

A PROUD MEMBER OF

HEALTH
FIRST

PROUDLY
CANADIAN
SINCE
1999.



healthfirst.ca



HEALTHmatters
health store + wellness clinic

#5-9977-178 St., Edmonton • 780-443-3335

Beside Cora's Breakfast

Customer
Appreciation Day:

Last Wednesday of every month:

www.healthmattersstore.ca

NEW
SIZE



**HEALTH
FIRST® WHOLE
WOMAN
SUPREME**
120 vegetable
capsules

Contains
clinically studied
EstroG-100®,
with adaptogens,
to help relieve
key menopausal
symptoms and
support overall
well-being.



ON SALE!

64⁹⁹



CANPREV™ D3 & K2
120 softgels

Assists the body in absorbing
and utilizing calcium and
supports the development and
maintenance of bones and teeth.



ON SALE!

24⁹⁹



**HEALTHOLOGY®
BILE-FX FORMULA**
60 capsules

Supports healthy bile flow
and fat digestion, and
reduces bloating, indigestion,
and heaviness after meals.



ON SALE!

25⁹⁹



**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!

26⁹⁷



BOTANICA

Assorted varieties and sizes

Perfect Protein contains 20 g
of protein, made with just a
few simple organic ingredients.
Perfect Greens is crafted
with 100% organically grown
ingredients.



ON SALE!

15%^{off}



**PROGRESSIVE®
MULTIVITAMIN FOR
ACTIVE MEN OR WOMEN**
120 vegetable capsules each

A complex of supporting nutrients
designed to support an active
lifestyle and address the health
needs of active men and women.



ON SALE!

20%^{off}



NOW® SUPER ENZYMES
180 capsules

Features Ox Bile for fat digestion,
enhanced with Betaine HCl for
first level digestion of protein in
stomach and fast acting delivery.

ON SALE!

15%^{off}



**PREFERRED NUTRITION®
COLLAGEN PLUS
HYALURONIC ACID &
BORON**
60 tablets

Helps relieve activity-induced joint
pain and helps support joint health
and healthy knee joint function.



ON SALE!

25⁹⁹

• SALE DATES: OCTOBER 2 – 17, 2026 • HEALTHFIRST.CA •

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VIEW OUR FLYER ON **flipp**

A-1



NATURAL FACTORS® STRESS-RELAX® ASHWAGANDHA

60 vegetarian capsules

Helps increase resistance to stress and anxiety in people with a history of chronic stress.



ON SALE!
21⁴⁹



AQUAOMEGA OMEGA-3 FISH OIL

Assorted varieties and sizes

Made from non-farmed, wild-caught fish, sourced from the South Pacific Ocean. Their products are certified by the International Fish Oil Standards Program (IFOS™), and Friend of the Sea (FOS®).

ON SALE!
20% off



BOIRON® STODAL®

Select varieties - 200 ml

Homeopathic medicine used for dry or wet cough, irritating cough, or cough with phlegm. **Also available in a sugar-free formula!**

ON SALE!
11⁹⁹



ST. FRANCIS HERB FARM ECHINASEAL®

100 ml + FREE Oregano 1:3 15 ml

Take at the first sign of a sore throat. Unique formula with 2 species of echinacea to fight back against viral infections.

ON SALE!
30⁹⁹



FLORA PROBIOTICS

Assorted refrigerated probiotics

Made up of complete strain formulas which are customized for your condition and age-specific needs and designed to benefit the entire digestive tract.



ON SALE!
15% off



SMART SOLUTIONS™ MENOSMART+™

120 vegetarian capsules

Reduces hot flashes, night sweats and other symptoms of menopause. Contains 300 mg of sage per daily dose to help treat excessive perspiration associated with menopause.



ON SALE!
27⁹⁹

BOOST YOUR SEASONAL IMMUNITY

Ener-D+

Mood & Immunity

- 1000IU plant-based D3 from lichen
- Plus 7 supporting vitamins & minerals
- Bioavailable, sugar-free, and vegan

17⁹⁹

Ener-C

Immunity Support

- 1000mg Vitamin C + Zinc
- 13 essential vitamins & minerals
- Sugar-free & keto-friendly

17⁹⁹

ener-life.com

GF V

NON GMO PROJECT VERIFIED

prairienaturals®

Canada's #1 Men's Health Supplement Brand

60 softgels

29⁹⁹

prost force

Prostate Support Formula

60 V-capsules

44⁹⁹

tongkat ali

Promotes Testosterone

60 softgels

33⁹⁹

vigor force

Promotes Healthy Libido

Nature's way

15% OFF

All Nature's Way Sambucus and Zinc products.

1% FOR THE PLANET MEMBER

Certified B Corporation

Learn more at bcorp.com



YOUNITED ALL-IN SUPERFOOD

Assorted varieties - 250 - 292 g

Each scoop contains 52 organically grown land and sea vegetables, fruits, mushrooms, and herbs, and provides the antioxidant equivalent of 6-8 servings of fruits and vegetables.



