

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, NOV 14 TO
 THURSDAY NOV 21 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!



PROUDLY INDEPENDENT
 LOCAL & CANADIAN



Don't miss our
2 DAY SUPER SPECIALS
 on page 6



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

IN OUR PRODUCE
 CANADIAN GROWN

FRESH CORTLAND APPLES

PRODUCT OF CANADA



SAVE 41¢
1.28
 /LB



NEAL BROS
 ORGANIC PASTA SAUCE
 680 ML



SAVE \$1
9.99
 / EACH



ILIOS
 FRESH STUFFED PASTA
 300 G

SAVE \$1
7.99
 / EACH



IN OUR PRODUCE

FRESH BROCCOLI BUNCH

PRODUCT OF USA

SAVE 71¢
2.98
 / EACH



IN OUR BULK

WILD & BASMATI RICE

PER 100 G

ON SALE 25% OFF
97¢
 /100 G



OLYMEAL
 SMOKED TURKEY
 CUSTOM CUT
 IN OUR DELI
 PER 100 G



SAVE 50¢
2.99
 / 100 G

BELLA CASARA
 MASCARPONE CHEESE
 250 G
 SWEET AND CREAMY



SAVE \$1.50
6.99
 / EACH



FOR WONDERFUL, HOLIDAY WORTHY RECIPES:
<https://qualitycheese.com/recipes/>

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

PREMIUM QUALITY
ONTARIO GROWN
**FRESH CELERY
BUNCH**
PRODUCT OF ONTARIO



SAVE 61¢
2.88
/ EACH

PREMIUM QUALITY
**FRESH FRENCH
GREEN BEANS**
400 G
PRODUCT OF MEXICO



BUY THIS
EARN
35
POINTS

EVERYDAY PRICE
7.49
/ EACH

PREMIUM QUALITY
**BRUSSELS
SPROUTS**
340 G
PRODUCT OF USA



SAVE \$2.98
2/\$5
OR \$2.88 EACH

PREMIUM QUALITY
CERTIFIED ORGANIC
**FRESH ORGANIC
SWEET POTATOES**
PRODUCT OF USA



SAVE \$1.01
2.98
/ LB

Local, Local, Local...



RAVENSFIELD FARM
PREMIUM QUALITY
LOCALLY GROWN
CERTIFIED ORGANIC
**FRESH ORGANIC
DAIKON RADISH**
PRODUCT OF MABERLY, ONTARIO



SAVE \$1.01
3.48
/ LB

Local, Local, Local...



PATCHWORK GARDENS
PREMIUM QUALITY
LOCALLY GROWN
CERTIFIED ORGANIC
**FRESH ORGANIC
GOLD BEETS**
PRODUCT OF BATTERSEA, ONTARIO



SAVE \$1.01
4.98
/ LB

PREMIUM QUALITY
FRESH SWEET NANTES CARROTS
1 LB
PRODUCT OF CANADA



BUY THIS
EARN
25
POINTS

EVERYDAY PRICE

4.99
/ EACH

PREMIUM QUALITY
FRESH SWEET GREEN PEPPERS
PRODUCT OF USA



SAVE \$1.01

3.98
/ LB

PREMIUM QUALITY
ONTARIO GROWN
YELLOW FLESH POTATOES
5 LB
PRODUCT OF ONTARIO



SAVE \$1.51

5.48
/ EACH



PREMIUM QUALITY
CERTIFIED ORGANIC
FRESH ORGANIC LEMONS
PRODUCT OF SOUTH AFRICA



SAVE \$1.98

3/\$4
OR \$1.48 EACH

PREMIUM QUALITY
FRESH LIMES
PRODUCT OF MEXICO



SAVE \$1.08

3/\$1
OR 48¢ EACH

ORCHARD CHOICE
PREMIUM QUALITY
GOLDEN DRIED FIGS
227 G
PRODUCT OF USA



SAVE 61¢

7.88
/ EACH

COOKSTOWN GREENS
PREMIUM QUALITY
ONTARIO GROWN
CERTIFIED ORGANIC
FRESH ORGANIC MICRO BROCCOLI GREENS
75 G
PRODUCT OF ESSA, ONTARIO



ONTARIO FRESH!



