANIC BROWN MUSHROOMS

227 G
PRODUCT OF DUNDAS, ONTARIO



EVERYDAY PRICE

4.99 / EACH

THIS WEEK'S GARDEN FRESH PRODUCE TOP PICKS

LITTLE POTATO CO.
 PREMIUM QUALITY
 CANADA GROWN
**LITTLE TRIOS
 MINI POTATOES**
 1.5 LB
 PRODUCT OF CANADA



EVERYDAY PRICE

5.99
/ EACH

**BUY THIS
 EARN
 30
 POINTS**



PREMIUM QUALITY
 ONTARIO GREENHOUSE GROWN
**FRESH HEIRLOOM
 TOMATOES**
 PRODUCT OF ONTARIO



SAVE \$1.01
3.98
/ LB



PREMIUM QUALITY
**SMALL BUNCH
 BASIL**
 PRODUCT OF COLOMBIA

SAVE \$1.01
1.98
/ EACH



COOKSTOWN GREENS
 PREMIUM QUALITY
 LOCALLY GROWN
 CERTIFIED ORGANIC
**FRESH ORGANIC
 SEEDLING SALAD**
 100 G
 PRODUCT OF ESSA, ONTARIO



**ONTARIO
 FRESH!**



SAVE \$1.01
7.48
/ EACH



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



SAVE \$1.98
2/\$7
 OR \$3.98 EACH



PREMIUM QUALITY
RED ONIONS
 PRODUCT OF USA

SAVE \$1.01
2.98
/ LB



PREMIUM QUALITY
 CERTIFIED ORGANIC
**SWEET NANTES
 CARROTS**
 1 LB
 PRODUCT OF MEXICO

SAVE 71¢
3.28
/ EACH



PREMIUM QUALITY
**FRESH SWEET
 SEEDLESS
 MINI WATERMELON**
 PRODUCT OF USA

SAVE \$1.51
7.48
/ EACH



THIS WEEK'S GARDEN FRESH PRODUCE

PREMIUM QUALITY
**FRESH SEEDLESS
RED OR GREEN
GRAPES**

PRODUCT OF PERU/CHILE



SAVE \$1.01

6⁹⁸
/ LB

PREMIUM QUALITY
**FRESH IN THE STORE
ORRI MANDARINS**

PRODUCT OF SOUTH AFRICA



SAVE \$1.01

4⁹⁸
/ LB

**HAPPY
MOTHER'S
DAY** ♥

FRESH IDEAS FOR MOM!

