

A PROUD MEMBER OF

HEALTH  
FIRST

ONE BIG  
FAMILY.  
ONE BIG  
COMMUNITY.



# Amaranth

— Your local health food store —

amaranthfoods.ca

IT'S TIME TO FIX OUR SLEEP SO WE CAN

*Enjoy life More*

## Health First® Sleep Supreme and Calming Mist 60 vegetable capsules + 60 ml

Health First has developed a novel duo to help set the stage for a better night's sleep. **Sleep Supreme** features PharmaGABA® with inositol, magnesium and key adaptogens to promote relaxation and sleep. With a blend of organic essential oils, **Calming Mist** can be applied to the face or pillow to further promote relaxation.

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



## NOW® D-MANNOSE 120 vegetarian capsules

A simple sugar that occurs in plants that can adhere to undesirable foreign substances, preventing them from sticking to the bladder.



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



## NATURAL FACTORS® QUERCETIN LIPOMICEL® 120 or 60 liquid softgels

Supports healthy blood vessels by reducing the impact of oxidative damage to blood vessel walls.



120 SOFTGELS

**62<sup>99</sup>**

60 SOFTGELS

**36<sup>49</sup>**



## GARDEN OF LIFE® RAW ORGANIC PROTEIN Assorted flavours - 568 - 660 g

Contains 22 g of protein per serving and is made from 13 raw-sprouted proteins. Contains no soy.



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



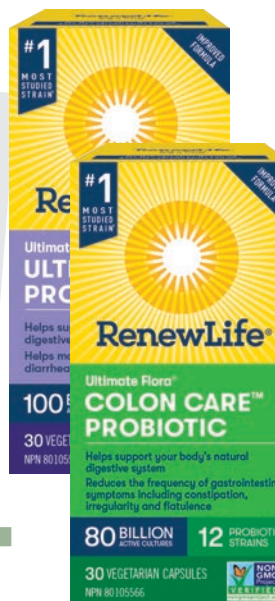
## NEW ROOTS HERBAL MEDICINAL MUSHROOMS

Assorted varieties -  
60 vegetable capsules each

Hot water extracted, which gently releases the mushroom's medicinal components and standardized for a consistent therapeutic dose in every capsule.



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



## RENEW LIFE® ULTIMATE FLORA® ULTIMATE CARE™ OR COLON CARE™ PROBIOTICS 30 vegetarian capsules each

Helps support the body's natural digestive functions with 12 probiotic strains.



ULTIMATE CARE

**54<sup>49</sup>**

COLON CARE

**51<sup>49</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>**

• SALE DATES: APRIL 5 - MAY 2, 2024 • HEALTHFIRST.CA •

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VIEW OUR FLYER ON *flipp*

A-1





**PROGRESSIVE®  
COMPLETE  
COLLAGEN™**  
Assorted flavours -  
500 g

A source of essential amino acids and assists in the building of lean muscle mass. Each scoop contains 10 g of non-GMO collagen per serving.



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



**CANPREV™  
PRO-BIOTIK™  
15B**  
60 vegetable  
capsules

Shelf stable with a minimum 15 billion CFU from 5 critical, balanced, therapeutic species, and contains bacteria naturally found in the human GI tract.

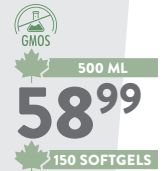


ON SALE!  
**29<sup>99</sup>**



**NUTRASEA®  
OMEGA-3 OR  
NUTRASEA+D™**  
Lemon Flavour -  
500 ml or 150  
softgels

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



ON SALE!  
**58<sup>99</sup>**  
**62<sup>99</sup>**



**PRAIRIE  
NATURALS®**  
60 softgels each

**Ocu-Force** contains antioxidants recognized for promoting healthy eyes and vision.

**Neuro-Force** contains a source of omega-3 fatty acids with PQQ, Bacopa and Alpha GPC to help support cognitive health.



Ocu-Force  
**33<sup>99</sup>**  
Neuro-Force  
**39<sup>99</sup>**



**PRAIRIE  
NATURALS®  
LIQUID B  
COMPLEX  
SOLUTION**  
500 ml

Contains high-potency B vitamins to help reduce stress, energize, and improve mood.



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



**SUKU™  
VITAMINS**  
60 gummies each

These gummy vitamins are sugar-free! **The Complete Kids Multi** contains essential vitamins, minerals and fibre. **Appley Ever After™** contains apple cider vinegar and vitamin B12.