SAVE \$1.01

5.98
/ EACH

THIS WEEK'S GARDEN FRESH PRODUCE

PREMIUM QUALITY
CERTIFIED ORGANIC
**FRESH ORGANIC
MINT BUNCH**
PRODUCT OF MEXICO



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

TAYLOR FARMS
PREMIUM QUALITY
**FRESH DILL PICKLE
CHOPPED SALAD KIT**
333 G
PRODUCT OF USA



SAVE 71¢

2.28
/ EACH



SAVE \$1.01

5.98
/ LB



SAVE 51¢

6.48
/ EACH

FRESH & DELICIOUS NOW IN STOCK...

PREMIUM QUALITY
FRESH
**5 LB CLEMENTINE
BOX**
PRODUCT OF MOROCCO



EVERYDAY PRICE

11.99
/ EACH

FRESH
HOLIDAY
CITRUS!

PREMIUM QUALITY
FRESH
MANDARINS
PRODUCT OF PERU



EVERYDAY PRICE

3.99
/ LB

PREMIUM QUALITY
FRESH
**CANADA # 1
CHESTNUTS**
230 G PRODUCT OF ITALY



EVERYDAY PRICE

5.99
/ EACH

CHESTNUTS
ROASTING
ON AN OPEN FIRE!

PREMIUM QUALITY
FRESH
POMEGRANATES
PRODUCT OF USA



EVERYDAY PRICE

5.99
/ EACH

2-DAY SUPER SPECIALS

2 DAYS OF BIG SAVINGS!

FROM EVERY DEPARTMENT!

FRIDAY NOV 15 & SATURDAY NOV 16

IN OUR BULK
DARK CHOCOLATE
GINGER



35% OFF
\$3.57/100G

IN OUR BULK
WALNUT HALVES



35% OFF
\$2.40/100G

NAKA
NUTRI FLEX SUPREME

500 ML
FORMULATED TO BE FASTER ACTING
TO NATURALLY SUPPORT JOINT HEALTH
AND RELIEVE PAIN AND
INFLAMMATION. RASPBERRY FLAVOUR.

WITH GLUCOSAMINE HYDROCHLORIDE
PEPTAN, HYDROLYZED COLLAGEN,
MSM, CURCUMIN, DEVIL'S CLAW,
BROMELAIN, BOSWELLIA
AND VITAMIN D, PLUS PARSLEY,
CELERY, DANDELION AND
HYALURONIC ACID.

42.99 /EACH
SAVE \$9



BRANDT
POLISH
HAM

CUSTOM SLICED IN
OUR DELI
PER 100 G



1.69 /100 G
SAVE 80c

COPPENRATH
SPEKULATINS
COOKIES

400 G



3.99 /EACH
SAVE \$1



HAYTER'S
TURKEY BURGERS

8 PACK 1.14 KG
ASSORTED



ONTARIO
TURKEY
MAKES IT SUPER
CANADA

19.99 /EACH
SAVE \$1

PREMIUM QUALITY
ONTARIO GROWN
FRESH CARROTS

2 LB
PRODUCT OF ONTARIO

2/\$3
OR 1.98 EA
SAVE \$1.98



CANADA
ONTARIO
FRESH!
Foodland



**SAVE IN
OUR BULK
BINS!**
**BUY A LITTLE,
SAVE A LOT!!**
**ONLY BUY
WHAT YOU
NEED**

BEST BUY THIS WEEK

PECAN HALVES



30% OFF
ON SALE
335
/100 G

BEST BUY THIS WEEK

**OLIVE OIL & SEA
SALT ROASTED
ALMONDS**



30% OFF
ON SALE
237
/100 G



PITTED PRUNES

25% OFF
ON SALE
164
/100 G



DRIED APRICOTS

A good source of vitamin A and iron. Also a source of potassium and antioxidants.

25% OFF
ON SALE
209
/100 G



M&M PEANUTS

25% OFF
ON SALE
322
/100 G



**UNBLEACHED ALL
PURPOSE FLOUR**

Good for use in yeast bread and pastry.

