



# NATURAL FOODS MARKET

Since 1976

191 Welland Ave • Geneva Square • St. Catharines • 905-685-8848  
www.thepeanutmill.com • facebook.com/thepeanutmill

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

## GET BACK INTO A Fall Routine

There's something about the transition from summer to fall that inspires a fresh start and the will to get things done. As we continue to navigate these uncertain times, routine can help provide predictability and structure in each day. So, whether you are a student, parent, or returning to a regular work schedule, there are many ways to stay energized, focused, and unstressed during this changeover.



ON SALE

25% off

Assorted varieties and sizes

### NOURISHING SUPERFOOD

Genuine Health greens+ is highly alkaline-forming and rich in antioxidants, nourishes and protects your body, increases energy, promotes healthier bones – and so much more!



### COLLAGEN MADE BY MYSELF

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

120 vegetarian capsules

ON SALE

54<sup>99</sup>



HOT DEAL!

### RISE KOMBUCHA

Assorted varieties - 414 mL

ON SALE

2/\$6



### CHA'S ORGANICS PREMIUM COCONUT MILK

Assorted varieties - 400 mL

ON SALE

3<sup>49</sup>



### NUTIVA® ORGANIC LIQUID MCT OIL

473 mL

ON SALE

17<sup>99</sup>



ON SALE

49<sup>99</sup>

Assorted flavours - 500 g

ON SALE

39<sup>99</sup>

240 g

### NON-GMO, HYDROLIZED COLLAGEN

Total Body Collagen™ is a complete protein and whole body formula. Real Total Beauty™ Marine Collagen helps to reduce fine lines and wrinkles.



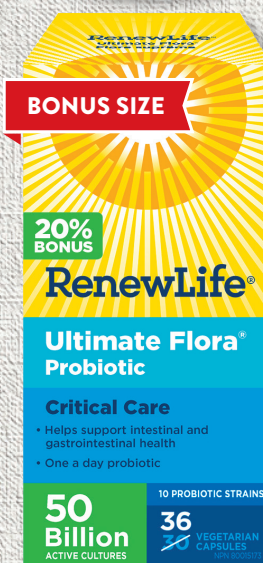
### FRESH FROM FARM TO TABLE™

MegaFood® offers 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.

Assorted varieties and sizes

ON SALE

15% off



BONUS SIZE

20% BONUS

### RenewLife®

#### Ultimate Flora® Probiotic

**Critical Care**  
• Helps support intestinal and gastrointestinal health  
• One a day probiotic

50 Billion ACTIVE CULTURES

10 PROBIOTIC STRAINS  
36 VEGETARIAN CAPSULES

### 70% OF OUR IMMUNE SYSTEM IS IN THE GUT!

Renew Life® Ultimate Flora® Critical Care provides 50 billion cultures per capsule from 10 different strains to help ensure a healthy microbial environment in the intestinal tract.

36 vegetarian capsules (20% MORE)

ON SALE

29<sup>99</sup>



### PREVENT ZINC DEFICIENCY

Health First® Zinc Citrate is an essential mineral as zinc deficiencies can disrupt normal sexual function in males and are associated with prostate enlargement and male infertility. 100 capsules

ON SALE

6<sup>79</sup>

• SALE DATES: SEPTEMBER 4 – 19, 2020 • HEALTHFIRST.CA •

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VIEW OUR FLYER ON **reebee**





ON SALE

24<sup>99</sup>

500 ml or  
120 vegetable  
capsules



### POWER UP YOUR BODY WITH MAGNESIUM!

CanPrev™ Magnesium Bis-Glycinate delivers a powerful dose of pure elemental magnesium in a form known for its superior absorption and gentleness on the bowels.



ON SALE

24<sup>99</sup>

400 g



### FUELING A NEW GENERATION OF ATHLETES

Iron Vegan™ Fermented L-Glutamine supports the immune system following periods of physical stress and assists in muscle cell repair after exercise.

### BALANCE HORMONES!

Smart Solutions™ Lorna Vanderhaeghe ESTROsmart® is for every woman, every day, to treat menstrual problems, acne, PMS, fibroids, endometriosis and make hormone problems a bad memory.

120 vegetarian capsules

ON SALE

43<sup>99</sup>



### NO MORE RESTLESS NIGHTS!

Hyland's Calms Forté® is a homeopathic remedy for the temporary relief of symptoms of stress, occasional sleeplessness, restless sleep and nervous irritability.

100 tablets

ON SALE

9<sup>99</sup>



## BUNDLE & SAVE MORE

Canada's favourite liquid omega-3.



