



NATURAL FOODS MARKET

Since 1976

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www.thepeanutmill.com • facebook.com/thepeanutmill

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS



Ways to boost your energy

Get fired up! Jump for joy!

We've got 6 easy ways for you to enjoy having more energy.

Inside are simple health hacks to give you back that desire to get-up and go, go, go!



NEW

Time for sleep!

Health First® Melatonin Supreme™ features USP grade MelaPure™ melatonin, helping to increase total sleep time and reduce the total time falling asleep.

ON SALE

7⁹⁹

60 time release tablets



25% more FREE!

When nature doesn't call...

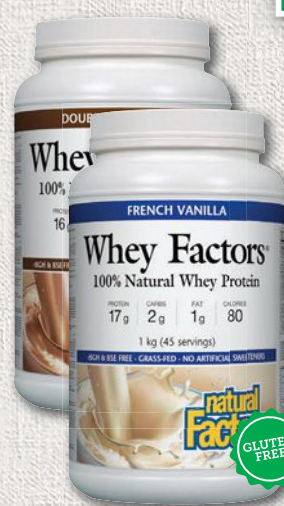
Renew Life CleanseMORE is a powerful colon cleansing product that works without the use of harsh, purgative type laxatives which can be addictive. It is effective for relieving occasional constipation.

ON SALE

24⁹⁹

BONUS

150 vegetable capsules



Select Flavours - 1kg

HEALTH FIRST

Build and maintain muscle mass

Natural Factors® Whey Factors® is a high quality, low carbohydrate protein powder drink mix, essential for physically active individuals.

BUY ONE GET ONE

50% off

Add to smoothies for an Omega-3 boost!

NutraSea Original is a great-tasting, ultra-pure Omega-3 for the maintenance of good health, cardiovascular health, brain function and more. 1250 mg of EPA+DHA per tsp.

ON SALE

39⁹⁹

Assorted flavours - 500 ml



Bulletproof® Upgraded Coffee

Regular or Decaf - 340 g

ON SALE

19⁹⁹

Nutiva® Organic Coconut Oil

2.3 L



ON SALE

31⁹⁹

Wedderspoon® 100% Raw Manuka Honey Kfactor™ 16

500 g



ON SALE

34⁹⁹

Strong & beautiful

BioSil™ helps the body to generate collagen for stronger, healthier and thicker hair, stronger nails and fewer fine lines and wrinkles.



46 vegetarian capsules

ON SALE

22⁹⁹

• SALE DATES: MARCH 2 - 17, 2018 • HEALTHFIRST.CA •

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Your Choice

ON SALE
21⁹⁹

Men's or Women's - 60 tablets

Naturally delicious

Nature's Way® Alive!® Once Daily Multivitamins are one of the most complete, nutritionally diverse and invigorating once-daily formulas on the market today and are ideal for the maintenance of good health.



Duo Pack!

ON SALE
34⁹⁹

120+120 tablets

Keep your immune system healthy

SISU Ester-C® 1000mg is a vitamin and mineral supplement for the maintenance of good health. Helps in the development and maintenance of bones, cartilage, teeth and gums

BONUS



More than fibre

Renew Life FibreSMART™ is the perfect blend of fibre and healing herbs. Can be used every day to help maintain good health, ease constipation and improve digestion.

ON SALE
24⁹⁹

454 g



ON SALE
15% off

Selected Varieties

Life perfecting nature

Living Alchemy™ Your Flora Series is the next generation of probiotics: fermented symbiotics. Featuring 35 strains from kefir and kombucha providing a complete ecosystem in a capsule.



ON SALE
22⁹⁹

156 g

Mix into your post-workout smoothie!

CurcuminRich™ Muscle Recovery & Growth Optimizer easily mixes into your smoothie to help promote muscle and immune system recovery after exercise. Contains 30mg of Theracurmin™ Curcumin per serving.



13g of MCT's per serving!

Nutiva® Organic MCT Oil contains 93% MCT's and is easily digested, providing energy & supporting metabolism. Blend MCT Oil into your smoothies shakes and even your coffee for an added boost!.