25% OFF
ON SALE
29¢
/100 G

SAVE IN OUR BULK BINS AND EAT WELL!

BEST BUY THIS WEEK

BRIDGE MIX



30% OFF
ON SALE
2.09
/100 G

BEST BUY THIS WEEK

RAW CASHEWS

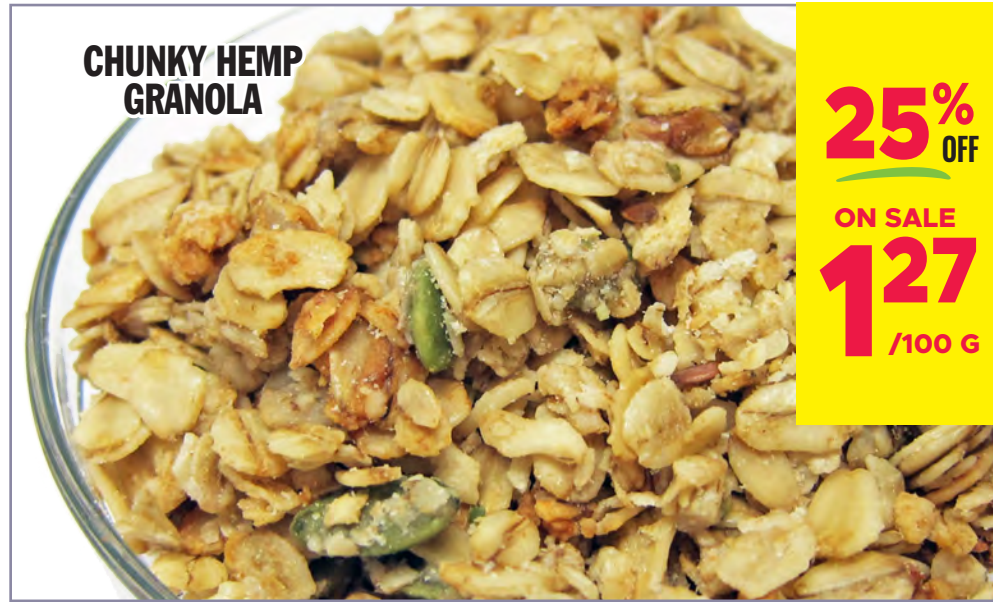


30% OFF
ON SALE
1.74
/100 G



WILD & BASMATI RICE

25% OFF
ON SALE
97¢
/100 G



CHUNKY HEMP GRANOLA

25% OFF
ON SALE
1.27
/100 G



GREEN LENTILS

25% OFF
ON SALE
67¢
/100 G



YOGURT RAISINS

25% OFF
ON SALE
1.49
/100 G



ORGANIC COCONUT CHIPS

25% OFF
ON SALE
1.87
/100 G



DRIED BASIL

25% OFF
ON SALE
1.88
/100 G

THIS WEEK'S TOP PICKS!

OSOLE MIO
FRESH PASTA SAUCE

300 ML ASSORTED
IN OUR COOLER

BUY THIS, EARN 5 TIMES THE REWARD POINTS

BUY THIS EARN 40 POINTS

EVERYDAY PRICE

849 / EACH

CANADA

Local, Local, Local...

DREAM COME TRUE KITCHEN
NEW ZEALAND BEEF PIES
IN OUR DELI

SAVE 50¢

399 / EACH



Local, Local, Local...

DREAM COME TRUE KITCHEN
LOCALLY MADE LEMON SQUARES

4 PACK

SAVE \$1

1199 / EACH

CANADA

HAYTER'S
MAPLE TURKEY SAUSAGE

375 G

SAVE 50¢

799 / EACH

ONTARIO TURKEY MAKES IT SUPER

CANADA

LOCAL | WHOLESOME | FARM FRESH | 3 GENERATIONS OF FAMILY

Extra Lean • Very High in Protein • Gluten Free

TURKEY SAUSAGES SAUCISSES DE DINDE

naigre • Très riche en protéines • Sans gluten

MAPLE D'ÉRABLE 375 g (12 x 32 g)