Original  
Omega-3

ON SALE

54<sup>99</sup>

NutraSea®  
Lemon -  
500 + 200 ml



High EPA  
Omega-3

ON SALE

97<sup>99</sup>

NutraSea hp™  
Lemon -  
500 + 200 ml



Plant-based  
Omega-3

ON SALE

67<sup>99</sup>

NutraVege™  
Strawberry Orange -  
500 + 200 ml

### 93% CARVACROL

#### New Roots Herbal Wild Oregano

C93 boasts the highest naturally occurring carvacrol concentration of total volatile oils and is imported directly from the Mediterranean.

30 ml



ON SALE

19<sup>49</sup>



ON SALE

15% off

Assorted  
varieties  
and sizes

### A FERMENTED LIVING CULTURE SYMBIOTIC

Living Alchemy® Your Flora™ series provides a complete digestive solution, including probiotics, prebiotics and enzymes from certified organic whole foods.

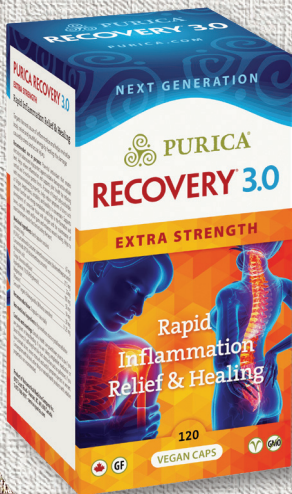
### STAY ACTIVE AND STRONG!

PURICA® Recovery 3.0 Extra Strength supports joint health and proper muscle function and helps in collagen formation.

120 vegan caps

ON SALE

47<sup>99</sup>



### TRUSTED FOR MORE THAN 80 YEARS

Bach® Rescue® Remedy Products are ideal for helping get through stressful situations, help to relax the mind and increase focus.

Assorted varieties and sizes

ON SALE

15% off



FREE HAND  
SANITIZER

### DEEPEN YOUR IMMUNITY

St. Francis Herb Farm® Deep Immune® is used as an antiviral to tonify a weak immune system and helps to maintain equilibrium.

100 ml + FREE Hand Sanitizer 90 ml

ON SALE

27<sup>99</sup>



### THE "BERRY" BEST VITAMIN C!

Health First® Berry C Supreme® features non-acidic vitamin C enhanced with organic red bioflavonoids for the maintenance of good health and antioxidant support.

180 vegetable capsules

ON SALE

30<sup>99</sup>



# SUPPORT YOUR IMMUNE SYSTEM TOOLKIT



These natural, effective supplements provide powerful support for your immune health. Featuring fast-acting antioxidants and herbs, they are specifically formulated to ensure you and your family have a full arsenal to support your body's natural defence systems.

**QUERCETIN EMIQ®** is a flavonoid and flavonoids are known to be potent antioxidants that can support the immune system.

Michel Chrétien and his long-time collaborator Majambu Mbikay, researchers at the Clinical Research Institute of Montreal, began testing their idea that a derivative of quercetin, common in over-the-counter medication, was a "broad-spectrum" antiviral drug that could fight a range of viruses. It may be used as an effective, safe, and affordable treatment of viral infection.

**OREGANO OIL** contains carvacrol which is known to be most effective against respiratory infections.

A 2011 study into oregano oil's antiviral effects found that it was effective in inhibiting both animal and human viruses in vitro. They believe this to be due to the high levels of carvacrol found in oregano oil. Oregano oil also contains thymol, a natural antifungal that can also support the immune system and protect against toxins.

**Resistance and susceptibility to viruses depend on the ratio of VITAMINS D & A.**

Being deficient in vitamin D has been shown to impair innate immunity and has been suggested could be a trigger for influenza virus replication. Low concentrations of vitamins D and A in the body have been shown to increase the risk of severe complications in people infected with the influenza virus.



ISURA means certified clean.

**ANTI-VIRAL** provides key active ingredients to enhance the immune system's response to viral infections.

Natural Factors Anti-Viral contains ECHINAMIDE®, the only standardized extract of *Echinacea purpurea* shown in placebo-controlled clinical trials to reduce the duration and severity of upper respiratory infections. ECHINAMIDE is made from certified organic echinacea, including three key active compounds combined in a clinically proven ratio.

**VITAMIN C** supports production of white blood cells (the cells that protect you from viruses).

Vitamin C is widely accepted and proven to help keep your immune system healthy and support recovery. During a viral infection, your body's supplies of vitamin C are rapidly depleted as the immune system's white blood cells absorb and use up all the vitamin C. Antibodies attach to the virus, making them invaders in the body. The white blood cells then know what they should be attacking, which is why keeping a healthy supply of vitamin C available to your white blood cells is crucial.

