

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



**HEALTH
FIRST®
ACTIVE B
SUPREME**
90 vegetable capsules

With highly bioavailable forms of B vitamins to support energy production in the body.



ON SALE!

35⁹⁹



BONUS
SIZE

**WOMENSENSE®
THYROSENSE®**

210 vegetarian capsules (30 FREE)



ON SALE!

43⁹⁹

Supports thyroid health and helps with weight management, fatigue and thinning hair.



**PREFERRED NUTRITION®
MAGNESIUM
BISGLYCINATE 200 MG**
300 vegetarian capsules



ON SALE!

27⁴⁹

A gentle magnesium formula that helps support bones, teeth, nutrient metabolism, and muscle function, including the heart.



**GOOD PROTEIN®
ALL-IN-ONE SHAKE**
440 g



ON SALE!

30⁹⁹

Made with real plant-based ingredients and packed with a balanced intake of nutrients.



BIOSIL™
120 vegetarian capsules

Nourish your skin, reduce fine lines and wrinkles, and thicken and strengthen your hair and nails.



ON SALE!

69⁹⁹



**SALUS FRESH
PLANT JUICES**
Assorted varieties -
200 ml or 200 g

Provide a high bioavailability of nutrients, absorbed quickly, and are all natural, without any sweeteners.

Juices - 200 ml

15⁹⁹

Red Beet - 200 g

30⁹⁹

Redefining beauty from the inside out

- Includes 5 types of collagen, including NEM®
- Provides 10 g of non-GMO hydrolyzed collagen peptides per scoop

isura®
VERIFIED | TESTED
CLEAN | NON-GMO



36⁹⁹
267 g powder

54⁹⁹
500 g powder

- A unique formula featuring VERISOL® BIOACTIVE COLLAGEN PEPTIDES®, hyaluronic acid, L-tryptophan, L-glutamine, vitamin C, and biotin to help in collagen synthesis
- Provides 10 g of protein per serving

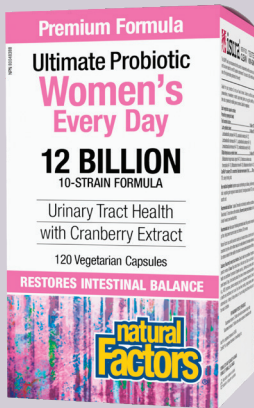
• SALE DATES: MAY 1 - 16, 2026 • HEALTHFIRST.CA •

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VIEW OUR FLYER ON *flipp*

A-1

WOMEN'S WELLNESS



NATURAL FACTORS®
ULTIMATE PROBIOTIC WOMEN'S EVERY DAY
120 vegetarian capsules

Combines 12 billion live probiotic cultures from 10 strains with CranRich to help prevent recurrent urinary tract infections.



ON SALE!
46⁹⁹



CANPREV™
ADRENAL CHILL
90 vegetable capsules

Combines ashwagandha and L-Theanine to help increase resistance to stress and anxiety and improve overall quality of life.



ON SALE!
29⁹⁹



ST. FRANCIS HERB FARM
MENOPAUSE SUPPORT
90 capsules

Helps relieve uncomfortable symptoms associated with menopause.



ON SALE!
34⁹⁹



NIYAMA®
STRONG LIKE A WOMAN™
Assorted flavours - 355 - 389 g

Combines creatine, vitamin D3, and electrolytes to fuel strength, energy, and cognitive health.



ON SALE!
38⁴⁹



FLORA LIQUID TONICS
Assorted varieties and sizes

Offer an easy and effective way to support vitality with high-quality, plant-based ingredients.



ON SALE!
15% off



CANPREV™
PRENATAL MULTI
120 vegetable capsules

Provides 24 vitamins and minerals in therapeutic doses to support the nutritional needs of pregnancy and prenatal development.



ON SALE!
26⁹⁹



SMART SOLUTIONS™
PRODUCTS
Assorted varieties and sizes

Provide effective solutions to women's common health concerns including hormone imbalance, nutrient deficiencies, weight management, sleep issues, stress, and more.



ON SALE!
15% off



NIYAMA®
YOU'VE GUT THIS
207 g

Contains prebiotic fibre, resistant starch, and probiotics to support improved digestion and regularity, less bloating, and a balanced microbiome.