**RAVENSBERGEN
PREMIUM QUALITY
ONTARIO GROWN
10" HANGING
BEGONIA**
PRODUCT OF SMITHVILLE
ONTARIO

EVERYDAY PRICE

24⁹⁹
/ EACH



**RAVENSBERGEN
PREMIUM QUALITY
ONTARIO GROWN
10" HANGING
GERANIUM**
PRODUCT OF SMITHVILLE
ONTARIO

EVERYDAY PRICE

24⁹⁹
/ EACH



**RAVENSBERGEN
PREMIUM QUALITY
ONTARIO GROWN
10" HANGING
MILLION BELL
PANSIES**
PRODUCT OF SMITHVILLE
ONTARIO

EVERYDAY PRICE

25⁹⁹
/ EACH



PREMIUM QUALITY
ONTARIO GROWN
**BOUQUET
GERBERA
DAISIES**
PRODUCT OF ONTARIO

EVERYDAY PRICE

8⁹⁹
/ EACH



2-DAY SUPER SPECIALS

2 DAYS OF BIG SAVINGS!

FRIDAY MAY 10 & SATURDAY MAY 11

IN OUR BULK MILK CHOCOLATE ALMONDS



35% OFF
SAVE \$10.47/KG

IN OUR BULK DARK CHOCOLATE GINGER



35% OFF
SAVE \$19.22/KG

ALL BRANDS DIFFUSERS, GLOBES & FOUNTAINS ASSORTED STYLES

HAPPY MOTHER'S DAY



WOW!
20% OFF
SAVE

PILLER'S SALAMI D'AMOUR PER 100 G

HAPPY MOTHER'S DAY



WOW!
249 / 100 G
SAVE 70¢



ROCK HARBOUR WILD COD BURGERS 4 PACK



WOW!
17.99 / EACH
SAVE \$2



STIRRINGS MIXERS 750 ML

HAPPY MOTHER'S DAY

WOW!
10.99 / EACH
SAVE \$1



SERVING SUGGESTION

SYLVIA'S 4TH LINE FLORALS LOCALLY GROWN FRESH MOTHER'S DAY BOUQUETS PRODUCT OF LANARK COUNTY, ONTARIO

HAPPY MOTHER'S DAY



WOW!
2/\$25
OR \$13.98 EA
SAVE \$6.98



2-DAY SUPER SPECIALS

2 DAYS OF BIG SAVINGS!

FRIDAY MAY 10 & SATURDAY MAY 11

TELIC TEROX SANDALS SLIDES, FLIP FLOPS Z-STRAP, BOISE STYLES

HAPPY MOTHER'S DAY

WOW! \$10 OFF SAVE \$10

HUGS YOUR FEET!

- ARCH SUPPORT • DEEP HEEL CUP • SHOCK ABSORBING • LONG-LASTING • SUPER COMFORTABLE

IN OUR HOUSEWARES 'SPECIALLY FOR MOM... MATCHY MATCH MUG/DISHTOWEL SETS OR PRETTY STEMLESS GOBLETS

HAPPY MOTHER'S DAY

WOW! 20% OFF SAVE



THIS WEEK'S TOP PICKS!

MASTRO
CUSTOM CUT IN
OUR DELI
**ROSEMARY
HAM**
PER 100 G



SAVE 50¢
2.49
/ 100G



MCLEANS
MINI CHUBS
180 G
NO PRESERVATIVES ADDED
NO ANTIBIOTICS
NO GLUTEN, DAIRY, SOY
NO NITRITES
PORK RAISED CAGE FREE
PORK VEGETARIAN DIET



**EVERYDAY
PRICE**
12.99
/ EACH



**BUY THIS
EARN
65
POINTS**

IN OUR BULK BINS
QUICK COOK OATS



**30%
OFF**

SAVE \$2.22/KG

IN OUR BULK BINS
SULTANA RAISINS



**30%
OFF**

SAVE \$3.57/KG

DR. PRAEGER'S
PLANT BASED
**BLACK BEAN
QUINOA
BURGERS**

283 G
4 PACK



SAVE \$1
7.49
/ EACH

SERVING
SUGGESTION

BRIDOR
**HALF
BAGUETTE**
220 G



SAVE 20¢
1.29
/ EACH

SERVING
SUGGESTION

UNCLE LEE'S
**ORGANIC
GREEN TEA**
100 TEA BAGS



SAVE \$2
7.49
/ 100 G

BLUE MONKEY
**COCONUT
WATER**
520 ML



SAVE \$1
2.49
/ EACH

LAVIOLETTE
ONTARIO EGGS
 ST. ISIDORE, ONTARIO
 1 DOZEN



BUY THIS
 EARN
25
 POINTS



EVERYDAY PRICE

5 49
 / EACH

NEW IN THE STORE

GRAIN HARVEST
BAKED IN STORE
LARGE SOFT
PRETZEL
 4 PACK



EVERYDAY PRICE

2 99
 / EACH



DELICIOUS
 WITH OUR
CUSTOM
CURRY
MUSTARD!

IN OUR BULK BINS
RAW CASHEWS



30%
 OFF

SAVE \$7.47/KG

BRANDT
SAUSAGES
 250 G - 375 G ASSORTED
 NATURALLY
 HARDWOOD
 SMOKED AND
 WELL SEASONED



FULLY COOKED
JUST
HEAT N'
SERVE!

15%
 OFF



IN OUR BULK BINS
VIRGINIA PEANUTS
 SALTED OR UNSALTED



30%
 OFF

SAVE \$4.47/KG

ORGANIC MEADOW
**ORGANIC 10%
 HALF & HALF
 CREAM**
 500 ML



SAVE 50¢
4 49
 / EACH

10% M.F.

REMEDY
**ORGANIC
 KOMBUCHA**
 330 ML CAN
 ASSORTED



SAVE 98¢
2 / \$ 4

THIS WEEK'S TOP PICKS!