ON SALE!
10% off



NIYAMA® CLEAN PLANT PROTEIN

Assorted varieties - 391 - 424 g

Contains 20 g of organic plant-sourced protein plus fibre, vitamins and minerals in each scoop. This powder contains zero sugar, is allergen- and stevia-free, and is easy to digest.



ON SALE!
35% off



IRON VEGAN™ PRODUCTS

Assorted varieties and sizes

A line of plant-based supplements made in Canada! Formulated using real ingredients with nothing but natural flavours, sweeteners and colours.



ON SALE!
20% off



GARDEN OF LIFE® RAW ORGANIC ALL-IN-ONE SHAKE

Assorted flavours - 907 - 1038 g

On-the-go nutrition that contains 20 g of protein, 7 g of fibre and 44 superfoods per serving.



ON SALE!
59% off

HEALTH & BEAUTY



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!
15% off



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!
15% off



WELEDA SKIN CARE PRODUCTS

Assorted varieties and sizes

An intensely nourishing, deeply hydrating collection of body products.

ON SALE!
15% off



QUEEN OF THE THRONES® CASTOR OIL

Assorted sizes

Nature's original skin, hair, lash and brow moisturizer, natural makeup remover, and ultimate carrier oil.



ON SALE!
15% off

HEALTH FIRST®



HEALTH FIRST® OMEGA FIRST

60, 120 or 240 gelscaps

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!
10% off



HEALTH FIRST® OMEGA ONE DAILY SUPREME

60 or 120 gelscaps

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



ON SALE!
15% off



HEALTH FIRST® MEN'S OR WOMEN'S 50 PLUS MULTI SUPREME

60 vegetable capsules

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



ON SALE!
37% off



HEALTH FIRST® BERRY C SUPREME®

180 vegetable capsules



ON SALE!
33% off

Have you ever walked into a room
and *forgot why?* Try these products.

Regenerlife® CogniSave™ All-in-one daily nutritional support for your brain

Regenerlife® Creatine Monohydrate Benefits beyond bodybuilding

Regenerlife® Omega-3 Ultra Strength

High-potency omega-3 with EPA, DHA, and DPA for cardio and cognitive support

Stress-Relax® Tranquil Sleep Promotes restful sleep and calms nervousness

39⁹⁷

30 packets

32⁹⁷

600 g powder

54⁹⁹

150 Enterpure® softgels

39⁹⁹

120 chewable tablets



isura® VERIFIED
CLEAN | TESTED
NON-GMO

naturalfactors.com

WEBINAR

Menopause Brain: From Fog to Focus

Led by naturopathic doctors

Brain fog. Anxiety. Insomnia. Forgetfulness.
Trouble finding words. Can hormone changes
really cause all of this? Absolutely!

Join us to uncover what happens to the brain
during midlife and, more importantly, what you
can do about it. Learn practical nutrition strategies
and simple tools to help steady emotions,
sharpen thinking, and improve sleep.



SCAN HERE TO REGISTER



In partnership with
Health First Network.
Exclusive to Health
First Member Stores.

OCTOBER 20, 2026
7:00 PM EST | 7:00 PM PST

EMBRACE THE WILD AND EXPERIENCE ITS INTENSITY!

SOLVENT-FREE

HAND-PICKED

STEAM-
DISTILLED

24⁷⁹

INDUSTRY-LEADING
93% CARVACROL
CONTENT

RARE WILD SPECIES

BOLD,
SMOOTH FLAVOUR

New Roots
HERBAL

THE ALPHA OF ALL OMEGAS

CLINICALLY
STUDIED RATIO:
2:1 EPA TO DHA

FISH-BASED
SOFTGEL

LABORATORY-
TESTED FOR
POTENCY,
PURITY, AND
SAFETY FROM
HEAVY METALS



43⁶⁹

#1 SELLER

SUPPORTS
HEART AND
BRAIN HEALTH



To ensure these products are right for you, always read
and follow label directions.



MEDI-C PLUS®
Assorted varieties - 600 g

Helps to support and maintain
cardiovascular health, reduce
the recurrence of cold sores,
while building strong bones,
teeth and gums.



ON SALE!
52⁹⁹



GENUINE HEALTH
MARINE CLEAN
COLLAGEN

210 - 228 g

Provides 10 grams of pure hydrolyzed
collagen sourced from wild-caught
fish from the North Atlantic.



ON SALE!
34⁴⁹



**HEALTH
FIRST®**
JOINTS FIRST
500 ml or
180 capsules

Combines
a double
glucosamine
complex with
collagen and
traditional herbs
to help prevent
inflammation and
relieve joint pain.



ON SALE!
30⁹⁹
ON SALE!
32⁹⁹

HOM
TM

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780-443-3335

www.healthmattersstore.ca

STORE HOURS

Monday: 9:30 - 7:00
Tuesday: 9:30 - 8:00

Wednesday: 9:30 - 8:00
Thursday: 9:30 - 8:00

Friday: 9:30 - 7:00
Saturday: 10:00 - 6:00

Sunday: Closed

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