

A PROUD MEMBER OF

HEALTH FIRST®

ONE BIG FAMILY. ONE BIG COMMUNITY.

est 1936
vitahealth
FRESH MARKET

myvita.ca



HEALTH FIRST® ZINC PLUS COPPER
100 capsules

A critical balance of zinc and copper, two key minerals to support healthy tissue formation and iron absorption while strengthening immune function.



ON SALE!

8⁹⁹



NATURE'S WAY® PRODUCTS
Select varieties and sizes

NutraSea fish and plant-based Omega-3's, with or without vitamin D. **Sambucus Relief Gummies** with clinically proven south African geranium.

ON SALE!

20% off



HEALTHOLOGY GUT-FX FORMULA
180 g powder

The ultimate formula to repair your intestinal tract lining, heal inflammation, support healthy gut flora, and restore your gut health.



ON SALE!

36⁹⁹



TOTAL BODY COLLAGEN™
Unflavoured - 500 g

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



ON SALE!

47⁹⁹



ON SALE \$65.49

Additional select Renew Life products on sale

NEW AND IMPROVED PROBIOTIC LINE with your needs in mind!

- clinically studied strains
- blend of 12 world-class strains
- gluten, dairy & soy free



BONUS SIZE



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



NATURAL FACTORS® MAGNESIUM BISGLYCINATE PURE 200 MG
250 vegetarian capsules

Provides natural relief from muscle cramps. Easy on the stomach, just one capsule per day can restore magnesium levels in the body.



ON SALE!

29⁹⁹

• SALE DATES: JANUARY 6 - 22, 2023 • HEALTHFIRST.CA •

A-1



DUO PACK

GENUINE HEALTH FAST JOINT CARE+ WITH FERMENTED TURMERIC
60 + 60 vegetarian capsules

Can help to provide relief from joint pain and stiffness with amplified anti-inflammatory action.



ON SALE!

49⁹⁹



PRAIRIE NATURALS® LIQUID & IONIC SOLUTIONS
Select varieties - 500 ml each

Ensure optimal absorption with these simple to take liquid supplements. Experience the noticeable improvement to your overall health, energy and well-being!



ON SALE!

15% off



33% BONUS

ST. FRANCIS HERB FARM® DEEP IMMUNE®
120 vegicaps

Made from eight powerful adaptogenic herbs that work to strengthen and optimize the immune system and helps to increase the body's resistance to stress.



ON SALE!

32⁹⁹



NEW

A. VOGEL RELAX TABLETS OR SPRAY
60 tablets or 20 ml

Relieve feelings of nervousness, restlessness and stress with these combinations of passion flower and lemon balm.



60 TABS

28⁹⁹

20ML SPRAY

15⁹⁹



BOIRON® OSCILLOCOCCINUM®
30 or 12 doses

Reduces the duration of flu-like symptoms such as body aches, headaches, fever, and chills. It does not cause drowsiness.

30 DOSES

32⁹⁹

12 DOSES

19⁹⁹



NEW

ENER-D™
24 packets

A sugar-free powdered vitamin D drink mix with 1,000 IU of plant-based vitamin D3 to support immunity and mood.



ON SALE!

15⁹⁹



PROGRESSIVE® MULTIVITAMINS
Assorted varieties and sizes

Vitamin and mineral supplements that are specific to age (Kids, Adult or Adult 50+), gender (Men or Women), and activity (Active).



ON SALE!

25% off



IRON VEGAN™ FERMENTED L-GLUTAMINE
400 g

Supports the immune system following periods of physical stress and assists in muscle cell repair after exercise.



ON SALE!

24⁹⁹



NEW ROOTS HERBAL STRONG BONES
Assorted varieties and sizes

Formulated for maximum absorption and provides a natural approach to preventing osteoporosis and healing bone injuries.



