

A PROUD MEMBER OF

HEALTH
FIRST

ONE BIG
FAMILY.
ONE BIG
COMMUNITY.

Kardish



**HEALTH FIRST®
MEMORY
SUPREME**
60 vegetable capsules

Features Synapsa®
bacopa, SunPS®,
citicoline, lion's mane,
and magnesium
threonate to support
all aspects of cognitive
health, including mental
acuity and immediate
recall.



ON SALE!

44⁹⁹



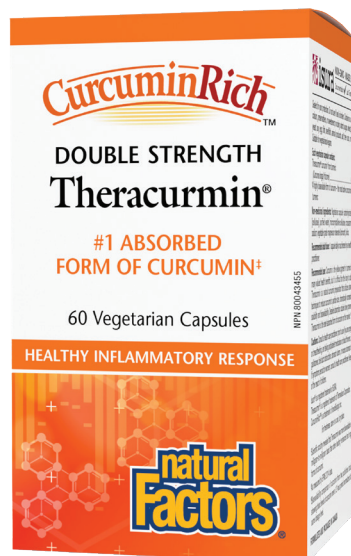
**FLORA
FERRITIN+™**
30 delayed release
vegan capsules

This plant-based
ferritin iron is made
with organic peas.
Just one capsule per
day helps maintain
healthy iron levels,
and supports energy
and mental clarity.



ON SALE!

28⁹⁹



**NATURAL
FACTORS®
CURCUMINRICH™
DOUBLE
STRENGTH
THERACURMIN®**
60 vegetarian capsules

Helps to relieve joint
pain associated
with osteoarthritis.
Theracurmin® is more
bioavailable than
other leading forms of
curcumin.



ON SALE!

45⁹⁹



**SISU ESTER-C®
SUPREME OR
600 MG**
210 or 240
veg caps

Easy-to-digest,
non-acidic forms of
vitamin C that stay
in the body for a full
24 hours, for around-
the-clock immune
system support.



SUPREME

67⁹⁹

600 MG

55⁹⁹

WS

WomenSense®
is a proud supporter of the
Canadian Women's
Foundation

AdrenaSense® 43⁹⁹

Stressed | No energy | Lack of sleep

EstroSense® 47⁹⁹

Painful periods | Hormonal acne | PMS

MenoSense® 38⁹⁹

Hot flashes | Night sweats | Irritability

ThyroSense® 43⁹⁹

Thyroid health | Nutrient metabolism
Antioxidants

\$5

from the sale of each
bonus bottle will
be donated to the
Canadian Women's
Foundation.



• SALE DATES: FEBRUARY 29 - APRIL 3, 2024 • HEALTHFIRST.CA •

A-1

SOMETIMES LIFE CAN BE STRESSFUL



21⁹⁹
60 chewable tablets

19⁹⁹
60 chewable tablets

22⁹⁹
60 chewable tablets

30⁴⁹
120 g powder

NEW to the Stress-Relax® family!

NIGHTTIME MAGNESIUM BISGLYCINATE helps to reset the body's sleep-wake cycle, allowing you to fall asleep more quickly and sleep longer.

isura®
VERIFIED CLEAN | TESTED NON-GMO



HOST DEFENSE® MUSHROOMS
Assorted varieties and sizes

Certified organic medicinal mushrooms formulated and grown by world-renowned mycologist Paul Stamets.

VEGAN GMOS GLUTEN

ON SALE!

10% off

DIGESTIVE HEALTH



NOW® SUPER ENZYMES
180 capsules

A comprehensive blend of bromelain, ox bile, pancreatin and papain that supports healthy digestive function and optimizes the breakdown of macronutrients.

ON SALE!
44⁹⁹



BONUS

RENEW LIFE® CLEANSEMORE®
150 vegetarian capsules (25% BONUS)

A colon support formula that helps to relieve occasional constipation and promotes bowel movement.

VEGAN GMOS GLUTEN

ON SALE!
31⁴⁹



PROGRESSIVE® PERFECT PROBIOTIC™ 120 BILLION OR 60 BILLION

30 or 60 delayed release vegetable capsules

100% human strain, a better match to your own gut flora and overall health benefits. TRU-ID® guarantees every strain listed on the label is found in the product.

VEGAN GLUTEN
120B - 30 VCAPS

45⁹⁹

60B - 60 VCAPS

64⁹⁹

ACTIVE LIVING



PLATINUM NATURALS® ACTIV-X™
Men or Women - 120 softgels

Scientifically developed for performance, to help increase energy and stamina, speed up recovery time and fight stress.