ON SALE
19⁹⁹

473 ml



Your Choice

Highly absorbable liquid solutions

Prairie Naturals® B Complex Solution and Magnesium Solution are 100% soluble, highly absorbable supplements. Simple to take and easy to absorb.

ON SALE
34⁹⁹

500 ml each



Value Pack

Emballage valeur

Enjoy your day without the pain

A.Vogel Absolut Arnica is used to soothe muscle and joint pain in the knees and hands without the side effects of synthetic painkillers.

ON SALE
21⁹⁹

50 ml gel + 50 ml gel



Your Choice

ON SALE
47⁹⁹

Men's and Women's - 60 softgels

You are what you absorb™

Platinum Naturals® Easymulti® Super 45+ Multivitamin provides a wide spectrum of essential vitamins and minerals plus a booster of omega-3 oils; helping you to meet your daily nutritional needs.



ON SALE
20% off

Select Varieties

Kick stress in the butt!

NOW® Herbs and Botanicals are naturally teeming with phytonutrients that work together to bring about specific beneficial effects and help to improve overall well-being.



ON SALE
29⁹⁹

All flavours 586 - 618 g

GLUTEN FREE

Shake simplicity

Vega™ Protein & Greens has 20 g of complete vegan protein and two full servings of veggies. No added sugar, low in calories, gluten and dairy free.



Plant based bone-building

Health First® Cal-Mag Supreme™ + K2 features Aquamin™ plant-sourced calcium from the Icelandic red algae that helps to remineralize bone cells. Added vitamin K2 aids in absorption.

ON SALE
19⁹⁹

450 ml

DIGITAL FEATURES



For the modern lifestyle

Progressive® Active Multivitamins contain higher potencies of the key nutrients to help you stay active and live your life on-the-go.

ON SALE

Men's or Women's
120 vegetable capsules

36⁹⁹



Nourish and heal from the inside out

Genuine Health fast joint care+ can help to reduce the pain and stiffness associated with osteoarthritis in just five days. Now made with organic fermented turmeric!

ON SALE

14 vegetarian
capsules

11⁴⁹



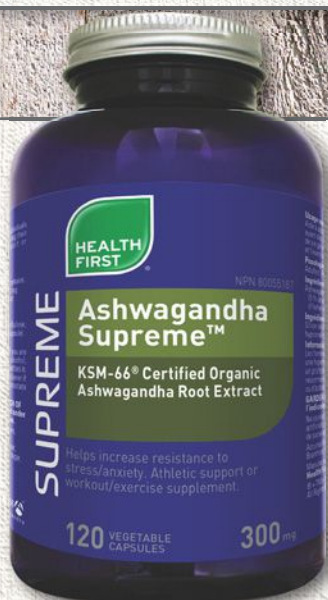
Beyond Immune Support

Purica® Immune 7 is a potent blend of extracts from 6 medicinal mushrooms providing an unmatched, full-spectrum, immune supporting effect.

ON SALE

120 vegan caps

40⁹⁹



Reduce stress! Improve workouts!

Health First® Ashwagandha Supreme uses KSM-66®, a clinically-studied ashwagandha that increases resistance to stress and anxiety and provides support for athletic workouts.

ON SALE

120 vegetable capsules

29⁹⁹



Menopause support

Health First® Maca Root helps to support mood balance during menopause and the emotional aspects of sexual health. Gelatinized for easy digestion. Organic Peruvian source.

ON SALE

180 vegetable capsules

24⁹⁹



Time for sleep!

Health First® Melatonin Supreme™ features USP grade MelaPure™ melatonin, helping to increase total sleep time and reduce the total time falling asleep.

ON SALE

120 time release tablets

14⁹⁹



DID YOU KNOW THAT
PAIN and
GUT HEALTH
 are RELATED?

Nagging joint pain, the burn of arthritis, and even low grade pain don't necessarily start from where the pain is felt. Sure, that arthritic pain can develop due to mechanical reasons, like wear and tear on the joints. But new research has found that inflammation and the sensation of pain can actually come from the gut. Many links have been found between gut health and pain—including osteoarthritis, rheumatoid arthritis, chronic fatigue syndrome and fibromyalgia. Gut feelings, indeed.