360 VEG CAPS

85⁴⁹

180 VEG CAPS

46⁹⁹

GROCERY CORNER

HEALTH FIRST



NUTIVA® ORGANIC COCONUT OILS

946 ml or 860 ml

Organic Liquid MCT Oil is a lighter, cleaner tasting MCT oil made using fresh, young organic coconuts and processed without heat, chemicals or fillers. Organic Coconut Oil is a healthy alternative to traditional cooking oils. Also perfect to use on your skin and hair.



33⁹⁹
MCT OIL
18⁹⁹
COCONUT OIL



GOOD TO GO™ BARS

Assorted varieties - 40 g

Soft baked, keto certified and made with real, tasty ingredients - your taste buds won't believe it!



3/\$7
BARS



MADE GOOD® SNACKS

Assorted varieties and sizes

Baked with good intentions like organic ingredients, whole grains, and veggies. Loved by kids and grown-ups alike.



4⁴⁹
ON SALE!



NUTS TO YOU® ORGANIC PEANUT BUTTER

Crunchy or Smooth - 500 g

A great source of protein for a healthy snack. This natural butter will leave you wanting more.



6⁴⁹
ON SALE!



TRADITIONAL MEDICINALS® WELLNESS TEAS

Assorted varieties - 16 bags

Carefully crafted, high-quality herbal teas that are made with all-natural ingredients.



2/\$9
ON SALE!



OMEGA NUTRITION APPLE CIDER VINEGAR

946 ml

Unfiltered and unpasteurized, made with no chemicals, additives or preservatives.

ON SALE!

7⁹⁹

ACAI ENERGY BITES RECIPE

These easy, convenient, superfood-packed bites are brimming with plant-based antioxidants and fruity flavor. Pack and take them on the go for when you need a boost of energy or have them as an after dinner treat when you're craving something sweet!

INGREDIENTS

- 1 cup Organic Cashew Nuts
- 1 cup frozen blueberries
- 5 Medjool dates
- 1 cup hot water
- 8 Tbsp. coconut flour
- 1 Tbsp. Navitas Organics Acai Powder

Unsweetened coconut flakes, for coating

DIRECTIONS *(Makes about 10 bites)*

1. Soak the dates in the hot water for at least 30 minutes.
2. Before using the dates, drain the water well and remove any date shells.
3. Pour 1/4 cup of the remaining water into a food processor or blender and add all of the other ingredients.
4. Blend until well incorporated.
5. Scoop out the mixture about one tablespoon at a time and shape into balls.
6. Coat with coconut flakes or desired coating and enjoy!



20% off

NAVITAS® ORGANICS SUPERFOOD POWDERS
Assorted varieties and sizes



FROZEN FOODS



MID-DAY SQUARES™ FUNCTIONAL CHOCOLATE

Assorted varieties - 33 g

Perfectly designed to stop your hunger or cravings in between meals. Each square is packed with clean plant protein, real chocolate and superfoods.



ON SALE!
2/\$5



CALIFIA FARMS® PLANT MILKS

Assorted varieties - 1.4 L

Artisanally crafted from oats, almonds, cashews or coconuts for ultra-creamy goodness.



ON SALE!
5.99



CAULIPOWER® MEAT PIZZAS

Assorted varieties - 310 - 320 g

Frozen pizza reinvented with a game-changing cauliflower crust that tastes like traditional thin crust pizza.



ON SALE!
10.79



EARTH BALANCE® VEGAN BUTTERY SPREADS

Assorted varieties - 368 - 425 g

Creamy, spreadable texture and rich buttery taste. Use for cooking, spreading and baking.



ON SALE!
6.49



ENLIGHTENED® KETO ICE CREAM

473 ml

A lighter way to enjoy your ice cream, in the same indulgent flavours.

ON SALE!

7.99



STAHLBUSH ISLAND FARMS® FROZEN FRUIT

Assorted varieties - 283 g

Left in the field or on the vine until perfectly ripe, then immediately frozen to seal in the flavour and freshness.