Bioactive Quercetin EMIQ®	Oil of Oregano	Organic Oil of Oregano	Vitamin A 10,000 IU	Vitamin D3 1000 IU	ECHINAMIDE® Anti-Viral Fresh Herbal Tincture	Vitamin C 1000 mg Time Release
<b>ON SALE</b>	<b>ON SALE</b>	<b>ON SALE</b>	<b>ON SALE</b>	<b>ON SALE</b>	<b>ON SALE</b>	<b>ON SALE</b>
<b>19<sup>99</sup></b>	<b>16<sup>99</sup></b>	<b>16<sup>99</sup></b>	<b>4<sup>49</sup></b>	<b>13<sup>99</sup></b>	<b>13<sup>49</sup></b>	<b>19<sup>99</sup></b>
60 vegetarian capsules	60 softgels	30 ml	90 softgels	360 softgels	50 ml	210 tablets



Online Self-Protection Guide: [naturalfactors.com/virus](http://naturalfactors.com/virus)

**natural  
Factors**



Progressive®

# trial-size

CONVENIENT SIZE PRODUCTS FOR ON-THE-GO  
Try it for a week and start a new routine

7  
servings  
66 g



**VEGEGREENS®**  
Pineapple Coconut

ON SALE 66 g  
**14<sup>99</sup>**

7  
servings  
105 g



**PHYTOBERRY®**  
Natural Berry

ON SALE 105 g  
**14<sup>99</sup>**

10  
servings  
30 caps



**MULTI**  
Active Men & Women

ON SALE 30 vegetable capsules  
**12<sup>99</sup>**

10  
servings  
112.5 g



**COMPLETE COLLAGEN®**  
Citrus Twist

ON SALE 112.5 g  
**14<sup>99</sup>**



## CHOCOLATE COVERED VEGAN CRISPY RICE TREATS

### INGREDIENTS:

- 1 10 oz bag of vegan mini marshmallows
- ¼ cup coconut oil
- ½ tsp. sea salt
- 6 cups crispy rice cereal
- ¼ cup Manitoba Harvest Hemp Hearts
- 10 oz semi-sweet vegan chocolate chips
- ¼ cup coconut milk
- 3 tbsp. Manitoba Harvest Hemp Hearts

### DIRECTIONS:

1. In a double boiler – melt together marshmallows, coconut oil & sea salt
2. Stir in cereal and Manitoba Harvest Hemp Hearts
3. Press mixture into a 9x9 parchment lined baking pan to cool
4. Melt Chocolate and coconut milk in double boiler then pour over pan evenly. Sprinkle with remaining Hemp Hearts
5. Once cooled, cut into squares and serve – makes 16 squares



### HEMP MAKES IT SUPER!

Manitoba Harvest® Organic Hemp Hearts are a delicious way to get your protein, omega's 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!

12<sup>99</sup> 340 g

## BACK to SCHOOL SALE



10% OFF

### SAVE WHAT MATTERS™

Stasher Silicone Storage Bags are an amazing alternative to common plastic storage bags. Stasher is endlessly durable, reusable, and non-toxic. Safely carry, store, freeze or heat using these dishwasher, oven and microwave safe bags. With a patented Pinch-Loc™ seal, they are leak proof as well!

Assorted varieties and sizes



4<sup>99</sup>

### MADE WITH GOODNESS

Annie's® Organic Bunny Fruit Snacks are made with real fruit juice and packed with 100% daily value of vitamin C.

Assorted flavours - 115 g



7<sup>99</sup>

### PEANUT FREE AND SCHOOL SAFE

Sunbutter Sunflower Seed® Spread is the leading peanut free choice spread for parents and contains seven grams of protein per serving.

Assorted varieties - 454 g



3/\$5

### YOUR TASTY KETO SNACK.

Good To Go Bars are soft baked, keto certified and made with real, tasty ingredients - your taste buds won't believe it!

Assorted varieties - 40 g



3<sup>79</sup>

### REAL GOODNESS FOR REAL LIFE

Made Good™ Granola Minis and Granola Bars are the perfect portable snack, free from the 8 most common allergens. Each serving contains one full serving of vegetables.

Assorted varieties - 4 x 24 g - 5 x 24 g



# NOW Essential Oils – for a Naturally Clean Home

- Add to your DIY cleaning recipes for a fresh, non-toxic scent
- Deter pesky critters and insects with refreshing peppermint oil
- Purify the air with a diffuser for ongoing benefits that last and last

## DIY Cleaning Webinar

Date: Wed, September 9th

Time: 8:00 p.m. EDT

<https://attendee.gotowebinar.com/register/681339468887428174>

## Webinar Overview:

Protect yourself and your pocket book by replacing over a dozen cleaning products with just 5 simple, earth friendly and inexpensive ingredients. This fun and fact-packed DIY webinar will teach you some amazingly effective recipes plus with the added fun of customizing with your favourite scent of essential oils.