FRESH DRESS DRESSING



BUY THIS EARN 45 POINTS

EVERYDAY PRICE

8.99 / EACH

DWOREK SOUP

720 ML ASSORTED



SAVE 50¢

4.99 / EACH



GREEN ORGANICS ORGANIC FROZEN VEGETABLES

500 G



SAVE 50¢

5.49 / EACH

NEW IN THE STORE

VOLTIGEURS ORGANIC WHOLE CHICKEN
IN OUR DELI

EVERYDAY PRICE

1.59 / 100 G

or \$15.90/kg



DAIYA PLANT BASED PLAIN CREAMY SPREAD

227 G



ENLIGHTENED KETO FRIENDLY ICE CREAM BARS
4 X 81 ML - 104 ML ASSORTED

AU PAIN FRENCH LOAF
IN OUR BAKERY



SAVE \$1

6.49 / EACH

SAVE \$1

10.99 / EACH

SAVE 50¢

4.99 / 100 G

DREAM COME TRUE KITCHEN
**LOCALLY MADE
HOMESTYLE CARROT
CAKE**



SAVE \$1
15.99
/ EACH

GOOD DRINKS

SPRITZERS
355 ML
ASSORTED

EVERYDAY PRICE

2.59
/ EACH



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

BUY THIS
EARN
15
POINTS

CORNER BAKERY
**LOCALLY
MADE DATE
SQUARES**

PACK OF 6



SAVE \$1
10.99
/ EACH

KRINOS
**STUFFED GRAPE
LEAVES**
PER 100 G



SAVE 20¢
1.99
/ 100 G

PILLER'S
**CHARCUTERIE
TRIO ORIGINAL**

125 G



SAVE \$1
5.99
/ EACH

THINLY SLICED CERVELAT
SALAMI, CHORIZO SAUSAGE
& SPECK PROSCIUTTO

SANTA CRUZ
**ORGANIC
LEMONADE**

946 ML
ASSORTED



**FAVOURITE
SUMMER
DRINK!**

SAVE \$1
6.99
/ EACH

**FEVER TREE
BEER &
TONIC**

4 X 200 ML



SAVE \$1
6.99
/ 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

21⁹⁹ - 27⁹⁹
/ EACH / EACH



OSOLE MIO
FRESH PASTA SAUCE
300 ML ASSORTED
IN OUR COOLER



BUY THIS EARN 40 POINTS

EVERYDAY PRICE

849
/ EACH



JARLSBERG
CHEESE
250 G



MAKES A GREAT GRILLED CHEESE

SAVE \$1.50

11⁹⁹
/ EACH



MCLEANS
NEW TUSCANY TURKEY BREAST
CUSTOM CUT IN OUR DELI
PER 100 G



SAVE \$1.30

3⁹⁹
/ 100 G

AGROPUR
TRIPLE CREAM BRIE
PER 100 G



SAVE 50c

449
/ 100 G

RW GARCIA
GLUTEN FREE CRACKERS
155 G • 180 G



SAVE \$1

899
/ EACH

COOMBE CASTLE
COASTAL RUGGED MATURE CHEDDAR
200 G



SAVE 50c

899
/ EACH

FELICETTI ORGANIC WHOLE WHEAT PASTA

454 G - 500 G ASSORTED



SAVE 50¢

2.99 / EACH

BOB'S RED MILL GLUTEN FREE OATMEAL CUPS

51 G - 71 G



BUY THIS EARN 15 POINTS

EVERYDAY PRICE

3.49 / EACH

MAISON ORPHÉE COARSE GREY SEA SALT

1 KG

PRODUCT OF FRANCE Harvested by hand in Noirmoutier Island's tidal marshes.

A source of minerals (sodium, magnesium, potassium, calcium) and trace elements (iron, manganese, zinc).



SAVE \$1

5.99 / EACH

MAMMA NUCCIA ORGANIC PASSATA TOMATO PUREE

700 ML



SAVE 50¢

4.49 / EACH

MANITOBA HARVEST HEMP HEARTS

454 G



10G PROTEIN

12G OMEGAS 3 & 6

9 ESSENTIAL AMINO ACIDS

VITAL NUTRIENTS
LIKE MAGNESIUM, FIBRE, ZINC, AND IRON



SAVE \$2.50

16.99 / EACH

ECO MAX DISH SOAP

740 ML



SAVE 50¢

4.99 / EACH

CONTESTS IN THE STORE!