Conventional pain relief products can help to reduce the sensation of pain, but won't help to treat the root cause of the pain.

GET TO THE ROOT OF YOUR PAIN

NATURAL, EFFECTIVE PAIN RELIEF WITH GUT HEALTH BENEFITS



ON SALE
42⁹⁹

fast pain relief
 90 vegetarian caps

ON SALE
29⁹⁹

fast jointcare+
 60 vegetarian caps

ON SALE
42⁹⁹

fast arthritis
 60 vegetarian caps

Genuine Health's line of fast, all natural pain relief products are all made from BiovaFlex® natural eggshell membrane that works in just 5 days to reduce inflammation, relieve joint pain and increase mobility. Natural eggshell membrane has been found to reduce inflammation in the gut, reduce intestinal permeability, and can prevent dysbiosis (3).

NEW fast joint care+ with fermented turmeric is made with the amazing combination of gut-loving BiovaFlex® natural eggshell membrane and fermented organic turmeric, which work to reduce two pathways of pain and inflammation. Plus, the fermentation process can help shift gut bacterial populations in healthy ways.

Pain happens. And the best protocols for managing it deal with the root cause, which is in many cases, the gut! By taking a two-pronged approach to treating pain, you can help to not only manage the symptoms of pain, starting with the gut.

REFERENCES

- Boer CG, et al. Paper #4. Presented at: Osteoarthritis Research Society International World Congress; April 27-30, 2017; Las Vegas.
- Reichenberg A, et al. Cytokine-associated emotional and cognitive disturbances in humans. Arch Gen Psychiatry. 2001 May;58(5):445-52.
- Jia H, et al. Eggshell membrane powder ameliorates intestinal inflammation by facilitating the restitution of epithelial injury and alleviating microbial dysbiosis. Sci Rep. 2017 Mar 8;7:43993. doi: 10.1038/srep43993.

Women Helping Women®

Nutritional Solutions For Your Hormone Needs

Women in menopause often ask “what makes the difference between the woman who has virtually no symptoms at menopause and the woman who suffers with endless hot flashes, night sweats, angry outbursts, insomnia and brain fog?” The answer is that those that sail through menopause have great functioning adrenal glands.

At menopause when the ovaries shut down the adrenal glands are supposed to kick in and make DHEA, estrogen and other hormones but if you have been under chronic stress your adrenals may be too tired to take on this job. Symptoms of

exhausted adrenals include insomnia where you fall asleep fine but wake up several hours later and can't get back to sleep, salt and stimulant cravings and difficulty handling stress.

Treating menopause symptoms involves a two-pronged approach. One, by taking ADRENAsmart to enhance hormone function via the adrenal glands. And two, by adding MENOsmart plus to stop hot flashes, night sweats and mood swings quickly. MENOsmart plus raises progesterone naturally and controls night sweats and hot flashes. Licensed by Health Canada, MENOsmart

plus works fast to alleviate the symptoms of menopause.

This comprehensive line of **SMART** supplements devoted to the specific needs of women.

Care has gone into the selection of each ingredient, ensuring that every formula delivers results. No GMOs, gluten, soy or irradiated or artificial ingredients are found in these nutritional supplements.

Every finished product is third party independently tested.



ON SALE | Get 25% off any Lorna Vanderhaeghe product, while quantities last.

Relax

Supplements for Stress Relief...

If you're already feeling overwhelmed, extensive changes to your lifestyle might seem out of reach. Certain nutrients and supplements can give your body a helping hand to create a little breathing room. Once the pressure's off, you can focus on things like meditation, exercise, and healthy eating without getting even more stressed...



