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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



HEALTH FIRST® BERRY C SUPREME®
180 vegetable capsules

Contains calcium ascorbate, a highly bioavailable and buffered form of vitamin C, along with BioPerine®, antioxidants, red bioflavonoids and quercetin for the maintenance of good health.



ON SALE!
33⁹⁹



PREFERRED NUTRITION® COLLAGEN
500 g

Made from grass-fed, pasture-raised bovine collagen. Provides 10 g of collagen peptides and 9 g of protein per scoop.



ON SALE!
43⁹⁹



SALUS FLORAVIT® OR FLORADIX®
500 ml

Clinically proven to quickly raise iron levels and restore your energy. Easily absorbed, non-constipating formula.

ON SALE!
43⁹⁹



NATURAL FACTORS® MAGNESIUM BISGLYCINATE 200 MG
250 vegetarian capsules

Helps maintain proper muscle function, including the heart muscle, and helps maintain the body's ability to metabolize nutrients.



ON SALE!
32⁹⁹



NUTRASEA® OMEGA-3
Lemon Flavour - 500 ml

Great-tasting, ultra-pure omega-3 for the maintenance of good health, cardiovascular health and cognitive and brain function.



ON SALE!
53⁹⁹



NOW® L-ARGININE 500 MG
100 veg capsules

Supports protein and creatine synthesis, nitric oxide production, and the detoxification of ammonia in the body.



ON SALE!
20% off

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
CANADIAN WOMEN'S FOUNDATION

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

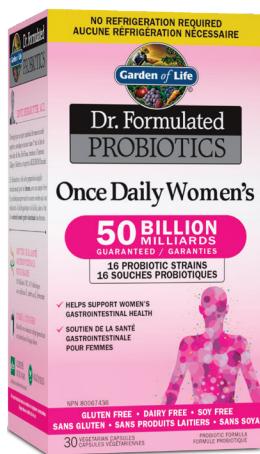


• SALE DATES: MARCH 6 - 21, 2026 • HEALTHFIRST.CA •

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VIEW OUR FLYER ON **flipp**

A-1



GARDEN OF LIFE® DR. FORMULATED PROBIOTICS ONCE DAILY WOMEN'S
30 vegetarian capsules

Helps support women's gastrointestinal health with 16 probiotic strains and 50 billion CFU per capsule.



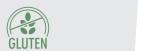
ON SALE!

39⁹⁹



GENUINE HEALTH FAST JOINT CARE WITH NEM® & TURMERIC
60 + 60 capsules

Reduces pain and stiffness caused by inflammation and osteoarthritis with NEM® and fermented turmeric.



ON SALE!

61⁹⁹



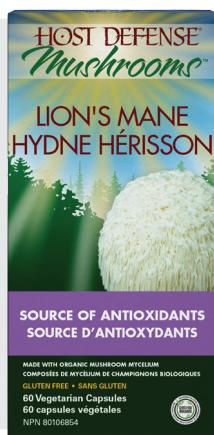
NATURAL FACTORS® VITAMIN K2 100 MCG
360 vegetarian capsules

Helps increase calcium absorption to strengthen bone density and inhibits the calcification of arteries and other soft tissues.



ON SALE!

31⁹⁹



HOST DEFENSE® MUSHROOMS
Select varieties and sizes

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



ON SALE!

10% off



HARMONIC ARTS
60 capsules each

Radiance supports healthy aging and vitality. Resilience supports recovery from mental and physical stress.



ON SALE!

15% off



ST. FRANCIS HERB FARM HEPATODR®
100+50 ml

Full-spectrum liver detox support to help cleanse the body, and helps regenerate and cleanse the liver.



ON SALE!

28⁹⁹



FLORA DIGESTIVE ENZYMES
Assorted varieties and sizes

Help maintain the overall health of your digestive system.



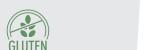
ON SALE!

15% off



HOMEOCAN REAL RELIEF™ MAGNESIUM+ RESTLESS LEGS
45 chewable tablets

Helps overcome symptoms of magnesium deficiency including fatigue, nervousness, agitation, twitching and cramps.



ON SALE!

14⁴⁹



A. VOGEL CALIFORNIA POPPY
30 tablets

Relieves restlessness and/or nervousness and is used as a sleep aid during times of mental stress.



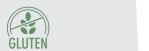
ON SALE!

25⁹⁹



PROGRESSIVE® GRASS-FED WHEY PROTEIN
Assorted flavours - 375 - 850 g

Features a gently processed, low-temperature filtered whey protein concentrate imported from New Zealand. Contains zero artificial flavours, colours, or sweeteners.



ON SALE!

25% off



PROGRESSIVE® PHYTOBERRY® OR VEGEGREENS®
Assorted varieties and sizes

A single serving has the equivalent nutrient content of 6 to 8 servings of fresh fruit or vegetables.



25% off



PRAIRIE NATURALS® ORGANIC SUPERFOODS
Assorted varieties and sizes

Antioxidant-rich, nutrient-dense foods that will help boost your overall health and wellness.



ON SALE!