Celebrating 70 Years OF FAMILY FARMING

FOODSMITHS
QUINOA CUCUMBER SALAD

PER 100 G
IN OUR DELI

SAVE 30¢

249 / 100G

CANADA

BAXTER'S BAKERY
DESSERT LOAVES

575 G
ASSORTED

SAVE 50¢

799 / EACH

CANADA

Baxter's BAKERY

CHOCOLATE BANANA BREAD CHOCOLAT PAIN À LA BANANE

Baxter's BAKERY

CARROT WALNUT LOAF PAIN AUX CAROTTE ET AUX NOIX

Baxter's BAKERY

ZUCCHINI WALNUT LOAF PAIN AUX COURGETTES ET NOIX

Baxter's BAKERY

BANANA BREAD PAIN À LA BANANE

THIS WEEK'S TOP PICKS!

PEIROGI HOUSE
**FROZEN
PIEROGIS**
350 G



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

BUY THIS
EARN
45
POINTS

EVERYDAY PRICE

9 49
/ EACH

FOODSMITHS
**WHOLE FRESH OR
FROZEN ROASTER
CHICKEN**
PER LB



SAVE 23¢

5 62
/ LB

OR \$12.40 PER KG

NEILLY'S
RICE MIX
454 G
ASSORTED

8
SERVINGS!

SAVE 50¢

8 49
/ EACH



STAHLBUSH
**FROZEN
VEGETABLES**
198 G - 397 G

SAVE 50¢

4 99
/ EACH



EARTH'S OWN
OAT MILK
1.75 L
UNSWEETENED VANILLA
OR ZERO SUGAR
ORIGINAL



SAVE \$1

6 49
/ EACH



FOODSMITHS
**BAKED IN STORE
CINNAMON ROLLS**
4 PACK
IN OUR BAKERY



SAVE \$1

5 99
/ EACH



THIS WEEK'S TOP PICKS!

HAPPY PLANET
ORGANIC JUICE
1.75 L
BLUEBERRY POMEGRANATE
OR PEACH MANGO



SAVE \$1.50

749
/ EACH



MANITOBA HARVEST
HEMP HEARTS
227 G



BUY THIS
EARN
55
POINTS

EVERYDAY PRICE

1099
/ EACH

AU PAIN
**BAKED IN STORE
FRENCH LOAF**
IN OUR BAKERY



SAVE 50¢
549
/ EACH

BUBBIES
**DILL
RELISH**
500 ML

Bubbies Dill Relish is naturally-fermented raw, just like their Dill Pickles. With no vinegar, sugar or preservatives, this relish is sour, fresh and DILLicious. Find it in the refrigerated section.



SAVE \$1
799
/ EACH

BEYOND MEAT
**PLANT BASED
SAUSAGE**
400 G



SAVE \$1
1199
/ EACH

BOYLAN
**NATURAL
SODA**
355 ML
SWEETENED
WITH CANE
SUGAR

**CUSTOMER
FAVOURITE!**



SAVE 30¢
299
/ EACH

BOURSIIN
**DAIRY BASED
SPREADABLE
CHEESE**
150 G



SAVE 50¢
899
/ EACH

BRIDOR
**BAKED IN STORE
APPLE RAISIN
BREAD**
LOAF



MAKES A GREAT SANDWICH!

SAVE 50¢
5 49
/ EACH

SKOTIDAKIS
TZATZIKI
250 G
REGULAR OR
JALAPENO



EVERYDAY PRICE
6 49
/ EACH



**BUY THIS
EARN
30
POINTS**

SPRING CREEK
QUAIL EGGS
18 PACK



SAVE 50¢
4 99
/ EACH



COASTAL
**RUGGED
CHEDDAR**
200 G

**STAFF
FAVOURITE!**



SAVE 50¢
8 99
/ EACH

COOMBE CASTLE
RED LEICESTER
200 G

SAVE 50¢
6 99
/ EACH



BAXTER BAKERY
**SINGLE WRAPPED
BUTTER TARTS**

IN OUR BAKERY
PLAIN,
RAISIN,
PECAN, OR
MAPLE WALNUT



SAVE 20¢
1 29
/ EACH

**WHEN YOU
JUST WANT
ONE**



ILIOS
**POTATO
GNOCCHI**
500 G

SAVE 20¢
2 29
/ EACH



FRESH DEALS THROUGHOUT THE STORE

TASTY BITES INDIAN CUISINE HEAT N' EAT ENTREES

SERVING
SUGGESTION

250 G - 285 G
ASSORTED



SAVE \$1.00

5.99
/ EACH



DINNER IN A SNAP!