ON SALE!
35⁹⁹



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

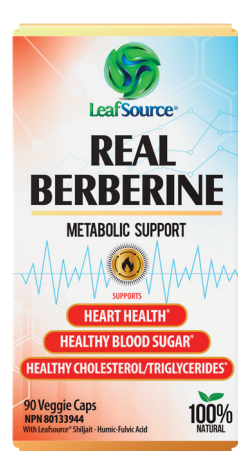


ITL HEALTH
MAG3N8
120 capsules

Highly absorbable magnesium L-threonate with no fillers or extras.

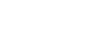


ON SALE!
19⁹⁹



LEAFSOURCE®
REAL BERBERINE
90 veggie caps

Helps balance blood sugar, improves insulin sensitivity, and provides metabolic support.



ON SALE!
35⁹⁹



PRAIRIE NATURALS®
QUERCETIN 500 MG
120 v-capsules

Supports healthy immunity by preventing cell damage by free radicals and inhibits certain chemical pathways from generating inflammation.



ON SALE!
48⁹⁹



GENUINE HEALTH GREENS+
Assorted varieties - 199 - 228 g

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



ON SALE!
34⁹⁹



MEGAFOOD®
MULTIVITAMINS
Assorted varieties and sizes

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.



ON SALE!
15% off



HEALTHOLOGY
LIV-GREAT LIVER FORMULA
60 vegetable capsules

Provides the liver with daily support by boosting its detox capacity and helps protect it from damage.



ON SALE!
39⁹⁹



NATURAL CALM®
GUMMIES
100 gummies

The solution to both restoring a healthy magnesium level and balancing your calcium intake, providing natural stress relief.



ON SALE!
40⁹⁹

HEALTH
FIRST

FUEL YOUR BODY WITH B VITAMINS

Busy schedules, stress, and dietary gaps can leave your body running low on essential B vitamins. This collection features active forms of key B vitamins to help support energy production and a healthy nervous system.

Scan the QR code for a quick guide to B vitamins and how each formula can help support energy and resilience to stress. For personalized guidance, speak with the knowledgeable team at your local Health First store.



ACTIVE B COLLECTION



ON SALE!
35⁹⁹

ACTIVE B SUPREME 90 vegetable capsules

Support energy production in the body with active and highly bioavailable forms of all 8 key B vitamins plus inositol and choline.



ON SALE!
14⁹⁹

P-5-P SUPREME 60 vegetable capsules

Contains 50 mg of pyridoxal 5'-phosphate, the active form of vitamin B6, to help support energy metabolism, tissue formation, and the production of red blood cells.



ON SALE!
16⁹⁹

BENFOTIAMINE SUPREME 60 vegetable capsules

Provides 100 mg of benfotiamine, the active form of vitamin B1, to help prevent deficiency, support normal growth and assist in energy production.



ON SALE!
15⁹⁹

ACTIVE FOLATE SUPREME 100 vegetable capsules

Provides 1 mg of 5-MTHF, the active form of vitamin B9. Helps reduce the risk of neural tube defects when taken daily before and during early pregnancy.



ON SALE!
17⁹⁹

B12 SUPREME 120 natural cherry lozenges

When diet alone doesn't meet your needs, supplementing with B12 Supreme can help prevent deficiency. Formulated with 1,200 mcg of methylated B12, plus P-5-P B6 and L-5-MTHF folate.



ON SALE!
16⁷⁹

IRON SUPREME 60 vegetable capsules

Features Ferrochel® iron and additional minerals, along with active forms of B vitamins and vitamin C to enhance absorption and help prevent iron deficiency.

VISIT YOUR LOCAL HEALTH FIRST STORE FOR TRUSTED PRODUCTS & VALUABLE WELLNESS RESOURCES.

healthfirst.ca   



BRIDGING THE NUTRIENT GAP

Even with a balanced diet, it can be difficult to get all the nutrients your body needs every day. A well-formulated multivitamin helps support energy, immunity, bone health, and healthy aging with key nutrients your body can absorb and use.

WHAT SETS OUR MULTIVITAMINS APART

- ✓ Made in Canada with high-quality, non-GMO ingredients
- ✓ Easy-to-absorb nutrients that are gentle on digestion
- ✓ Clean formulas free from artificial colours, flavours, and preservatives
- ✓ Tailored options for men, women, and ages 50 plus



MULTI ONE DAILY SUPREME WITH IRON OR MULTI SUPREME IRON FREE
180 tablets or 180 vegetable capsules

Multi One Daily Supreme and Multi Supreme are all-in-one multis packed with phytonutrients, Aquamin™ calcium and magnesium, and buffered vitamin C for optimum bioavailability. They help build strong bones and teeth and support eye, skin and immune health.