Serenity Formula
Helps relieve symptoms of chronic stress and anxiety

- Adrenal exhaustion resulting from chronic stress
- Broad spectrum help for a variety of stress-related disorders



100% Natural GABA
Fast-acting relief for nervousness and acute stress

- Reduces stress, anxiety, nervousness, and quickly restores mental calmness
- Promotes mental clarity and physical relaxation without drowsiness



Kava Kava 250/400 mg
Promotes relaxation and a sense of calm

- Supports mental focus and clarity
- Relieves occasional anxiety and minimizes the negative effects of stress



Tranquil Sleep
Helps relieve mild insomnia and calms nervousness

- Helps you fall asleep and stay asleep
- Works in harmony with your body's natural sleep hormones



Magnesium Citrate
A relaxing magnesium drink mix

- Calms the symptoms of anxiety and stress
- Relaxes skeletal muscles, smoothes muscles, and the GI tract



Mental Calmness
Promotes deep relaxation and mental clarity

- Reduces feelings of stress and anxiety
- Promotes relaxation without drowsiness

NEW!



Mind Retreat™
Calms the mind and promotes restful sleep

- Fosters a sense of calm, relaxed alertness, and mental clarity
- Helps relieve occasional restlessness in times of stress

ON SALE

25% off

natural Factors

naturalfactors.com



Paul Schlick

Paul Schlick

Founder & Master Herbalist

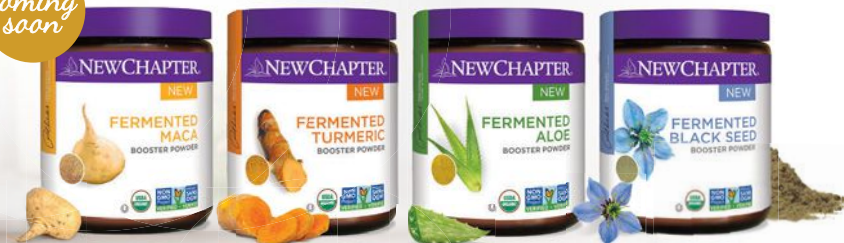
WELLNESS

— *is in our nature* —

Introducing a new chapter in herbal allies—Fermented Booster Powders that let you add pure and concentrated herbs to smoothies and more. Our unique 2-step fermentation method makes the herbs easily digestible and delivers the time-tested advantages of fermentation. Our science proves what nature always knew—that wellness is in our nature. With New Chapter,[®] you'll feel it.

NEW

coming soon



**BOOST YOUR SMOOTHIE
BOOST YOUR HEALTH**

25% OFF ALL NEW CHAPTER PRODUCTS

Certified Organic by International Certification Services, Inc., Medina, ND, USA © 2018 New Chapter Canada, Inc.

 **NEWCHAPTER[®]**

MULTIVITAMINS | CALCIUM | HERBALS | FISH OIL

DIGITAL FEATURES



For mild digestive issues

Renew Life DigestMORE is a digestive enzyme that helps to break down proteins and works as a digestive aid.

ON SALE 90 vegetable capsules

18⁹⁹



Raw. Fair-Trade. Hand Pressed.

Alpha DME™ Coconut Oil delivers the highest quality oil from fresh coconuts in the Solomon Islands. From tree to jar in under one-and-a-half hours.

ON SALE 475 ml

24⁴⁹



Live your journey™

Redmond Real Salt® contains 60+ beneficial trace minerals and is harvested from an ancient, pristine ocean near Redmond, Utah.

ON SALE 737 g

8⁹⁹



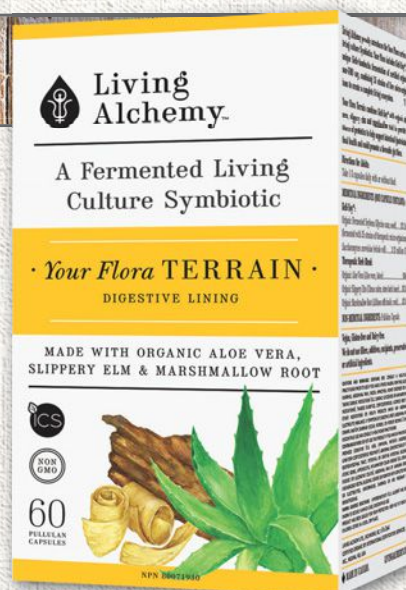
Your Choice

Highly absorbable liquid solutions

Prairie Naturals® Bone Solution 2:1 or 1:1 are 100% soluble, highly absorbable supplements. Simple to take and easy to absorb.