SUNFLOWER KITCHEN

SOUP

956 ML



BUY THIS
EARN
45
POINTS

EVERYDAY PRICE

8.99
/ EACH

49TH PARALLEL CAFE QUALITY COFFEE

340 G
ASSORTED



SAVE \$2

17.99
/ EACH

NEAL BROS ORGANIC TORTILLA CHIPS

300 G
ASSORTED



SAVE 50¢

4.99
/ EACH

ILIOS CROSTINI

175 G
ASSORTED



SAVE 50¢

2.49
/ EACH

JESSIE'S JAMS JAMS

500 ML
ASSORTED

SAVE 50¢

4.49
/ EACH



DWOREK JARRED SOUP

720 ML
ASSORTED

SAVE 50¢

4.99
/ EACH



FRESH DEALS THROUGHOUT THE STORE

SENSIBLE PORTIONS
VEGGIE SNACKS
142 G
ASSORTED



SAVE 50¢
4.99 / EACH

KUHNE
YOGURT DRESSING
250 ML
ASSORTED



EVERYDAY PRICE
5.49 / EACH



BUY THIS
EARN
25
POINTS

CABOO
BATHROOM TISSUE
4 PACK



SAVE 50¢
6.49 / EACH

NEAL BROS
CORN CHIPS
276 G
ORIGINAL &
MEXICAN STREET
CORN



SAVE 50¢
6.49 / EACH

H.S.
COARSE HIMALAYAN SALT
500 G



SAVE 50¢
5.99 / EACH



the Table
community food centre

FOODSMITHS NOVEMBER BYOB THE TABLE COMMUNITY FOOD CENTRE

A community built around food.

The Table is a Community Food Centre in Perth that works to bring people together to grow, cook, share, and advocate for good food. Three times a week community meals are served with nourishment and companionship on the menu. They operate the Good Food Bank, providing access to fresh produce and pantry staples.

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!

190 Gore Street East
Perth, Ontario K7H 1K3
Email: info@thetablecfc.org

THANK YOU
FOR HELPING SUPPORT THIS IMPORTANT PROGRAM



CHOOSE YOUR BEANS

GRIND THEM TO PERFECTION AT OUR COFFEE MILL

ON SALE THIS WEEK

CAFÉZIA
AN ENHANCED COFFEE EXPERIENCE



LIGHT ROAST

Light roast blend is bright and bursting with flavours of apricot and citrus. It has a sparkling feel to it, while still being super smooth. Cafezia is infused with three superherbs: cleavers, hyssop and yerba mate for scientifically proven health benefits and enhanced mental focus without the jitters. Tastes like a delicious cup of coffee - rich and smooth. You won't be able to taste the herbs, but you sure will be able to feel the difference they make to your mind and body!

TASTING NOTES: Apricot and citrus.



LIFE'S LITTLE MOMENTS

SHE HAS FIRE
IN HER SOUL
GRACE IN HER
HEART

AND **COFFEE**
IN HER HAND

5.99
/ 100G
SAVE \$1



WELCOME TO THE WEEKEND!

FREE COFFEE & TEA

SATURDAY and SUNDAY

FLUID
**LOCALLY
ROASTED
ORGANIC
COFFEE**

CRANK
**ONTARIO
ROASTED
ORGANIC
COFFEE**

STASH
**ALL
NATURAL
TEA**

CELESTIAL
**ALL
NATURAL
TEA**



OUR FRESH
BREWED
COFFEE
OR TEA IS
JUST

99¢

(MONDAY TO
FRIDAY)

*Hungry?
Why Wait?*

ENJOY A COFFEE OR
TEA AND MUFFIN
FOR JUST

\$2.99

INTRODUCING... OUR NEW



Easy MEAL DEALS by Cathy!