MEN'S OR WOMEN'S 50 PLUS MULTI SUPREME
60 vegetable capsules each

Formulated to meet the nutritional needs of men and women over 50, featuring highly bioavailable vitamins and minerals, plus ElderCraft® elderberry for immune and joint health and Kaneka Ubiquinol® for heart health.



PROTECT YOUR VISION AS YOU AGE



VISION SUPREME
100 capsules

As we age, vision changes are common. Formulated to meet the renowned AREDS2 eye study, Vision Supreme helps slow progression of macular degeneration and reduces the risk of cataracts.

SUPPORT MEMORY, FOCUS AND MENTAL CLARITY

Just like the rest of your body, your brain needs key nutrients to maintain memory, processing speed, and overall cognitive health. Omega-3s, magnesium, and targeted ingredients help support focus, mental clarity, and long-term brain health.



ON SALE!
70⁹⁹

OMEGA ONE DAILY SUPREME *120 gelcaps*

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



ON SALE!
39⁹⁹

OMEGA FIRST *120 gelcaps*

Each serving provides 480 mg of EPA and 240 mg of DHA in a 2:1 ratio to support mood balance and cardiovascular and cognitive health.



ON SALE!
39⁹⁹

LION'S MANE *60 vegetable capsules*

Our high potency Lion's Mane extract has been shown to help support cognitive health and immune function. Our mushrooms are certified organic, and 3rd-party tested for consistency and efficacy.



ON SALE!
44⁹⁹

MAGTEIN® MAGNESIUM L-THREONATE SUPREME *90 vegetable capsules*

Features Magtein®, a patented, clinically studied form of magnesium L-threonate shown to cross the blood brain barrier. Magnesium helps to support energy metabolism, tissue formation, and normal muscle function.

SUPPORT A HEALTHY, BALANCED GUT

Bloating, gas, and heaviness after meals are common signs your digestion may need support. These targeted formulas help break down food and restore balance for everyday comfort.

TRY OUR ALOE VERA HYDRATOR RECIPE

Scan for a refreshing drink to support digestion.



PROBIO SUPREME 60 or 30 delayed release capsules

A high-potency probiotic that supports intestinal health and promotes a favourable gut flora. Clinically shown to help manage acute infectious diarrhea and reduce the risk of antibiotic associated diarrhea.



PRIMEZYME 60 vegetable capsules

PrimeZyme is a full-spectrum digestive enzyme formula made from plant and bacterial sources, combined with betaine HCl to help break down proteins, carbohydrates, and fats.



ALOE VERA JUICE Pomegranate or unflavoured - 500 ml

Contains certified organic aloe, a source of antioxidants to help soothe inflammation of the intestinal tract. Delicious on its own or mixed into water, juice, or smoothies!

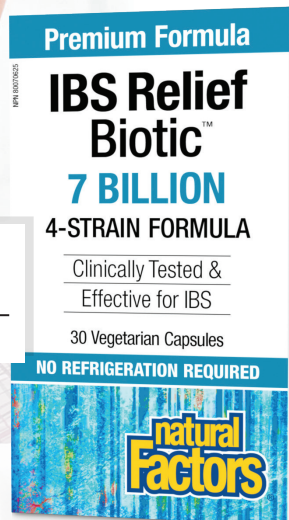


CHLOROPHYLL Mint or unflavoured - 500 ml

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

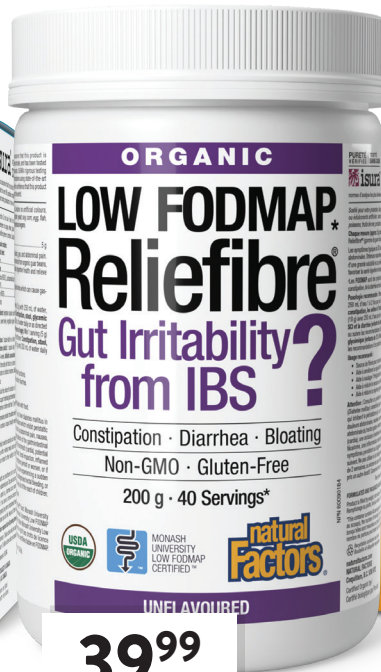


Relief from IBS discomfort with these products from Natural Factors



21⁹⁹
30 vcaps

Premium Formula
IBS Relief Biotic™
7 BILLION
4-STRAIN FORMULA
Clinically Tested & Effective for IBS
30 Vegetarian Capsules
NO REFRIGERATION REQUIRED
natural Factors