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



**ST. FRANCIS  
HERB FARM®  
DEEP IMMUNE®**  
100 ml or  
120 vegicaps  
(33% Bonus)

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



100 ML  
**28<sup>99</sup>**  
120 VEGICAPS  
**31<sup>99</sup>**



**FLORA  
IRON+™ WITH  
B-VITAMIN  
COMPLEX**  
445 ml or 240 ml

Helps prevent iron deficiency, anemia, and associated tiredness and fatigue, while supporting the formation of red blood cells. Available in assorted sizes.



445 ML  
**29<sup>99</sup>**  
240 ML  
**19<sup>99</sup>**



**SMART  
SOLUTIONS™**  
180 or 120  
vegetarian capsules

**Adrenasmart®** helps to relieve symptoms of stress, and reduces fatigue and sleeplessness. **Estrosmart®** supports estrogen balance and detoxification and balances hormones.



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



# WELLNESS FOUNDATIONS FOR WOMEN

Discover a holistic approach to women's wellness through all of life's stages with Health First. Our curated products support young women through pre-conception, postnatal health and beyond, working together to lay a strong foundation for overall well-being. Experience comprehensive support as you navigate each stage with confidence.



## PRE AND POST NATAL MULTI SUPREME

90 vegetable capsules

An easily digested and highly bioavailable formula featuring key nutrients for women in their childbearing years. Helps with adequate calcium and iron intake, supports early fetal development and helps support healthy immune function.

ON SALE!

25<sup>99</sup>



## IRON SUPREME

60 vegetable capsules

Features Ferrochel® iron and key nutrients in a non-constipating and easily absorbed formula. With additional B vitamins and vitamin C to enhance absorption and help prevent iron deficiency.

ON SALE!

16<sup>79</sup>



## ACTIVE FOLATE SUPREME

100 vegetable capsules

Contains 1 mg of 5-MTHF, the metabolically active form of vitamin B9. Shown to help reduce the risk of neural tube defects when taken daily at least three months prior to becoming pregnant and during early pregnancy.

ON SALE!

15<sup>99</sup>



## NURSING AID

60 vegetable capsules

Made with a concentrated blend of organic fenugreek and blessed thistle to help increase milk supply while supporting digestion and helping to balance blood sugar and cholesterol levels.

ON SALE!

29<sup>99</sup>

PUTTING YOUR HEALTH FIRST SINCE 1999 ✦ HEALTHFIRST.CA



# NURTURING VITALITY THROUGH MENOPAUSE

Embrace a journey of nurturing support through life's stages with Health First, dedicated to uplifting women in their menopausal years. Our thoughtfully curated product collection offers expansive support during this transformative stage, empowering women to prioritize their health and well-being with the care and attention they deserve.



## ESTROG-100® FOR MENOPAUSE

EstroG-100® is the patented mixture of giant angelica, wilford's cyanchum and sok-dan extracts at the heart of Whole Woman Supreme. Shown to help relieve menopause symptoms and studied for its safety, efficacy and tolerability through 3 prospective, randomized, double-blind, and placebo-controlled studies. It has been shown to help improve 10 of the 12 most common menopause symptoms as well as demonstrating an improvement in bone mineral density in study groups.



### MULTI ONE DAILY SUPREME WITH IRON 180 tablets

Made with highly bioavailable and gentle Aquamin™ calcium and magnesium and Ferrochel® iron bisglycinate. This one-a-day formula contains essential vitamins and minerals with key phytonutrients, including quercetin and green tea.

ON SALE!

47<sup>99</sup>



### EVENING PRIMROSE OIL 120 gelscaps

With 1,300 mg per gelscap of EPO, an omega-6 fatty acid derived from plant oils that are rich in gamma-linolenic acid. Known for helping to balance hormone levels and nurture good health. Cold pressed and hexane free.

ON SALE!

35<sup>99</sup>



### WHOLE WOMAN SUPREME 60 vegetable capsules

Featuring EstroG-100® to help relieve the most common menopausal symptoms. Plus adaptogens and medicinal mushrooms to support immunity, enhance energy and mental performance, and manage blood sugar and stress.

ON SALE!

34<sup>99</sup>



### VITAMIN E 180 gelscaps

Contains 400 IU of vitamin E per gelscap in a mixed tocopherol complex offering antioxidant protection against cellular aging. Extensively studied for its role in protecting cell membranes and thus skin, eye and immune health.