Just look for the colour coded signs for the ingredients of each meal.

4 DIFFERENT MEALS!

FEATURING THIS WEEK: SHRIMP PAELLA

FOLLOW THIS COLOUR IN THE STORE!

FEEDS 4!
\$6.25 PER PERSON



UNDER \$25



Find the recipe on our website:
<https://www.foodsmiths.com/blogs/foodsmiths-recipes/shrimp-paella>

VEGETABLE STIR FRY

FOLLOW THIS COLOUR IN THE STORE!

FEEDS 4!
\$6.25 PER PERSON

UNDER \$25



Find the recipe on our website:
<https://www.foodsmiths.com/blogs/foodsmiths-recipes/vegetable-stir-fry>

INTRODUCING... OUR NEW



Easy MEAL DEALS by Cathy!

4 DIFFERENT MEALS!

Just look for the colour coded signs for the ingredients of each meal.

FEATURING THIS WEEK:

**COCONUT
TOFU
FINGERS
WITH SALAD**

**FOLLOW
THIS COLOUR
IN THE STORE!**

**UNDER
\$20**



**FEEDS
4!
\$5.00
PER PERSON**



Find the recipe on our website:

<https://www.foodsmiths.com/blogs/foodsmiths-recipes/coconut-tofu-fingers-with-salad>

**HARISSA
CHICKPEAS**

**WITH COUSCOUS
AND GREENS**

**UNDER
\$20**

**FOLLOW
THIS COLOUR
IN THE STORE!**



**FEEDS
4!
\$5.00
PER PERSON**



Find the recipe on our website:

<https://www.foodsmiths.com/blogs/foodsmiths-recipes/harissa-chickpeas-with-couscous-and-greens>

Supplements and NATURAL BODY CARE



NIYAMA

Made in Canada
100% Canadian
owned and operated.

Goddess Greens + Superfoods

Raspberry Lemonade or
Strawberry Kiwi 292 g



One minute a day to a healthier you

- Made from 53 organically grown fruits and veggies
- Nutrients of 6-8 servings of fruits and veggies in one scoop
- Food sourced multivitamin – provides 50% or more of the RDV of 20 vitamins & minerals
- Delicious natural raspberry lemonade flavour, Zero artificial colours, flavours, sweeteners, or preservatives
- With organic inulin for prebiotic gut health support

Plant Protein

Chocolate or Vanilla 782 g - 848 g

Clean plant protein powder

- Delicious enough to drink with just water!
- 20g of high-quality complete protein from organically grown peas per scoop
- With vitamins and fibre
- Stevia-free, Zero Sugars, Paleo, Keto, Vegan
- Smooth, silky texture, never chalky



Hey, Relax

Magnesium Bisglycinate
Fresh Pineapple or
Dragon Fruit & Prickly Pear

240 g

Unwind & chill

- The perfect pre-sleep tonic to unwind and calm the racing mind



Glow & Flow

Vegan Collagen
Booster
Juicy Berry
225 g

Skin, Hair, Joints

- Provides the nutrients to produce and protect collagen
- Zero sugar added, no artificial sweeteners, colours, or flavours

Immune Warrior

Daily Immune
Support
Orange Pineapple
180 g

All-in-One

- Immune support drink mix with medicinal mushrooms and beta glucans, vitamin C & D

You've Gut This

Prebiotic
Fibre
Unflavoured
207 g

5 g of fibre per scoop

- Total gut health with organic fibre, resistant starch, probiotics & glutamine

After Practice

Replenish &
Repair
Pineapple Coconut
175 g

Replace lost minerals

- All 6 Electrolytes + aminos for enhanced hydration & muscle recovery



Bath Soaks

Luxury Bath Salts
with Dead Sea salts & magnesium
flakes or coconut milk powder
227 g - 500 g

Soothing & relaxing

- With pure essential oils



Stop by for the demo on Nov 14
from 11:30 to 2:30 with Diana!