ON SALE!
5.79



MINDFULNESS FOR THE BODY AND MIND

Instead of falling short on those extreme New Year's resolutions, how about setting smaller, more mindful goals that add up through the year to make you feel a whole lot better?

Doing things every day that support your digestion, increase your energy, and help you to better manage stress are paramount for staying active, performing your best at home and at work, maintaining your relationships, and feeling a sense of accomplishment. A blanket resolution like "lose weight" has been shown to fail over and over again.



The number one thing you can do to start the year off right is to improve gut health. After all, it may have taken a beating over the holidays and the New Year is the perfect time to begin repairs!



This month, we're sharing **Sitara Hewitt's** tips for starting 2023 off right with a healthy gut! Her favourite probiotic is Health First's top selling **ProBio Supreme**, which contains 55 billion CFU of highly stable and adaptable strains, including *L. plantarum* and *L. rhamnosus* GG.

100% CANADIAN MADE • DAIRY AND SOY FREE • FREE FROM GMOS, ARTIFICIAL COLOURS AND ARTIFICIAL FLAVOURS

ProBio Supreme is sold exclusively in our store! Come on in and ask our team for more information!



PROBIO SUPREME 55B
30 or 60 vegetable capsules

14 research-backed strains natural to the human gut that benefit the entire intestinal tract. With prebiotics. Refrigeration required.

60s
61⁴⁹

30s
32⁹⁹



SCAN THE QR CODE TO SEE SITARA'S GUT HEALTH TIPS FOR 2023!



NOURISH YOUR MIND

Let go of last year's foggy, overloaded brain! Managing stress is critical for good brain health since prolonged stress can keep your brain in survival mode, reducing the resources it has for higher-order tasks like attention and memory. Good sleep is also essential. Find ways that help you keep stress at bay and invest in some quality supplements to help your brain thrive!



MEMORY SUPREME 60 vegetable capsules

Synapsa®, one of the most researched cognitive support ingredients in the world, teamed up with synergistic ingredients to support learning, working memory, and information retention and recall.

ON SALE!
44⁹⁹



STRESS RELEASE SUPREME 60 vegetable capsules

Non-drowsy formula with a complementary blend of medicinal mushrooms and key adaptogens that provide all-round mental and physical support for managing stress.

ON SALE!
29⁹⁹



L-THEANINE SUPREME 120 natural chocolate chewable tablets

100 mg per tablet of Suntheanine® L-theanine, a 100% pure L-isomer-theanine. Backed by more than 60 human clinical trials documenting its ability to promote relaxation.

ON SALE!
39⁹⁹



ASHWAGANDHA SUPREME 120 vegetable capsules

12:1 extract providing 3,600 mg per capsule of KSM-66® ashwagandha root, the most clinically studied form on the market. Helps to increase resistance to stress, enhance memory and improve sleep.

ON SALE!
33⁴⁹



LION'S MANE 60 vegetable capsules

8:1 organic extract providing 1,360 mg of lion's mane mushroom per capsule. Fruiting body guarantees consistent beta-D-glucans content. Helps to support immunity and cognitive health.

ON SALE!
39⁹⁹



REISHI 60 vegetable capsules

8:1 organic extract providing 800 mg of reishi mushroom per capsule. Fruiting body guarantees consistent beta-D-glucans content. Helps to support immunity and a healthy stress response.

ON SALE!
39⁹⁹





B VITAMINS FOR BOTH BODY AND MIND

B vitamins don't get quite as much attention as the As, Cs and Ds, but they are integral for whole body and mind health. They're water soluble and not retained in large quantities by the body, so deficiency can be common - this is especially true during times of stress! The Bs play a role in vision and skin health, nerve and cardiovascular function, stress support, and energy production.



ACTIVE B SUPREME *90 vegetable capsules*

Fully bioactive, body ready forms of all 8 key B vitamins plus their "buddies", inositol and choline. Inositol and choline help to optimize B vitamin functioning in energy production, stress support and brain health.