ON SALE!
82⁹⁹



CANPREV™ BIOACTIVE B OR SYNERGY B
90 or 60 vegetable capsules

Complete B complex formulas that help convert food into fuel to support energy, immune function, and other processes essential for optimal health.

BIOACTIVE B
35⁹⁹

SYNERGY B
26⁹⁹



GENUINE HEALTH GREENS+™
Tropical Fruit - 228 g or Unsweetened Natural - 208 g

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

GMOS GLUTEN

ON SALE!

35⁹⁹



**NUTS TO YOU®
ALMOND
HAZELNUT
BUTTER**
735 g

Tastes nutty, rich and exotic. A great source of calcium, iron, fibre, essential fat and protein.



14⁹⁹



ENJOY LIFE™ BAKING CHIPS
Assorted varieties - 255 - 283 g

Delicious dairy-free baking chips that can be incorporated into any recipe or enjoyed straight from the bag!



6⁹⁹



**LUNDBERG®
ORGANIC RICE**
Select varieties - 907 g

Full-flavoured and an excellent source of whole grains. The perfect side dish for any meal.



12⁴⁹



**BULLETPROOF™
COFFEE OR
BRAIN OCTANE™**
Select varieties and sizes

Blend together with grass-fed butter for improved performance and energy. A delicious and energizing way to start your day!



15%^{off}



Spring is synonymous with renewal and rejuvenation. Embrace the season by nourishing your body with our thoughtfully curated recipes. Indulge in our Tuna Chickpea Salad to kickstart your spring wellness journey!

TUNA CHICKPEA SALAD

1 SERVING

Tantalize your taste buds with this salad recipe—bursting with protein, freshness, and zesty hummus dressing!

INGREDIENTS

Dressing

- 2 Tbsp hummus
- 1 Tbsp olive oil
- 1 Tbsp Dijon mustard
- 2 Tbsp fresh lemon juice

Tuna Salad

- 1 can of skipjack tuna, drained
- ½ cup of cooked chickpeas
- 1 cup chopped celery
- 1 cup cherry tomatoes, halved
- ½ cup chopped fresh parsley

METHOD

1. Whisk the dressing ingredients in the bottom of a medium-sized bowl.
2. Once combined, mix with the tuna, fold in the rest of the ingredients, and season with salt and pepper.

*Optional: Garnish with red or green onion and chopped pistachios.

Discover more nutritious recipes in the Health First Reset & Renew 7-Day Guide to Spring Wellness.

SCAN HERE!



FROZEN FOODS



EARTH BALANCE® VEGAN BUTTERY SPREADS

Select varieties - 368 - 425 g

Creamy, spreadable texture and rich buttery taste. Use for cooking, spreading and baking.



ON SALE!

7⁹⁹



BREMNER'S ORGANIC FROZEN FRUIT

Assorted varieties - 300 g

Premium quality fruit and fruit blends - perfect additions to any smoothie!



ON SALE!

6⁴⁹



KARTHEIN'S ORGANIC SAUERKRAUT

Assorted flavours - 750 ml

Made with simple organic ingredients, this sauerkraut is unpasteurized and naturally fermented and contains naturally occurring enzymes and probiotics, which are beneficial for your gut health.



ON SALE!

11⁴⁹



KARTHEIN'S ORGANIC KIMCHI

750 ml

Inspired by a traditional Korean recipe, this Kimchi is made with green cabbage, loaded with local organic vegetables and a little spice, and naturally fermented.



ON SALE!

13⁹⁹



WEDDERSPOON™ 100% RAW MANUKA HONEY
Assorted varieties and sizes

A true gem of New Zealand, always raw and unpasteurized, Wedderspoon sources the purest Manuka available.



ON SALE!

25% off



ORGANIC TRADITIONS® SUPERGREENS
Assorted varieties - 100 g

An organic greens blend to support digestion and gut health with 1 billion probiotics per serving. Packed with organic greens, vitamins, minerals, and antioxidants.



ON SALE!

16⁹⁹



RAINCOAST GLOBAL™ WILD SKIPJACK TUNA
Assorted varieties - 142 g

Sourced from MSC-certified pole and line fisheries and packaged in BPA free cans. 100% traceability from boat to can.



ON SALE!

3⁹⁹



LILY'S® CHOCOLATE BARS
Assorted varieties - 80 - 85 g

Made from premium, fair trade chocolate without any added sugar! Unbelievably delicious chocolate for snacking and baking. The good kind of "sweet."