10% OFF

ALL THESE PRODUCTS

Supplements and NATURAL BODY CARE



**STAY STRONG
UNDER STRESS BY
REPLENISHING
ESSENTIAL
NUTRIENTS
FOR OPTIMAL HEALTH**

When we sweat the small stuff (and the big stuff), we literally lose our vital water-soluble nutrients including B vitamins, magnesium, zinc and copper.

Metabolism accelerates during stress, depleting our B vitamins. Use **Pure Lab's Slow Release BioActive B Complex** --- a sustained release formulation of biologically active B vitamins--- for longer lasting benefits.

Avoid the immunity nose-dive when your stress levels skyrocket by maintaining your body's zinc levels. **Pure Lab's Zinc Glycinate** provides 23 mg of highly bioavailable zinc per capsule.

Balance your zinc-copper ratio using **Pure Lab's Copper Glycinate** 1 mg capsules.

Dietary magnesium insufficiency can compound the negative impacts of stress on your blood pressure, sleep, mood, mobility, pain, elimination and more. Maintain your magnesium levels with **Pure Lab's Magnesium Glycinate**---a bowel-friendly, high-quality chelated magnesium available in capsules, powder, and as a naturally flavoured, sweetened powder mix.



**10%
OFF**

The information and product descriptions appearing in this flyer have been supplied by product manufacturers and are for information purposes only. They are not intended to provide or replace medical advice to individuals from a qualified health care practitioner. Consult your physician if you have any health concerns, and before initiating any new diet, exercise or supplement.

PRICES IN EFFECT THU NOV 14 - THU NOV 28 UNLESS OTHERWISE STATED. WHILE SUPPLIES LAST. PRICES SUBJECT TO CHANGE WITHOUT NOTICE. NO RAIN CHECKS OR SUBSTITUTIONS. IMAGES ARE REPRESENTATIONAL ONLY. PRODUCTS MAY NOT BE EXACTLY AS SHOWN. E & OE.

DAILY DIGESTIVE HELP



ON SALE

\$31.99

save \$5

CRANRICH

500MG

180 CAPSULES

- Helps prevent recurrent urinary tract infections
- Provides antioxidants for the maintenance of good health
- 36:1 concentration of cranberry



PROMOTES RELAXATION

ON SALE

\$9.99

save .91¢

EUCALYPTUS OIL

30ML

NOW provides only the naturally occurring L-form of GABA as found in food, as well as in the body.

- Helps to temporarily promote relaxation
- Extra Strength
- Natural L-Form
- Vegetarian / Vegan



Supplements and NATURAL BODY CARE



ON SALE

\$31.99

save \$5

VITAMIN D3 PLUS K2

1000 IU • 120MG

120 GEL CAPS

Vitamin K is essential for building strong bones by routing calcium exactly where it needs to go.

- MK-7, a bioavailable form of vitamin K2 acts as a shuttle for calcium, ensuring it gets where it needs to be
- Contains 1000 IU of vitamin D3
- For bone health and maintenance of good health



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



ALL PRODUCTS

ASSORTED VARIETIES & SIZES

A. Vogel is a line of products that are completely natural, pure, consistent and effective. Herbal remedies will naturally play a major role in the future of medicine.



ON SALE
10% OFF



ON SALE
10% OFF

AERYON

WELLNESS

LADY BITS, RECLAIM, UP & AWAY

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.



goodvibes shots +

BY GOODVIBES JUICE CO.

SICK DAY

50ML

- Anti-inflammatory Gingerol / Ginger
- Anti-oxidant Vitamin C / Lemon
- Decongestant Capsaicin / Cayenne
- + Vegan
- + Gluten Free
- 2 servings per pouch



EVERYDAY PRICE

4.99 / EACH



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[The earlier men start thinking about how they age, the better]

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Prairie Naturals & Trevor Linden, partners in health, are committed to giving a percentage of profits from the Men's Health Campaign to the Canadian Men's Health Foundation to help further education and awareness of the mental and physical health issues facing men today.

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