One lucky attendee will receive a prize pack valued at over \$100.00

**now**<sup>®</sup>  
essential oils

World Class  
Quality Standards

Identity, Purity and  
Potency Verified

Highest Value / Drop

**20%**  
OFF

NOW<sup>®</sup> Essential Oils  
Assorted varieties  
and sizes







### UDI'S™ GLUTEN FREE BREADS

Assorted varieties - 340 - 406 g

ON SALE

4<sup>99</sup>



### DAIYA™ CREAM CHEEZE STYLE SPREAD

Assorted varieties - 227 g

ON SALE

4<sup>49</sup>



### EARTH BALANCE® VEGAN BUTTERY SPREADS

Assorted varieties - 368 - 425 g

ON SALE

5<sup>49</sup>



### LA CHAUDIÈRE ORGANIC CHEESES

Assorted varieties - 168 - 340 g

ON SALE

15% off



### CALIFIA FARMS® PLANT BEVERAGES

Assorted varieties - 1.4 L

ON SALE

5<sup>49</sup>



### GARDEIN™ MEATLESS MEATS

Assorted varieties - 205 - 390 g

ON SALE

2/\$9

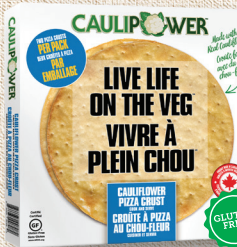


### AMY'S® BURRITOS

Assorted varieties - 156 - 170 g

ON SALE

2/\$6



### CAULIPOWER® PIZZA

Assorted varieties - 310 g

ON SALE

8<sup>99</sup>



### DAIYA DELUXE CHEEZY MAC

Assorted varieties - 300 g

ON SALE

4<sup>49</sup>



### CANADIAN HERITAGE ORGANIC MAPLE SYRUP

Assorted varieties - 500 ml

ON SALE

14<sup>99</sup>

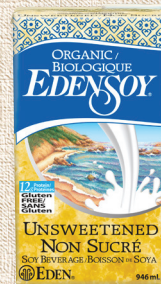


### MAISON ORPHÉE EXTRA VIRGIN OLIVE OIL

Assorted varieties and sizes

ON SALE

10% off



### EDENSOY® ORGANIC SOY BEVERAGE

Assorted varieties - 946 ml

ON SALE

3<sup>79</sup>



### GLUTINO® GLUTEN FREE PRETZELS

Assorted varieties - 400 g

ON SALE

6<sup>99</sup>



### LÄRABAR® FRUIT AND NUT ENERGY BARS

Assorted varieties - 45 - 48 g

ON SALE

2/\$3



### WEDDERSPOON® 100% RAW MANUKA HONEY

Assorted varieties and sizes

ON SALE

15% off



### NUTS TO YOU® ORGANIC PEANUT BUTTER

Smooth or Crunchy - 750 g

ON SALE

9<sup>49</sup>



### THEO CHOCOLATE BARS

Assorted varieties - 85 g

ON SALE

2/\$8



### GENUINE HEALTH FERMENTED VEGAN PROTEINS+ BARS

Assorted varieties - 55 g

ON SALE

2/\$5

**GET-BACK-ON-TRACK!**  
FALL WELLNESS GUIDE

The fall season and back-to-school are going to feel quite a bit different this year. Stress and uncertainty are at an all-time high. Wellness requires a balance of nutrition and physical and emotional well-being, but trying to attain all of this during such an unprecedented time can feel completely overwhelming. In hopes of supporting you through the chaos, Health First has created the ultimate guide to help you Get Back-On-Track!

SCAN QR CODE AND GET YOUR GUIDE NOW!

<https://simplebooklet.com/fallwellnessguide>



### SUKIN® SKIN CARE PRODUCTS

Assorted varieties and sizes

ON SALE

30% off



### EVERY MAN JACK®

Assorted varieties and sizes

ON SALE

25% off



### DERMA-E

Assorted varieties and sizes

ON SALE

20% off



### THE GREEN BEAVER COMPANY™ NATURAL PERSONAL CARE PRODUCTS

ON SALE

20% off

Assorted varieties and sizes

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







## NATURE'S PATH® ECO PAC® CEREALS

Assorted varieties  
650 - 907 g

ON SALE

8<sup>99</sup>



## STASH ORGANIC TEAS

Assorted varieties -  
18 teabags

ON SALE

4<sup>79</sup>

## NOW® BETTER STEVIA®

33 g

ON SALE

9<sup>99</sup>



## PLANT-BASED BONE-BUILDING

**Health First® Cal-Mag Supreme** features Aquamin™ plant source calcium. Over 30% calcium plus 73 other minerals, including all 13 key minerals for bone health.