**SIT
& WIN
THIS
SUMMER
UMBRELLA**
ASK US
IN STORE

**WIN A GIANT
BASKET** OF SUMMER
GOODIES
FROM
NEAL BROS!



FILL OUT A BALLOT IN STORE



FOODSMITHS MAY BYOB STEWART PARK FESTIVAL

One Weekend. Endless Possibilities.

The Stewart Park Festival is a great celebration of community. It offers a fantastic weekend of music, great food and amazing vendors, right in the heart of downtown Perth Ontario.

The Festival is a three day, by donation music festival, that showcases International and Canadian artists.

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!

JULY 19-21, 2024

THANK YOU
FOR HELPING SUPPORT THIS IMPORTANT EVENT



CHOOSE YOUR BEANS

GRIND THEM TO PERFECTION AT OUR COFFEE MILL

ON SALE THIS WEEK

LIFE'S LITTLE MOMENTS

MOTHERHOOD. POWERED BY LOVE, FUELED BY COFFEE!

EQUATOR
COFFEE ROASTERS

SPRING SEASONAL BLEND
LOCALLY ROASTED COFFEE
MEDIUM ROAST PER 100G

This Spring Seasonal blend is back. Colombian Honduran blend gives off notes of rich honey, bright citrus & delicious demerara sugar. This coffee is the perfect sip of spring!

399 / 100G
SAVE 50¢



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

PANDA LICORICE



25% OFF
SAVE \$6.23
PER KG

DELUXE GRANOLA



25% OFF
SAVE \$4.23
PER KG

TAMARI WEEKEND MIX



25% OFF
SAVE \$8.23
PER KG

PINEAPPLE RINGS



25% OFF
SAVE \$5.48
PER KG

POPPING CORN



25% OFF
SAVE \$1.23
PER KG

BRIDGE MIX



25% OFF
SAVE \$7.48
PER KG

CHOCOLATE RIVER
ROCKS



25% OFF
SAVE \$7.98
PER KG

COLOURFUL JELLY BEANS



25% OFF
SAVE \$2.98
PER KG

BANANA CHIPS



25% OFF
SAVE \$3.73
PER KG

ORGANIC LIGHT SPELT FLOUR



25% OFF
SAVE \$1.98
PER KG

COCONUT SMILES



25% OFF
SAVE \$6.23
PER KG

DARK CHOCOLATE COFFEE
BEANS



25% OFF
SAVE \$8.73
PER KG

TROPICAL TRAIL MIX



25% OFF
SAVE \$4.23
PER KG

HIMALAYAN PINK SALT



25% OFF
SAVE \$4.25
PER KG

MUG & TEA TOWEL SETS
ASSORTED VARIETIES

Gift Mom a beautiful mug with a matching tea towel this Mothers day.

Save
20%

DURING OUR 2 DAY SALE



MOTHERS DAY
Gift Guide 2024
ONE. STOP. SHOP.



Save
20%

DURING OUR 2 DAY SALE

STEMLESS WINE GLASSES
ASSORTED VARIETIES

Find the perfect stemless wine glass for your mom right here in Foodsmiths housewares section.

GLOBES
ASSORTED VARIETIES

Energy-efficient illumination that is a little bit romantic, a little bit whimsical, and all-around brilliant.

Save
20%

DURING OUR 2 DAY SALE



Harlequin
Globe.

Prism
Globe.



DIFFUSERS
ASSORTED VARIETIES

Suitable for use in bedrooms, living rooms, office spaces, or any area where you desire to cultivate a tranquil and healthful environment.

Save
20%

DURING OUR 2 DAY SALE



Black
Ceramic
Stone.



Hand
Blown Glass
Diffuser.

WATER FOUNTAINS
ASSORTED VARIETIES

Invite tranquility into your home, or office with these unique accent pieces.

Save
20%

DURING OUR 2 DAY SALE



Serenity
Water
Fountain.

Elephant
Water
Fountain.



MILLION BELLS BASKETS 10"

P. RAVENSBERGEN & SONS

Arrived right on time for Mothers' Day. Million Bells come in a rainbow of colours and bound to make Mom smile.

\$25.99 each



\$24.99 each

BEGONIA HANGING BASKETS 10"

P. RAVENSBERGEN & SONS

Perfect to hang outside on the porch or deck.



