

A PROUD MEMBER OF

HEALTH FIRST

PROUDLY CANADIAN SINCE 1999.



healthfirst.ca



# OLIVER

## HEALTH FOODS

Southern Alberta's most experienced health food store, serving you since 1953.

107 COLLEGE CENTRE 2045 Mayor Magrath Dr. South, Lethbridge

403-327-4994 • [www.oliverhealthfoods.ca](http://www.oliverhealthfoods.ca)



**HEALTH FIRST® CAL MAG OR CAL MAG PLUS K2 SUPREME**  
120 tablets or 450 ml

Feature Aquamin™ plant source calcium. Over 30% calcium plus vitamin K2 and trace minerals, including 13 key minerals for bone health.



120 tablets

48<sup>99</sup>

450 ml

29<sup>99</sup>



**PREFERRED NUTRITION® ASHWAGANDHA GUMMIES**  
60 gummies

A traditional herbal formula that helps increase energy and resistance to stress in delicious, berry-flavoured, vegan gummies.



ON SALE!

19<sup>99</sup>



**RENEW LIFE® ULTIMATE FLORA® WOMEN'S EXTRA CARE® PROBIOTIC**  
60 vegetarian capsules

Helps support women's intestinal and gastrointestinal health with 12 probiotic strains and 50 billion active cultures in a shelf-stable formula!



ON SALE!

67<sup>49</sup>



**NOW® SUPER ENZYMES**  
180 capsules

A comprehensive blend of enzymes that supports healthy digestion and helps to optimize nutrient availability and the breakdown of fats, carbohydrates, and protein.

ON SALE!

15% off



**NEW ROOTS HERBAL MAGNESIUM BISGLYCINATE PLUS**  
120 vegetable capsules

Contains 150 mg of elemental magnesium, which helps to maintain proper muscle and heart function, and is gentle on the stomach.



ON SALE!

30<sup>99</sup>



**PREFERRED NUTRITION® WOMEN'S OR MEN'S COMPLETE MULTI**  
60 vegetarian capsules each

A one-per-day comprehensive blend of vitamins, minerals, and supportive nutrients formulated specifically for men or women.



ON SALE!

19<sup>99</sup>



**NUTRASEA® DRY EYE TARGETED OMEGA-3**  
120 softgels or 200 ml

Helps to relieve and improve symptoms of dry eye syndrome, including support for proper tear function. Provides 1500 mg of EPA+DHA and 150 mg of GLA.



ON SALE!

47<sup>99</sup>



**CANPREV™ COLLAGEN**  
Assorted varieties and sizes

Offers hydrolyzed peptides in the right size and sequence for enhanced collagen building for skin, muscle, joint and cartilage, tendon and bone.



ON SALE!

10% off

• SALE DATES: APRIL 3 - 18, 2026 • [HEALTHFIRST.CA](http://HEALTHFIRST.CA) •

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VIEW OUR FLYER ON

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# A MULTI FOR THE WHOLE FAMILY



## HEALTH FIRST® MULTI FIRST CHEWABLE

Natural orange - 120 chewable tablets

A well-rounded multivitamin with highly absorbable forms of vitamins and minerals, including active B vitamins, buffered vitamin C and plant-sourced Aquamin™ calcium and magnesium, with real fruit and vegetable extracts.



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

## WOMEN'S WELLNESS



## HEALTH FIRST® WHOLE WOMAN SUPREME

60 vegetable capsules

Features EstroG-100® plus adaptogens to boost the vitality and well-being of mature women! Helps to relieve menopausal symptoms, manage blood sugar and stress, and nurture immunity.



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



## HEALTH FIRST® UTI SUPREME

60 vegetable capsules

Contains clinically-studied ELLIROSE™ hibiscus along with cranberry and D-mannose which are shown to reduce recurrent urinary tract infections.