ON SALE!

30<sup>99</sup>



# BUILDING STRONG BONES FOR LIFE

Women's bone density naturally declines as they age, especially post-menopause. Prioritizing key nutrients along with an active lifestyle is paramount for lifelong bone health. Explore the vital role of early bone health support with Health First. Enriched with essential minerals like calcium and magnesium and key factors for bones, our products are designed to help reduce the risk of developing osteoporosis.

## ESSENTIAL MINERALS FOR BONE HEALTH

Health First chooses Aquamin™ for our bone support products. Aquamin™ contains not only calcium and magnesium, but 72+ trace minerals that bolster bone health. Sourced from a whole food red algae, it's unique honeycomb structure helps to optimize mineral absorption and preserve bone strength. Our Cal Mag Supreme Collection also features nutrients that work together to ensure calcium is delivered into the bones, including vitamins D3 and K2, and minerals potassium and boron.



- Cal Mag Supreme**  
120 tablets **48<sup>99</sup>**
- Cal Mag Supreme**  
450 ml **25<sup>99</sup>**
- Cal Mag Plus K2 Supreme**  
450 ml **26<sup>99</sup>**



### VITAMIN K2 60 vegetable capsules

Our vitamin k2 contains the highly bioavailable, fat-soluble and vegan MK-7 form sourced from natto, a fermented soybean. Ideally taken alongside calcium, vitamin D and other bone building minerals, vitamin K2 plays a critical role in protecting the heart and helping build stronger bones by guiding minerals like calcium toward the bones and away from other tissue, like the arteries.

ON SALE!  
**14<sup>49</sup>**

## THE SCIENCE BEHIND AQUAMIN™

Scan the QR code below to explore the research and health benefits of Aquamin™, as well as bone-building recipes and tips featured in the **Health First Guide to Building Better Bones.**





# SPRING INTO ACTIVE AGING

As the season blooms, it's the perfect time to prioritize your well-being by staying active and embracing the great outdoors. Our carefully selected products are designed to support active aging, promote vitality and an active lifestyle while helping you thrive and enjoy the beauty of spring to the fullest.



## JOINTS FIRST 180 capsules

With collagen, two forms of glucosamine, and herbs like boswellia, sarsaparilla, white willow, and devil's claw, Joints First helps ward off inflammation, maintain healthy cartilage and relieve osteoarthritis pain. Don't let joint pain hold you back!

ON SALE!

30<sup>99</sup>



## MSM 1000 MG 180 capsules

A pure vegan source of methylsulfonylmethane. MSM helps to reduce inflammation and joint pain caused by osteoarthritis. When paired with our Glucosamine and Chondroitin Sulfate, it offers even more joint protection.

ON SALE!

21<sup>99</sup>



## GLUCOSAMINE AND CHONDROITIN SULFATE 180 capsules

Shown to work synergistically to repair cartilage and improve its elasticity. These naturally derived ingredients help relieve joint pain caused by arthritis, especially in the knees. Get rid of the pain and get out there this spring!

ON SALE!

30<sup>49</sup>



## MAGNESIUM SUPREME EXTRA STRENGTH 60 tablets

Magnesium is a must have mineral that fuels over 300 bodily processes. Our magnesium glycinate complex is highly bioavailable for maximum absorption and can help to maintain proper muscle function, bones, tissues, and teeth in adolescents and adults alike.

ON SALE!

18<sup>99</sup>



## BERRY C SUPREME 90 vegetable capsules

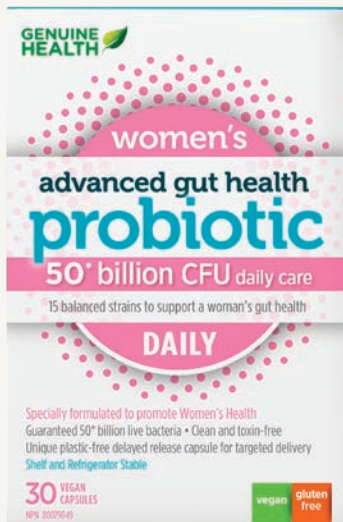
Contains calcium ascorbate, a highly bioavailable form of vitamin C with Bioperine®, antioxidants, red bioflavonoids, and quercetin. Known to support immune health vitamin C is also essential in collagen formation and building healthier bones, skin and teeth.