GERBERA DAISIES
PREMIUM QUALITY
ONTARIO GROWN

\$8.99 each

Mom would love to receive this stunning arrangement of colourful flowers. Grown in Ontario and ready for you to take home to her.

MOTHERS DAY BOUQUETS

SYLVIA'S 4TH LINE FLORALS

This beautiful arrangement is one to WOW mom on her special day.

\$15.99 each



TEA TOWELS

ASSORTED VARIETIES

Tea Towels of all kinds for Mom, Grandma and daughters of all kinds.

\$13.99 each -
\$18.99 each



HEALTHOLOGY



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.



BUY THIS
EARN
35
POINTS

TRANQUIL SLEEP HELPS RELIEVE MILD INSOMNIA AND CALMS NERVOUSNESS

10 TROPICAL FRUIT
FLAVOUR CHEWS

Stress-Relax Tranquil Sleep helps you fall asleep quickly, sleep soundly through the night, and wake up feeling refreshed and alert.

EVERYDAY PRICE

6⁹⁹
/ EACH



BUY THIS
EARN
20
POINTS

BEAUTY WIPES

15 WIPES
VITAMIN C
MICELLAR HYDRATING
JASMINE COCONUT

Facial Cleansing Wipes are gentle on the skin, tough on makeup and infused with charcoal to absorb excess oil, remove impurities and help minimize pores.

EVERYDAY PRICE

3⁹⁹
/ EACH



HEALTHY DIGESTIVE SYSTEM!



CANADIAN BITTERS & ACIDUX

ASSORTED VARIETIES

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

ON SALE
15% OFF



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



DAILY LIVER HEALTH



ON SALE

MILK THISTLE 250MG/150MG
SILYMARIN, HERBALFACTORS

250MG
120 SOFT GELS

\$26.99

save \$2

- Protects liver health
- Supports liver detoxification reactions
- Supports digestion and gallbladder function
- Helps with recovery from liver damage
- Provides excellent support when following a cleanse or detoxification program



HerbalFactors Milk Thistle is a liver health supplement made with a synergistic combination of milk thistle extract, dandelion root, and turmeric. Milk thistle is traditionally used in herbal medicine as a liver and gallbladder protectant, and contains key actives known collectively as silymarin. Dandelion and turmeric contain antioxidants and work alongside milk thistle to support healthy liver function. This non-GMO formula is standardized to contain 150 mg of silymarin per capsule.



BOOSTS IMMUNE SYSTEM!

ASTRAGALUS
500MG

100 VEG CAPS

ON SALE

\$11.99

save \$1.50

- Used in Traditional Chinese Medicine to tonify the lungs and for frequent colds
- Whole herb
- Vegetarian / Vegan



For more than 2000 years, Chinese herbalists have valued Astragalus for its adaptogenic properties, as well as for its ability to tonify the body's "vital force" known as the Qi. More recently, Astragalus has been found to support healthy immune function through numerous mechanisms. Non-clinical studies using Astragalus have demonstrated it can support the healthy production of and activity of specialized white blood cells.



ON SALE
\$7.99
 save \$2

ZINC PLUS COPPER

50 MG
 120 CAPSULES

Health First Zinc Plus Copper contains zinc citrate, a more bioavailable form of zinc compared to the zinc gluconate and zinc oxide found in other supplements. What's unique about this formula is the addition of the trace mineral, copper: zinc supplementation without copper may cause a copper deficiency, so it's important to look for a formula that combines the two!

Copper is another essential nutrient. Together with iron, it enables the body to form red blood cells. It helps to maintain healthy bones, blood vessels, nerves, and immune function, and contributes to iron absorption. Health First Zinc Plus Copper is a winning combination!

- Corn Free.**
- Dairy Free.**
- Gluten free.**
- Soy free.**
- Sugar free.**
- Yeast free.**

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



GREEN BEAVER ANTIPERSPIRANTS & 2 IN 1 SHAMPOOS

SELECTED PRODUCTS
 ASSORTED VARIETIES

ON SALE
\$12.99
 save \$2

ON SALE
\$10.99
 save \$1

Natural Aluminum-Free.
Keeps you naturally dry.
24-hour odour protection.

Gluten Free.
Biodegradable.
NON GMO.
Cruelty free.
100% recycled.





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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