20% off



HERBATINT® PERMANENT HAIR COLOUR GEL
Assorted colours

Formulated using safe ingredients balanced with extracts from natural herbs. No ammonia, no damage, just healthy shine.

ON SALE!

15% off



PRAIRIE NATURALS® SHAMPOOS OR CONDITIONERS
Select varieties - 350 - 500 ml

Made from herbal extracts and natural plant emollients, leaving your hair shiny and manageable.



ON SALE!

14⁹⁹



SKIN ESSENCE ORGANICS
Assorted varieties and sizes

A premium, certified organic skin care line that sources the highest quality ingredients from around the world to nourish and heal the skin.



ON SALE!

10% off



KOOPE MOISTURIZER
Assorted varieties - 50 ml

Absorbs quickly, helps balance hydration, soothes, strengthens the skin's barrier, and restores the skin.



ON SALE!

33⁹⁹

BEAUTY BOUTIQUE

WHICH OMEGA IS RIGHT FOR YOU?

Assorted
gencaps

10%
off

NEW &
IMPROVED
FORMULAS



Daily support for heart, brain and overall health

Health First® Omega First and **Omega One Daily Supreme** are made to the highest standards so you can feel confident in your choice. Because modern diets are often low in omega-3s, it can be difficult to get enough EPA and DHA from food alone.

- ✓ **IFOS™ CERTIFIED**
Independently tested for quality, purity, and safety.
- ✓ **WILD-CAUGHT, SINGLE-SOURCE FISH**
Responsibly harvested Peruvian anchovy for consistent quality.
- ✓ **BALANCED EPA AND DHA**
Formulated in ratios to suit different needs.
- ✓ **TRIGLYCERIDE-BASED OMEGA-3**
A natural form that supports improved absorption.

EXCLUSIVELY AT HEALTH FIRST MEMBER STORES

Not sure which Health First Omega is right for you or your family? Your local Health First team is here to help, offering trusted guidance and personalized support.

Energy support for every stage of *life*

Support energy and vitality with the Regenerlife™ healthy-aging line.

Mitochondrial Energy supports cellular powerhouses with CoQ10, acetyl-L-carnitine, and ElevATP™ to optimize energy production and reduce fatigue. **Creatine** builds strength and recovery with micronized creatine monohydrate, fuelling high-intensity activity and muscle health. **NMNSurge** replenishes NAD+ levels with nicotinamide mononucleotide (NMN) for cellular repair and sustained energy.



THE GOLDEN ROOT FOR INFLAMMATION

32.49

- OPTIMAL BIOAVAILABILITY
- CONTAINS PIPERINE TO IMPROVE ABSORPTION
- 95% CURCUMINOIDS
- CARBON 14-TESTED

Curcumin PLUS PIPERINE
95% Curcuminoids
500 mg
Anti-Inflammatory
New Roots

ANCIENT WISDOM, MODERN QUALITY

- SOURCED FROM GRASS-FED NEW ZEALAND CATTLE
- FREE OF ANTIBIOTICS, HORMONES, PESTICIDES, AND BSE
- 100% PURE, FREEZE-DRIED

13.99

40 YEARS
New Roots
MAKING LIFE BETTER

Grass-Fed Beef Liver
Pure Glutathione - 400 mg
Herb- and Pesticide-Free
Supports Immunity
New Roots

Made in Canada
NON-GMO
TESTED IN AN ISO 17025 ACCREDITED LABORATORY
GMP
ND Approved

goodprotein®

Shakes That Go Beyond Protein

Good Protein's All-in-One Shake offers complete nutrition—without compromising on taste.

440 g each
33.99

- VEGAN
- GMOS
- GLUTEN

- 21g PROTEIN
- 7g FIBRE
- 25+ ESSENTIAL NUTRIENTS
- PROBIOTICS & DIGESTIVE ENZYMES
- NO ADDED SUGAR

CanPrev
Pro-Biotik 15B
Multi Strain Probiotic

Adults: 5 Therapeutic Species
Minimum 15 Billion CFU
Shelf Stable

PRO ESSENTIALS™

60 VEGETABLE CAPSULES VÉGÉTALES

PREMIUM NATURAL HEALTH PRODUCTS

CANPREV™ PRO-BIOTIK™ 15B
60 vegetable capsules

Shelf stable with a minimum 15 billion CFU from 5 critical, balanced, therapeutic species, and contains bacteria naturally found in the human GI tract.

ON SALE!
29.99

GMOS GLUTEN

Preferred NUTRITION
L-Theanine
250 mg

HELPS PROMOTE RELAXATION

150 VEGETARIAN CAPSULES

DOCTOR'S TRUSTED CHOICE

PREFERRED NUTRITION® L-THEANINE 250 MG
150 vegetarian capsules

Helps to temporarily promote relaxation.

ON SALE!
22.99

VEGAN GMOS GLUTEN

HEALTH FIRST®
MAGNESIUM CITRATE
180 capsules

150 mg of elemental magnesium in a bioavailable citrate form to help in the development and maintenance of bones and teeth.

Elemental Magnesium 150 mg
A factor in the maintenance of good health.

180 CAPSULES

ON SALE!
28.99

GMOS GLUTEN

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