120 tablets

ON SALE

44<sup>99</sup>

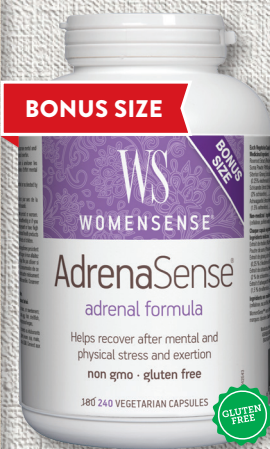
## KID APPROVED FOR TASTE!

**Health First® kids'-first Vitamin D Chews** help to maintain good health, normal growth and development and come in easy to take chewable tablets.

180 chewable tablets

ON SALE

12<sup>49</sup>



## FOR EVERY WOMAN, EVERY DAY

**WomenSense® AdrenaSense®** can support adrenal glands, helps reduce stress and improve sexual function.

240 vegetarian capsules (60 FREE)

ON SALE

44<sup>99</sup>

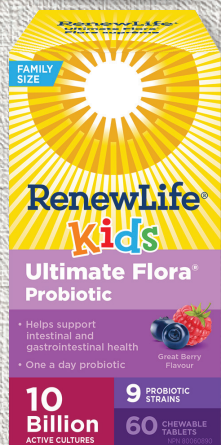
## FUEL YOUR BETTER

**Vega® Sport Protein** contains 30 grams of complete protein, 6 grams each of BCAAs and glutamine, tart cherry, turmeric and probiotics.

Assorted flavours -  
801 - 837 g

ON SALE

39<sup>99</sup>



## GREAT BERRY FLAVOUR

**Renew Life® Kids Ultimate Flora® Probiotic** helps support kids intestinal and gastrointestinal health with 10 billion active cultures.

60 chewable tablets

ON SALE

31<sup>99</sup>



Assorted Stress-Relax® products

## RELAX, STRESS LESS, AND SLEEP BETTER!

**Natural Factors® Stress-Relax® 100% Natural GABA 100 mg** helps with fast-acting relief of nervousness and acute stress. **Tranquil Sleep®** combines L-theanine, 5-HTP, and melatonin to help you fall asleep.

ON SALE

20% off



## SAFE AND EFFECTIVE FULL BODY CLEANSE

**Flora Flor-Essence®** is a gentle 8 herb cleanse formula that supports your body's natural processes, helping it to remove toxins more efficiently.

500 ml

ON SALE

28<sup>99</sup>



## HIGHLY ABSORBABLE LIQUID SOLUTIONS

**Prairie Naturals® Liquid Magnesium Solution** helps reduce soreness, pain and inflammation. **Liquid B Complex Solution** contains high-potency B vitamins to help reduce stress, energize, and improve mood.

ON SALE

37<sup>99</sup>



## 185X GREATER BIOAVAILABILITY

**Sisu Full Spectrum Curcumin** delivers maximized anti-inflammatory and antioxidant potential, helping to reduce pain in joints.

75 liquid softgels (25% MORE)

ON SALE

48<sup>99</sup>



## RELIEVES PAIN AND INFLAMMATION

**Enerex Serrapeptase** 120,000 SU is a natural enzyme that effectively reduces pain, inflammation, and mucous build-up.

180 DRcaps™

ON SALE

43<sup>49</sup>



## ORGANIC AND VEGAN PROTEIN

**Garden of Life® All-In-One Nutritional Shake** is the best on-the-go nutrition that contains only 120 calories per serving. Easy to digest and is gluten, dairy and soy free.

ON SALE

52<sup>99</sup>



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



**NATURAL FOODS MARKET**

Since 1976

191 Welland Avenue • Geneva Square • St. Catharines • L2R 2P2  
Mon-Fri: 9am-7pm Sat: 9am-6pm Sun: Closed

PLEASE VISIT OUR WEBSITE OR CALL IN STORE FOR UPDATES ON REVISED STORE HOURS AND SPECIAL SERVICES

PLEASE SEE YOUR HEALTH CARE PROFESSIONAL BEFORE BEGINNING ANY TYPE OF THERAPY. INFORMATION PUBLISHED IN THIS FLYER IS NOT INTENDED TO REPLACE MEDICAL ADVICE.