39⁹⁹
200 g powder

ORGANIC
LOW FODMAP*
Reliefibre®
Gut Irritability?
from IBS
Constipation · Diarrhea · Bloating
Non-GMO · Gluten-Free
200 g · 40 Servings*
USDA ORGANIC
MONASH UNIVERSITY LOW FODMAP CERTIFIED™
natural Factors
LINEAR AVOIDED



49⁹⁹
30 packets

regenerlife
UniqueRelief™
IBS
Butyric Acid*
1000 mg per pack
Helps Relieve IBS Symptoms
Abdominal Discomfort & Pain
30 packets (4 softgels per pack)



27⁹⁹
30 packets

regenerlife®
UniqueRelief™
IBS
Butyric Acid*
500 mg per packet
Helps Relieve IBS Symptoms
Abdominal Discomfort & Pain
30 packets (2 softgels per packet)
natural Factors

isura®
VERIFIED | TESTED
CLEAN | NON-GMO

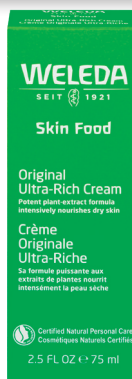
BEAUTY BOUTIQUE



ATTITUDE® NATURAL PRODUCTS
Assorted varieties and sizes
High performance and clean ingredients to pamper your skin the right way.
VEGAN
ON SALE!
15% off



GREEN BEAVER® 100% NATURAL MINERAL SUNSCREEN
Assorted varieties - 60 - 90 ml
Naturally reliable sunscreens that contain healthy, organic ingredients, are chemical-free and leave no sticky residue.
VEGAN | GMOS | GLUTEN
ON SALE!
22⁹⁹



WELEDA SKIN CARE PRODUCTS
Assorted varieties and sizes
An intensely nourishing, deeply hydrating collection of body products.
ON SALE!
10% off



NOW® ESSENTIAL OILS
Assorted varieties and sizes
Crafted with ingredients that are non-GMO, processed using gentle methods, and have industry-leading commitment to testing and quality.
ON SALE!
25% off



NATURAL FACTORS® LIPOSOMAL VITAMIN C
180 liquid softgels

Supports immune function, helps in wound healing and collagen formation, and provides antioxidants that help protect against free radicals.



ON SALE!
36⁹⁹

Candida Stop
15-Day Supply
Helps Fight off Infections

New Roots
HERBAL

90 vegetable capsules

Certified cGMP Production Facility
ISO 17025 Accredited Laboratory-Tested

46⁴⁹ **TARGET OVERGROWTH, RESTORE BALANCE**

ADVANCED PARASITE DEFENSE

38⁹⁹

Purge Parasitis
Antiparasitic

New Roots
HERBAL

90 vegetable capsules

Certified cGMP Production Facility
ISO 17025 Accredited Laboratory-Tested

- TARGETS UP TO 57 PARASITE SPECIES, INCLUDING RINGWORM
- EVIDENCE-BASED FORMULA FEATURING 11 ANTIPARASITIC BOTANICALS

Made in Canada

NON GMO

TESTED IN AN ISO 17025 ACCREDITED LABORATORY

CGMP CERTIFIED

ND Approved

ESTABLISHED SINCE 1985

MADE IN CANADA
Since / Depuis 1992
FABRIQUÉ AU CANADA

prairienaturals®

Add More SuperFoods | to Your Everyday

20% OFF

Fermented & Organic Superfoods

LIVE THE HEALTHY LIFE®
prairienaturals.ca
f i n

GOOD PROTEIN® HIGH PROTEIN PLANT-BASED SHAKE
940 g or 470 g

Contains 32 g of plant-based protein with 5 g BCAAs and 0 g of sugar.

VEGAN GMOS GLUTEN

940 g
52⁹⁹

470 g
31⁹⁹

HEALTH FIRST® SLEEP SUPREME
60 vegetable capsules

PharmaGABA® with inositol, magnesium and key adaptogens to promote relaxation and sleep.

VEGAN GMOS GLUTEN

ON SALE!
24⁹⁹

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South, Lethbridge

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