

A PROUD MEMBER OF

HEALTH
FIRST®

ONE BIG
FAMILY.
ONE BIG
COMMUNITY.



FINE FETTLE

NATURAL FOODS & HEALTH PRODUCTS

Be healthy in body, mind and spirit.

948 QUEEN STREET • KINCARDINE • ONTARIO • 519.396.9600

WWW.FINEFETTLEHEALTH.COM

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NEW

**HEALTH FIRST®
NAC 500MG**
120 vegetable capsules

Is a source of antioxidants to help protect cells from oxidative damage caused by free radicals.



NOW AVAILABLE
27⁹⁹

BIOSIL™
120 vegetarian capsules

Helps the body to generate collagen for stronger, healthier and thicker hair, stronger nails and fewer fine lines and wrinkles. Vegan formula.



ON SALE!
55⁹⁹

**RENEW LIFE®
ULTIMATE
FLORA®
PROBIOTIC**
Assorted varieties and sizes

These formulas combine clinically proven probiotic strains for maximum effectiveness and are optimal for digestive and immune support.



ON SALE!
15%^{off}

**PURICA®
MEDICINAL
MUSHROOMS**
Assorted varieties and sizes

Are grown on 100% certified organic, nutrient-dense plant material. They use therapeutic grade ingredients from all parts of the mushroom to help strengthen stress response and improve cognitive function.



ON SALE!
15%^{off}

**GARDEN OF
LIFE® GRASS FED
COLLAGEN**
Assorted varieties and sizes

Peptides (560 g)
Contain 20g of grass-fed and pasture-raised collagen peptides per 20g serving. **Beauty (270g)** Contains biotin, silicon and vitamin C to support immune health and radiant skin, hair and nails. Paleo certified!



PEPTIDES
41⁹⁹



BEAUTY
33⁴⁹

**NATURAL
FACTORS®
QUERCETIN
LIPOMICEL
MATRIX**
60 liquid softgels

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



ON SALE!
34⁹⁹

BOTANICA
Assorted varieties and sizes

Offers a curated collection of finely-crafted herbs, proteins & superfoods. They are rooted in herbal traditions, made of whole plant ingredients – never isolates or synthetics – and produced in small batches.



ON SALE!
15%^{off}

**NOW®
ESSENTIAL OILS**
Assorted varieties and sizes

Are liquid plant essences grown free of pesticides, synthetic fertilizer and herbicidal residues.



ON SALE!
20%^{off}

• SALE DATES: FEBRUARY 5 – 20, 2021 • HEALTHFIRST.CA •

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VIEW OUR FLYER ON **reebee**

ESSENTIALS



INNOVITE RED YEAST RICE

120 v-caps
Contains CoQ10 and vitamin D3 and helps to promote healthy cholesterol levels.

ON SALE!
53⁹⁹



BACH® RESCUE® REMEDY PRODUCTS

Assorted varieties and sizes
Are ideal for helping get through stressful situations, help to relax the mind and increase focus.

ON SALE!
15%^{off}



KYOLIC® AGED GARLIC EXTRACT™ CHOLESTEROL CONTROL FORMULA 104

Assorted Kyolic formulas and sizes

Is a combination of lecithin and 100% organically grown garlic that supports healthy cholesterol levels and overall cardiovascular health.

ON SALE!
20%^{off}



LE COMPTOIR AROMA

Assorted diffusers
Offers a wide variety of beautiful and elegant diffusers. Treat yourself daily to a guilt-free moment of relaxation with these eco-inspired diffusers.

ON SALE!
10%^{off}



PRAIRIE NATURALS® ENZYME-FORCE

140 V-Capsules (20 FREE)

Is a full spectrum digestive enzyme blend of fermented and plant-derived enzymes.



ON SALE!
42⁹⁹



W. GIFFORD-JONES MEDI-C PLUS®

Assorted varieties and flavours - 600 g

Helps to support and maintain cardiovascular health, reduce the recurrence of cold sores, while building strong bones, teeth and gums.



ON SALE!
44⁹⁹



GARDEN OF LIFE® DR. FORMULATED PROBIOTICS

Assorted varieties and sizes

Are formulated by America's brain-health expert Dr. Perlmutter and are made from diverse strains resistant to stomach acid and bile.



ON SALE!
20%^{off}



PRAIRIE NATURALS® DIGEST-FORCE

120 + 60 V-Capsules

Offers activated coconut charcoal and ginger root extract to help relieve digestive upset and disturbances.



ON SALE!
34⁹⁹



SISU NO. 7

90 veg caps
Helps relieve joint pain and stiffness, and increases mobility in as little as 7 days.



ON SALE!
49⁹⁹



RENEW LIFE® CLEANSING KITS

Assorted kits

Are designed to be effective without the use of harsh fibres or habit forming laxatives. Cleansing may help improve overall health, relieve occasional constipation and boost energy.



ON SALE!
15%^{off}



PRAIRIE NATURALS® MORNING RISE & SHINE

252 g

Is a mix-and-go lemon and aloe drink that helps boost metabolism, balance your pH, detoxify and rejuvenate cells and organs every morning. All ingredients are non-GMO.



ON SALE!
49⁹⁹



NUTRASEA® OMEGA-3

Assorted flavours - 500 ml

Is an ultra-pure omega-3 to support cardiovascular health, brain function and more. Contains 1250 mg of EPA+DHA per teaspoon and is 3rd party tested for potency and purity.



ON SALE!
39⁹⁹



TARGETED OMEGA-3S!