ON SALE!

19<sup>99</sup>



# GENUINE HEALTH



women's advanced gut health probiotic has 15 diverse and active probiotic strains that help support women's stress, gut, skin, vaginal and immune health, all at once and every day.

\$38.99



memory has been designed to support your brain health (cognition), sharpen your thinking and strengthen your ability to remember.

\$38.99



GENUINEHEALTH.COM @GENUINEHEALTH



**SISU B CALM WITH RHODIOLA**  
120 veg caps

A full-spectrum B vitamin formula plus rhodiola to support overall health, particularly in people under physical or mental stress.



ON SALE!

63<sup>99</sup>



**QUEEN OF THE THRONES® ORGANIC GOLDEN CASTOR OIL OR ROSE QUARTZ ROLLER**

500 ml or 50 ml

Nature's original skin, hair, lash and brow moisturizer, natural makeup remover, and ultimate carrier oil. Also available in a Rose Quartz Roller!



500 ML

28<sup>99</sup>

ROLLER

27<sup>99</sup>



**BOIRON® ARNICARE® GEL**  
120 g + 120 g Exclusive

A quick-absorbing gel made from 100% naturally sourced medicinal ingredients that helps to relieve muscle and joint pain.

ON SALE!

39<sup>99</sup>

## BEAUTY BOUTIQUE



**HERBATINT® PERMANENT HAIRCOLOUR GEL**

Assorted colours - 135 ml

Formulated using safe ingredients balanced with extracts from natural herbs. No ammonia, no damage, just healthy shine.

ON SALE!

16<sup>99</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!

17<sup>99</sup>



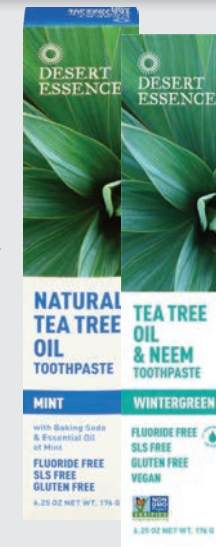
**LAFE'S™ CRYSTAL ROCK DEODORANT**  
120 g

Effectively eliminates odour-causing bacteria and clinically proven to offer 24-hour protection.



ON SALE!

7<sup>99</sup>



**DESERT ESSENCE® TOOTHPASTE**  
Assorted varieties - 176 g

A purifying infusion of botanical extracts, essential oils and minerals to help you keep your breath fresh with the potent power of plants.



ON SALE!

8<sup>99</sup>





# How choosing Whole Earth & Sea® and VegiDay® can make an impact.

Whole Earth & Sea and VegiDay are part of a global community that encourages each of us to support a sustainable future in whatever way we can, whether it's buying organic, saying "no" to GMOs, helping in a community garden, or educating future generations on the importance of caring for the planet.

Increasing the percentage of plant-based products we consume daily could impact the world's food supply. This single strategy has profound implications for food availability and protecting the environment. By reducing land, water, and energy use, and protecting the web of life, organic, sustainable agriculture benefits the entire human race.

**Organic.  
Non-GMO.  
Vegetarian.  
Sustainably  
Sourced.**

Many of the nutrient-dense plant ingredients in Whole Earth & Sea and VegiDay are grown on our own Factors Farms® in the Okanagan Valley of British Columbia, where we've been harvesting 100% organic crops from our non-GMO seeds for almost a quarter of a century. It takes strong roots to flourish.

**49<sup>99</sup>**  
800 g powder



**FREE** blender or stainless steel straws with purchase of VegiDay proteins.

**16<sup>99</sup>**  
800 mL



Factors Farms® in the Okanagan Valley of British Columbia



# Amaranth

— Your local health food store —

[AmaranthFoods.ca](http://AmaranthFoods.ca)

**CALGARY NW**  
#7 Arbour Lake Dr. NW  
Calgary, AB  
T3G 5G8  
403-547-6333

**CALGARY SW**  
#350 10233 Elbow Drive SW  
Calgary, AB  
T2W 1E8  
403-768-2440

**CALGARY SE**  
#378 - 5222 130th Ave S.E.  
Calgary, AB  
T2G 0G4  
403-253-2711

**ST. ALBERT**  
101 Riel Drive,  
St. Albert, AB  
T8N 3X4  
780-651-7370

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

plant a seed & see what grows FOUNDATION®



Discover more at [seewhatgrows.org](http://seewhatgrows.org)