ON SALE!

34⁹⁹

MAKE YOURSELF A PRIORITY.

Flight attendants tell us to put our own oxygen mask on first. But come on, how many of us really do this? Maybe it's time we try for even half a mask? Finding time for self-care - even in small pockets - can help you to manage stress and be the best you can be for yourself and everyone around you!



B100 COMPLEX SUPREME

60 vegetable capsules

Introductory B complex containing 100 mg of core B vitamins plus 400 mcg biotin, 1,000 mcg folate and 100 mcg methylated B12. Maca root helps to elevate energy production and stress management.

ON SALE!

18⁷⁹



B12 SUPREME

120 natural cherry lozenges

1,200 mcg of methylated vitamin B12 plus B6 and folate in lozenge format for optimal absorption. Extra B12 may be important for vegans and vegetarians who don't consume animal products.

ON SALE!

16⁹⁹



MACA

180 vegetable capsules

750 mg per capsule of organically and sustainably sourced maca root from Peru, gelatinized to ensure optimal absorption. Works synergistically with B vitamins to support energy, sexual health and mood balance.

ON SALE!

27⁹⁹



FAMILY FIRST TEEN B

120 vegetable capsules

One capsule provides teens with their daily dose of all 8 B vitamins in their body-ready forms. Helps to support the things so important for teens: immunity, energy, stress, and healthy hair, skin and nails!

ON SALE!

37⁹⁹



REDISCOVER YOUR ENERGY

Ahhh...energy. That thing we all try so desperately to have, but that so often eludes us. Whether it's due to lack of sleep, work overload, or the stress of family, home or financial pressures, a lack of energy has a huge impact on our self-worth. The New Year is the perfect time for bringing back your groove, and there are some foundational nutrients that can help!



CORDYCEPS 60 vegetable capsules

8:1 organic extract providing 1,200 mg of cordyceps mushroom per capsule. Fruiting body guarantees consistent beta-D-glucans content. Helps to enhance energy, exercise and immunity.

ON SALE!
39⁹⁹

VITAMIN D FAMILY

Excessive fatigue has been linked to vitamin D deficiency, so getting enough is not only important for immunity, but for chasing away the tired old you!



VITAMIN D SUPREME 180 tablets

1,000 IU per tablet of vitamin D3 with BioPerine® black pepper extract and red bioflavonoids for enhanced bioavailability, antioxidant protection and superior action in the body.

ON SALE!
12⁴⁹



VITAMIN D3 500 gelcaps

1,000 IU per gelcap of vitamin D3 in a base of organic olive oil.

ON SALE!
23⁹⁹



VITAMIN D3 **ONE DROP DAILY** 30 ml

1,000 IU per drop of vitamin D3 in a base of medium chain triglycerides, sunflower oil and rosemary.

ON SALE!
21⁹⁹



IRON SUPREME 60 vegetable capsules

Patented Ferrochel® iron, an easy-to-absorb and non-constipating form of chelated iron. Includes a complex of vitamins, minerals and vegetable extracts designed to further support absorption.

ON SALE!
15⁴⁹



BERRY C SUPREME 180 vegetable capsules

600 mg per capsule of calcium ascorbate, a buffered form of vitamin C that's gentle and easy to absorb. With BioPerine® black pepper extract to further increase absorption, and red bioflavonoids for unparalleled antioxidant protection.

ON SALE!
33⁹⁹



HOLIDAY BOGO!
BUY ONE
VITAMIN D3 ONE
DROP DAILY 30 ML,
GET ONE FREE!



COVERED BRIDGE® POTATO CHIPS
Assorted varieties - 142 - 170 g

Bursting with flavour by using only quality dark russet potatoes, these perfectly seasoned chips provide a tasty crunch without all the additives.



ON SALE!