ON SALE 500 ml each

29⁹⁹



Life perfecting nature

Living Alchemy™ Your Flora Terrain - Digestive Lining is the next generation of probiotics: fermented symbiotics. Featuring 35 strains from kefir and kombucha providing a complete ecosystem in a capsule.

ON SALE 60 Pullulan Capsules

15% off

Helping you
PUT YOUR HEALTH FIRST!

Health First® is a premium supplement brand, only available at Health First Network member stores. From fish oils, vitamins and minerals to probiotics we've got the high quality, non-GMO, products you and your family are looking for! Our team searches the globe for the most unique and well researched ingredients with distinctive health benefits.

Ask in-store about more great Health First products!



Ways to boost your energy

Boost your energy with simple health hacks you can use in the morning, noon or night.

Eat Breakfast Like a King

Nuts, seeds, greens are great choices to kick-start your morning. A 2017 study found eating earlier in the day leads to fewer calories consumed and less body fat. For more energy, it's been said, "Eat breakfast like a King, dinner like a peasant."

Make More Energy

The battery packs of your cells are called mitochondria. As you age, they are becoming dysfunctional. They no longer produce energy and instead spew out damaging free radicals. This is linked to chronic fatigue, and immune disorders. Nutrients (PQQ, CoQ10, alpha lipoic acid) can protect mitochondria, optimize their function and make them multiply.

Switch Your Soda

Ditch the sweetness, honey! Try kombucha for your bubbly kick instead. It contains probiotics, that can promote a healthy gut – a key to a good mood.

Pillow Talk

Your internal clock effects your energy, immunity, hormones, cardiovascular and reproductive systems, so skip the screen time late at night.

For more tips on boosting your energy go to healthfirst.ca



One Degree Veganic Sprouted Cereal

Select flavours
227 g - 284 g

ON SALE

4⁹⁹



Made Good Semi Sweet Chocolate Chips

227 g

ON SALE

5⁴⁹



Simply Organic® Vanilla Extract

118 ml

ON SALE

14⁹⁹



Canadian Heritage Organics Maple Syrup

Select varieties - 500 ml

ON SALE

13⁹⁹



Earth Balance® Soy Free Traditional Spread

425 g

ON SALE

5⁴⁹



Wholesome™ Organic Frosting

Select flavours - 354 g

ON SALE

6⁴⁹



Clif® Bars

Select flavours - 68 g

ON SALE

4/\$5



Daiya Dairy Free Greek Yoghurt Alternative

Select flavours - 150 g

ON SALE

1⁸⁹



Justin's® Almond Butter

Select varieties - 454 g

ON SALE

14⁹⁹



Wize Monkey™ Coffee Leaf Tea

Select flavours - 15 sachets

ON SALE

9⁹⁹



Silver Hills® Organic Sprouted Tortillas

Select flavours - 255 g

ON SALE

4⁴⁹



LÄRABAR® fruit and nut energy bars

Assorted flavours - 45 g - 48 g

ON SALE

2/\$3



L'Ancêtre Organic Cheese

Select varieties
200 g - 325 g

ON SALE

10% off



Maison Orphée Organic Extra Virgin Olive Oil

750 ml

ON SALE

14⁹⁹



Annie's® Homegrown Rice Pasta & Cheddar

170 g

ON SALE

2⁸⁹



Lundberg® Organic Brown Short Grain Rice

907 g

ON SALE

6⁹⁹



Udi's™ Gluten Free Whole Grain Loaf

340 g

ON SALE

4⁷⁹




Raincoat Trading™ Wild Albacore Tuna

Select varieties
150 g

ON SALE

5⁶⁹

WHEN YOU SEE THIS SYMBOL  THE PRODUCT HAS BEEN VERIFIED NON-GMO BY THE NON-GMO PROJECT.