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



## HEALTH FIRST® CURCUMIN SUPREME EXTRA STRENGTH

120 vegetable capsules

Contains Meriva®, a highly bioavailable curcumin clinically proven to help relieve joint pain and inflammation.



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



## HEALTH FIRST® CAL MAG SUPREME

Natural - 450 ml

Features Aquamin™ plant source calcium. Over 30% calcium plus trace minerals, including 13 key minerals for bone health.



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

HEALTH FIRST

# RESET & RENEW

YOUR 7 DAY GUIDE TO WELLNESS



healthfirst.ca

## RESET YOUR LIVER. RENEW YOUR ENERGY.

Your liver plays a central role in how you feel each day. The right support can help maintain balance and overall vitality.

Scan the QR code to start your 7-Day Reset & Renew. Get simple meal plans, nourishing recipes, supplement guidance, and daily habits to help you feel more energized and balanced.



## HEALTH FIRST® LIVER SUPREME

60 vegetable capsules

Features Siliphos® silybin Phytosome® milk thistle extract, alpha-lipoic acid, plus dandelion root to help support liver function and relieve digestive disturbances.



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



## HEALTH FIRST® MAGNESIUM SUPREME EXTRA STRENGTH

120 tablets

Is a high potency magnesium glycinate at 250 mg per tablet. Helps to maintain proper muscle function, bone maintenance and development.



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



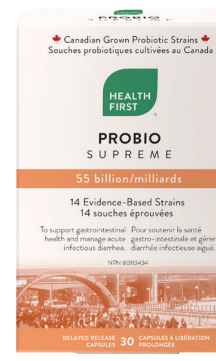
## HEALTH FIRST® CHLOROPHYLL

Mint or unflavoured - 500 ml

Preservative free and sourced from non-GMO alfalfa, chlorophyll acts as an internal deodorizer to help reduce body odour.



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



## HEALTH FIRST® PROBIO SUPREME

30 delayed release capsules

All strains grown in Quebec! Contains 55 billion CFU and 14 evidence-based strains selected for efficacy to help support gastrointestinal health.



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



## HEALTH FIRST® RESPIR FIRST

500 ml

Delicious herbal formula that helps to relieve bronchitis, coughs, colds, and seasonal allergy symptoms.



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

# Whole Earth & Sea® celebrating **COMMUNITY** across Canada because the **HEALTH OF OUR EARTH** begins in our own **communities**

## DEEP OCEAN MINERALS

contains over 70 essential minerals and trace elements. These nutrients help maintain proper muscle function and thyroid function, and support the development and maintenance of bones and teeth. This formula supplies a source of electrolytes to help maintain good health.

## WHOLE FOOD PROBIOTIC

is a 100% plant-based, dairy-free, once-daily probiotic supplement made through natural fermentation processes with an organic, fermented prebiotic blend.

## MULTIS

are the non-GMO, wholefood formulas featuring bioenergetic vitamins and minerals in a nutrient-rich base of organic plants grown on Whole Earth & Sea Farms.

## GREENS AND PROTEIN & GREENS

are certified organic formulas providing 6 g and 21 g of quality plant protein, are non-GMO and vegan-friendly, and contain organic grasses, fruits, and vegetables from our farms, along with a comprehensive organic mushroom blend.

13<sup>99</sup>



2<sup>49</sup>

## ORGANIC GREENS PROTEIN BARS

are the wholefood answer to healthy, on-the-go nutrition. Each chocolate-covered bar is 100% organic and made with 80% raw ingredients, providing 17 g of quality plant-based protein in a low-glycemic formula. A great-tasting, green superfood designed to fuel your life and satisfy your hunger.

**Women's Voice** magazine special edition, celebrating our Earth – our only home!

**Our Beautiful Green Earth** box contains three beautiful children's books educating on the wonder of planting a seed and watching it grow.



32<sup>99</sup>



29<sup>99</sup>



37<sup>99</sup>



37<sup>99</sup>



54<sup>99</sup>



51<sup>49</sup>



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