2/\$7



GOGO QUINOA® PASTA
Assorted varieties - 227 g

Great-tasting pasta alternatives that are suitable to use with any type of sauce.



ON SALE!

4⁹⁹



MANUKA HEALTH MANUKA HONEY
Assorted varieties and sizes

Made from the nectar of the Manuka plant, native to New Zealand. A rare and special honey extensively researched and recognized for its remarkable health qualities.



ON SALE!

10% off



NATURE'S PATH® ECO PAC® CEREALS
Assorted varieties 650 - 907 g

Great-tasting, naturally sweetened cereals that are perfect for the whole family!



ON SALE!

11⁴⁹



MANITOBA HARVEST® ORGANIC HEMP HEARTS
340 g

A delicious way to get your protein, omegas and other essential vitamins and minerals. Add them to everything - from salad to cereal, smoothies and yogurt. Even eat them right out of the bag to experience their light, nutty flavour!



ON SALE!

14⁹⁹



REDMOND REAL SALT®
737 g

Unrefined and contains important minerals not found in table salt. In an earth-friendly refill pouch, the screw top lid makes refilling shakers a breeze while saving money and the environment!



ON SALE!

11⁹⁹



RISE KOMBUCHA
Assorted varieties - 1 L

A delicious, sparkling beverage that is raw, unpasteurized and contains health benefitting bacteria.



ON SALE!

8⁹⁹



CHOSEN FOODS® AVOCADO OIL MAYONNAISE
Assorted varieties - 355 ml

Made with 100% pure avocado oil, cage-free eggs, organic vinegar, organic mustard, and spices, it's rich and slightly tangy—perfect for everyday use.



ON SALE!

11⁹⁹



CROFTER'S® PREMIUM SPREADS
Assorted varieties - 383 ml

Every jar has one-third less cane sugar than alternative preserves which means you taste more lip-smacking fruit juiciness and less plain sugar.



ON SALE!

6⁴⁹



ZEVIA® ZERO CALORIE SODA

Assorted varieties - 6 x 355 ml

A healthier option for a refreshing, bubbly drink to replace all your favourites!



 ON SALE!
2/\$13



NOW® SWEETENERS

Assorted varieties and sizes

A wonderfully sweet way to avoid sugar and all of its calories and an ideal replacement for refined cane sugar in all your favourite recipes.



 ON SALE!
20% off



BLUE DIAMOND® ALMOND BREEZE®

Assorted varieties - 946 ml

A non-dairy solution that is delicious in everything, from cereals and smoothies to cooking and baking. Creamy and smooth with just a hint of almond taste and half the calories of milk.




 ON SALE!
2/\$6



GT'S ORGANIC RAW KOMBUCHA™

Assorted varieties - 480 ml

A blissful blend of spices, organic and raw ingredients and Kombucha.




 ON SALE!
2/\$8

Cha's ORGANICS

ORGANIC FAIR TRADE GUM FREE






 ON SALE!
4⁴⁹

CHA'S ORGANICS PREMIUM COCONUT MILK
Assorted varieties - 400 ml



**NOW® NAC
600 MG**
100 veg capsules

Contains selenium and molybdenum and provides antioxidants for the maintenance of healthy cells and tissues. Beneficial for those with chronic bronchitis.



ON SALE!

23⁴⁹



**NATURAL FACTORS
WELLBETX®
BERBERINE**
120 vegetarian capsules

A natural option for supporting blood sugar balance. Evidence shows berberine plays a role in blood sugar metabolism and supports cardiovascular health by maintaining healthy blood lipid levels.



ON SALE!

37⁹⁹



**WOMENSENSE®
D-MANNOSE**
500 MG
120 vegetarian capsules

This naturally occurring simple sugar helps reduce the risk of recurrent urinary tract infections in women.



ON SALE!

22⁹⁹



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

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



ON SALE!

42⁹⁹



**SISU SLEEP
EASE**
60 tablets

High-potency melatonin, L-theanine and traditional sleep herbs help to promote relaxation, and help you fall asleep faster and stay asleep longer.