Nuts to You Organic Peanut Butter

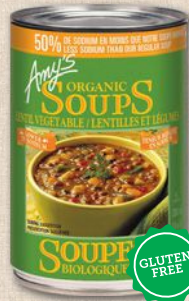
Smooth or Crunchy - 750 g

ON SALE

8⁹⁹

Amy's® Organic Soups

Select varieties 398 ml



GLUTEN FREE

ON SALE

2/\$7



Traditional Medicinals® Wellness Teas

Select varieties - 20 bags

ON SALE

4⁹⁹



NEW

Handle with natural care!

Green Beaver® Baby Products are dermatologist tested and free of potentially harmful chemicals. All products are free of GMO's, gluten and are available in either lavender or fragrance free.

ON SALE

20% off

Select Products

A little drop of sunshine!

Health First® Vitamin D One Drop Daily features 1000IU of Vitamin D per drop and is suitable for all ages.

15 ml

ON SALE

14⁹⁹



ON SALE

15% off

Non-GMO and NSF certified

Garden of Life® mykind Organics are certified organic, whole food vitamins made from real, nutritious foods. Available in tablets or sprays.

Select Sizes and Varieties



Control overactive bladder

Brad King's Ultimate Bladder Control contains a 100% natural form of a patented water-soluble pumpkin seed. Helps control urinary incontinence in men and women.

ON SALE

20⁴⁹

60 vegetarian capsules



ON SALE

29⁹⁹

240 g

GLUTEN FREE

Vegan and gluten free

Amazing Grass® Organic Wheat Grass contains 100% organic, whole leaf wheat grass, one of the most potent leafy greens available. Helps to promote healthy body function.



NEW SIZE

ON SALE

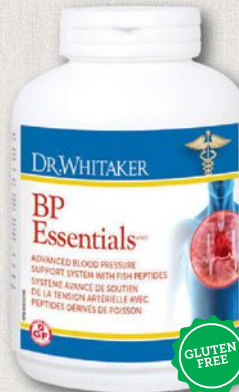
25⁹⁹

Assorted flavours - 250 g

GLUTEN FREE

Mending the active body

Progressive® Complete Collagen is a source of essential amino acids and assists in the building of lean muscle mass. Each scoop contains 10g of non-GMO collagen per serving.



Gluten Free and Non-GMO

Dr. Whitaker BP Essentials™ helps to maintain healthy blood pressure levels. Contains Hawthorn, which can help relax artery walls and keep blood flow moving normally.

ON SALE

58⁴⁹

180 capsules

GLUTEN FREE



ON SALE

10% off

Select Products

Sustainably made

Sukin® Skin care products are Australian made with ingredients that are naturally derived, cruelty free and vegan.



Your Choice

Balance your gut!

Renew Life® Ultimate Flora 50 Billion probiotic provides 50 billion cultures per capsule. It works to improve digestive health in a convenient once daily dose. Women's Formula helps to balance healthy vaginal bacteria.

ON SALE

29⁹⁹

Regular or Women's - 30 vegetable capsules

The most metabolically active form

Natural Factors® BioCoenzymated™ Methylfolate can help produce red cells and easily dissolves on your tongue. Each tablet contains 1000mcg of Folate and 50mcg of Vitamin B12.



ON SALE

17⁴⁹

60 sublingual tablets

Kid approved for taste! Parent approved for health!

Health First® kids'-first Multi / Vitamin D Sundrops Combo Pack is a delicious multi-flavoured multivitamin and Vitamin D for normal growth and development.



Value Pack!

ON SALE

26⁹⁹

120 + 180 chewable tablets

NOT ALL PRODUCTS SHOWN ARE AVAILABLE AT ALL HEALTH FIRST NETWORK® STORES.

HEALTH FIRST



NATURAL FOODS MARKET

Since 1976

191 Welland Avenue • Geneva Square • St. Catharines • L2R 2P2
Mon-Wed: 9am-6pm Thurs/Fri: 9am-8pm Sat: 9am-6pm Sun: Closed



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