ON SALE!

2/\$9



WATKINS ASSORTED FOOD COLOURING
4 x 8.9 ml bottles

Made with 100% natural vegetable juices and spices.



ON SALE!

9⁹⁹



UNCLE LEE'S TEA® PREMIUM ORGANIC TEAS
Assorted varieties - 100 tea bags

Using larger leaf pieces offers a more flavourful distillation. Grown without the use of pesticides and full of health-promoting antioxidants.



ON SALE!

7⁴⁹



NUTS TO YOU® PEANUT BUTTER
Smooth or Crunchy - 750 g

A great source of protein for a healthy snack. This natural butter will leave you wanting more.



ON SALE!

6⁹⁹



NEAL BROTHERS® TORTILLA CHIPS
Assorted varieties - 300 g

Extraordinary taste yet deliciously simple ingredients. Tortilla chips prepared in the traditional Mexican way.



ON SALE!

2/\$10



INARI ORGANIC BLACK CHIA SEEDS

500 g

Abundant in essential fatty acids and are an excellent source of fibre.



ON SALE!

6⁹⁹



ELMHURST® PLANT-BASED MILKS

Assorted varieties - 946 ml

Made without using gums or fillers. Just a few simple ingredients so that you experience the flavour and nutrition in each creamy glass.



ON SALE!

7⁹⁹



NOW® WHOLE PSYLLIUM HUSKS

454 g

A convenient way to increase your intake of soluble fibre and support a healthy digestive tract.



ON SALE!

18⁹⁹



TRADITIONAL MEDICINALS® WELLNESS TEAS

Assorted varieties - 16 bags

Carefully crafted, high-quality herbal teas that are made with all-natural ingredients.



ON SALE!

5⁴⁹

**1 IN 3
CANADIANS
DOESN'T GET ENOUGH MAGNESIUM**



ARE YOU? **28⁴⁹**

New Roots
HERBAL

Inspired by Nature, Driven by Science
to **Make Life Better!**



Magnesium Bisglycinate Plus
100 mg Elemental Magnesium
Healthy Muscle Function
Calm on the Nervous System

**DON'T LET PAIN
STOP YOU!**



**REDUCING
INFLAMMATION
CAN KEEP
YOU GOING**

29⁴⁹

**Curcumin
PLUS PIPERINE**
95% Curcuminoids
500 mg
Anti-Inflammatory



New Roots



A. VOGEL PROSTATE 1
60 capsules

Contains organic Saw Palmetto fruit extract and helps prevent and relieve symptoms of benign prostate hyperplasia.

ON SALE!
54⁹⁹



**SKIN ESSENCE
ORGANICS**

Assorted varieties and sizes

Canada's premium, certified organic skin care brand that sources the purest and highest quality ingredients for healthy skin and real results!

ON SALE!
15% off



**VEGA® ALL-IN-ONE
SHAKE**

Assorted flavours - 827 - 876 g

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

ON SALE!
15% off

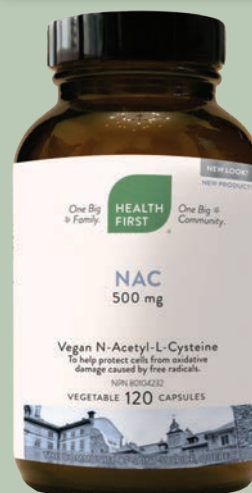


**PROGRESSIVE®
MULTIVITAMIN FOR ADULT
WOMEN OR MEN 50+
120 vegetable capsules**

Addresses the needs of an aging body with a complex of supporting nutrients designed to address age-specific health needs for women and men.

ON SALE!
35⁹⁹

HEALTH FIRST®



**HEALTH
FIRST® NAC**
120 vegetable capsules

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

ON SALE!
25⁹⁹



**HEALTH
FIRST® OMEGA
ONE DAILY
SUPREME**
60 enteric gelscaps

Contains 700mg of EPA and 280mg of DHA per serving. Assists in supporting normal cardiovascular health and brain function.

ON SALE!
42⁹⁹



**HEALTH FIRST®
CHLOROPHYLL**
Mint or Unflavoured - 500 ml

Is preservative free and sourced from non-GMO alfalfa, acting as an internal deodorizer to reduce body odour.

ON SALE!
18⁷⁹



**HEALTH
FIRST® ALOE
VERA JUICE**
Pomegranate - 500 ml

Contains certified organic aloe, a source of antioxidants to help soothe inflammation of the intestinal tract.