ON SALE!

32⁹⁹



**EFAMOL®
BEAUTIFUL-
SKIN™
EVENING
PRIMROSE OIL**
1000 MG
180 softgel capsules

A patented evening primrose plant that is higher in GLA than other varieties. Clinically proven to improve skin moisture, elasticity and firmness. Treats eczema symptoms.



ON SALE!

47⁴⁹



**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!

24⁹⁹



**PURICA®
RECOVERY®
EXTRA
STRENGTH**
360 vegan capsules

Targets the root cause of pain and provides effective and sustained relief.



ON SALE!

59⁹⁹

BEAUTY BOUTIQUE



**DERMA E
NATURAL BEAUTY
PRODUCTS**
Assorted varieties
and sizes

Natural, therapeutic beauty formulations that are rich in vitamins, antioxidants and botanicals.



ON SALE!

**20%
off**



ANDALOU NATURALS PRODUCTS
Select varieties and sizes

Products that are certified organic, nature derived, and always cruelty free.



ON SALE!

**20%
off**



**THE GREEN BEAVER COMPANY™
TOOTH PASTE**
Assorted varieties and sizes

Loaded with excellent natural cleaning properties, such as GMO-free coco-glucoside from coconut and fruit, as well as xylitol from North American hardwood trees.



ON SALE!

**20%
off**



GARDEN OF LIFE® ALL-IN-ONE NUTRITIONAL SHAKE

Assorted flavours - 969 - 1038 g

On-the-go nutrition that contains 20 g of protein, 7 g of fibre and 44 superfoods per serving.



ON SALE!

58⁹⁹



NATURAL FACTORS® HYAPPEAL™ VEGAN HYALURONIC ACID

60 vegetarian capsules

Features a clinically validated form of hyaluronic acid that has been shown to improve skin moisture and support its natural repair process.



ON SALE!

39⁹⁹



BIOFIL™
120 small vegan liquid capsules

Nourish your skin, reduce fine lines and wrinkles, and thicken and strengthen your hair and nails with these small, smooth and easy to swallow vegan liquid capsules.



ON SALE!

62⁹⁹



NEW ROOTS HERBAL DIGESTIVE ENZYMES
100 capsules

Derived from pure porcine-sourced pancreatins to help improve digestion and increase absorption of vitamins and minerals from foods.



ON SALE!

33⁹⁹



SALUS RED BEET SOLUBLE CRYSTALS
200 g

This energizing superfood is a powerful nitric oxide booster, supports cardiovascular health, helps boost athletic performance and increases energy and stamina.



ON SALE!

23⁹⁹



SMART SOLUTIONS™ MENOSMART+™
120 vegetarian capsules

Reduces hot flashes, night sweats and other symptoms of menopause. Contains 300 mg of sage per daily dose as a treatment of excessive perspiration associated with menopause.



ON SALE!

28⁴⁹



VEGA SPORT®
Assorted varieties of Vega Sport® product

Offers a line of supplements to help take your fitness to the next level. Recharge and repair so you can do it all over again!



ON SALE!

15% off



HEALTH FIRST® IMMUNO FIRST
60 vegetable capsules

Contains a double concentration of phytosterols, which strengthen the immune system and may help to lower the risk of LDL cholesterol.



ON SALE!

26⁹⁹

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20 - 2188 McPhillips St.
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- 3) WESTWOOD
3500 Portage Ave.
204-984-9559
- 4) TUXEDO PARK
180 - 2025 Corydon Ave.
204-984-9552
- 5) OSBORNE VILLAGE
1 - 166 Osborne St.
204-984-9551
- 6) ST. VITAL SQUARE
19 - 845 Dakota St.
204-984-9554
- 7) LINDEN RIDGE
1751 Kenaston Blvd.
204-984-9558

NOW OPEN!



HEALTH FIRST

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