200 ml

NutraSea® Dry Eye Helps to relieve and improve symptoms of dry eye syndrome, including support for proper tear function. Arthritis Helps to reduce the pain of Rheumatoid Arthritis in conjunction with conventional therapy.



ON SALE!
15%^{off}

smartSOLUTIONS™
LORNA VANDERHAEGHE

**Manage stress
naturally & get
better sleep**

Better health begins
with Smart Solutions™

SmartSolutions.com
f @smartsolutionsca



30 vegetarian capsules
17⁴⁹

Improve
sleep
quality



90 vegetarian capsules
25⁹⁹

Relieves
symptoms of
stress



**NATURAL
FACTORS®
UBIQUINOL
ACTIVE COQ10**

100 mg 120 softgels or
200 mg 60 softgels

Is the active form
of coenzyme Q10
which is naturally
produced by our cells
and better absorbed.
Helps maintain
cardiovascular health
and offers antioxidant
protection.

ON SALE!
61⁹⁹



**NEW ROOTS
HERBAL
MAGNESIUM
BISGLYCINATE
PLUS**

120 vegetable
capsules

Contains 150 mg
of elemental
magnesium and
30 mg of L-taurine,
to improve
assimilation and
support healthy
muscle function.

ON SALE!
24⁹⁹



**ST. FRANCIS
HERB FARM®
DEEP IMMUNE®**

Assorted varieties and
sizes

Is used as an antiviral
to tonify a weak
immune system and
helps to maintain
equilibrium.

ON SALE!
10%^{ff}



**PROGRESSIVE®
MULTIVITAMINS**

Assorted varieties and
sizes

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

ON SALE!
25%^{ff}

HEALTH FIRST®



**HEALTH FIRST® IRON
SUPREME**

60 vegetable capsules

Is an easily absorbed iron
supplement that helps to
form red blood cells, is well
tolerated by the body and is
non-constipating.

ON SALE!
14⁹⁹

**HEALTH FIRST® CURCUMIN
SUPREME**

120 vegetable capsules or
60 vegetable capsules

Features the patented Meriva®
Curcumin Phytosome®, 29 times
more bioavailable than regular
curcumin to help relieve joint pain
associated with osteoarthritis.

ON SALE!
44⁹⁹
23⁹⁹



HEALTH FIRST® VITAMIN E

180 gelscaps

Contains the major tocopherols
alpha, beta, gamma and delta, a
mix that gives more comprehensive
cardiovascular health protection
than a single alpha tocopherol
vitamin E source.

ON SALE!
27⁹⁹

HEALTH FIRST® VITAMIN D3

500 gelscaps

Contains 1000 IU of vitamin D3 per
gelcap to help prevent vitamin D
deficiency, especially during
Canadian winter months!

ON SALE!
21⁹⁹



Stress & Sleep Kit



Mental Calmness®

- Helps reduce feelings of stress and nervousness
- Helps promote relaxation without causing drowsiness
- Helps improve concentration and mental clarity

18⁹⁹

60 chewable tablets

34⁹⁹

120 chewable tablets



Tranquil Sleep®

- Helps you fall asleep and stay asleep
- Works in harmony with your body's natural sleep hormones
- Promotes restful sleep, so you wake refreshed and alert

19⁹⁹

60 chewable tablets

37⁹⁹

120 chewable tablets



100% Natural GABA

- Reduces acute stress and nervousness, and quickly restores mental calmness
- Promotes mental clarity and physical relaxation without drowsiness
- Improves cognitive functions including learning performance, concentration and memory

20⁹⁹

60 chewable tablets



VEGA® ONE ALL-IN-ONE NUTRITIONAL SHAKE

Assorted flavours - 829 - 876 g

Contains 20 g of plant-based protein with veggies, vitamins, minerals, probiotics, and fibre from whole food ingredients.



ON SALE!

49⁹⁹



NEW LOOK

PRECISION ALL NATURAL™ GRASS FED WHEY PROTEIN

Assorted flavours - 850 g

Features a gently processed, low temperature filtered whey protein concentrate imported from New Zealand and is free of artificial flavours, colours, sweeteners and preservatives.



ON SALE!

49⁹⁹



GENUINE HEALTH GREENS+ Assorted varieties and sizes

Is highly alkaline-forming and rich in antioxidants, nourishes and protects your body, increases energy, promotes healthier bones – and so much more!



ON SALE!

15% off



FLORA ELDERBERRY+ LIQUID FORMULA 250 ml

Is a delicious, organic blend of elderberry, echinacea and licorice that can be taken daily or used to provide relief from cold and flu symptoms.



ON SALE!

12⁹⁹

A.Vogel

CELEBRATING 97 YEARS of clinically proven, fresh, quality products!

COLDS AND FLU ANTI-INFLAMMATORY, ANTIVIRAL AND ANTIBACTERIAL

ECHINAFORCE



* For all Echinaforce® & Sinna products - excluding Sore Throat Spray

Everyday Health Solutions



avogel.ca
f t i n

15% off

A.Vogel
since 1923



HEALTH FIRST® PROBIO SUPREME™ 30 vegetable capsules

Contains 55 billion live cultures to help support gastrointestinal health. New and improved formula, now dairy and soy free.



ON SALE!

32⁹⁹



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DON'T FORGET, EVERY THURSDAY

SENIOR'S DISCOUNT
ON SUPPLEMENTS & WORKOUT SUPPLEMENTS

10% OFF

Cannot be combined with other discounts. This does not include protein bars, special orders. You are expected to prompt us for your discount and to provide identification that proves you are 65 or over.

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

HEALTH FIRST

please see your health care professional before beginning any type of therapy. information published in this flyer is not intended to replace medical advice.