ON SALE!
9⁹⁹

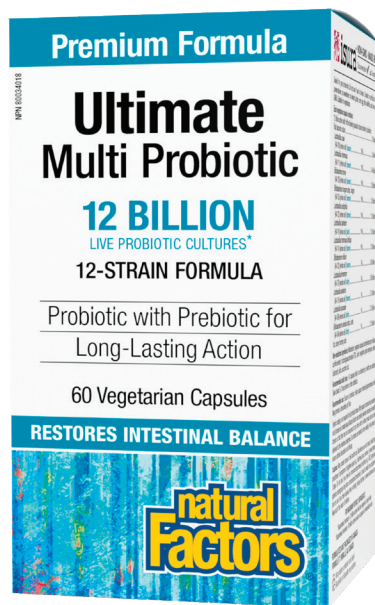
RESET & RENEW




HEALTH FIRST® LIVER SUPREME
60 vegetable capsules

Features the patented and highly bioavailable Siliphos® silybin milk thistle extract along with dandelion and alpha lipoic acid to help support liver health and relieve digestive disturbances. Discover **Your 7 Day Guide to Spring Wellness** for easy-to-follow meal plans, recipes and supplement recommendations to support you on your health and wellness journey this spring!

37⁹⁹



**NATURAL FACTORS®
ULTIMATE
MULTI
PROBIOTIC**
60 vegetarian capsules

12 billion live probiotic cultures help to restore and maintain healthy, balanced intestinal flora.

GMOS GLUTEN
ON SALE!
23⁹⁹

prairien**naturals**®

Cleanse & Alkalize

Reset your body with a 7 Day Herbal Cleanse and a Morning Alkaline Drink

ReCleanse® 7-Day Herbal Cleanse is a safe, effective 7-Day whole body detoxification kit supported by clinical use.

Formulated by Holistic Health Consultant RoseMarie Pierce (B.Sc. Pharm.), Morning Rise & Shine™ is your Natural Prescription for Healthy pH.



ReCleanse - 7 Day Kit
2-Step Herbal Cleansing System
\$23⁹⁹

Morning Rise & Shine
126g Powder
\$26⁹⁹

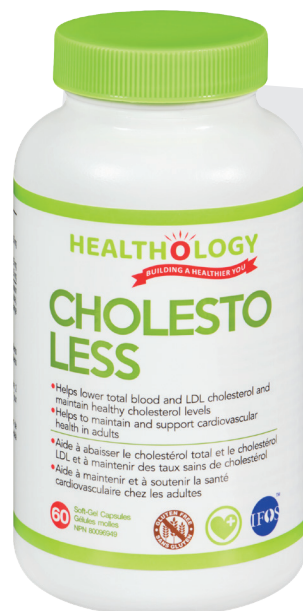
Morning Rise & Shine
252g Powder
\$53⁹⁹



**NUTRASEA®
OMEGA-3 KIDS
GUMMY CHEWS
OR DRY EYE**
30 gummies or 120 soft gels

Omega-3 Kids Gummy Chews contain 500mg of EPA+DHA and 500 IU of vitamin D3 per gummy. **Dry Eye** helps to relieve and improve symptoms of dry eye syndrome.

GMOS KIDS
ON SALE!
23⁹⁹
GMOS DRY EYE
49⁹⁹



**HEALTHOLOGY
CHOLESTO-LESS**
60 soft-gel capsules

Helps maintain and support cardiovascular health by lowering total blood and LDL cholesterol and maintaining healthy cholesterol levels.

GMOS GLUTEN
ON SALE!
40⁹⁹



GARDEN OF LIFE® GRASS FED COLLAGEN PEPTIDES OR BEAUTY
560 g or 270 g

Meet your specific needs; whether it's fortifying hair, skin and nails or supporting healthy joints, there is a clean, convenient answer in these collagen powders.

GMOS GLUTEN
PEPTIDES
47⁹⁹
BEAUTY
39⁹⁹



**HEALTH FIRST®
MELATONIN
SUPREME**
120 tablets

Features USP grade MelaPure™ melatonin, helping to increase total sleep time and reduce the total time falling asleep.

VEGAN GMOS GLUTEN
ON SALE!
16⁹⁹



Barrhaven
3054 Woodroffe Ave.

Blossom Park
2950 Bank Street

Merivale
1701 Merivale Road

Montreal Road
556 Montreal Road

Orleans
3712 Innes Road

Stittsville
1250 Stittsville Main Street

Westgate
1309 Carling Avenue

613-224-1414 • kardish.com



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