

Rosemary's Natural Choices

95 Lincoln Street • on the corner of Prince Charles Drive & Lincoln Street in Welland • (905) 714-0586

Bonus Buy!

Anti-Aging Silica



Silicea Colloidal Gel is the ideal way to help reduce the signs of aging. It works to build strong, healthy hair and nails and to retain skin elasticity. It can also be used for minor skin irritations, blemishes and as a face mask to smooth wrinkled skin.

Bonus Pack!

2 x 500 mL
Sale.....**\$48.99**

Bonus Buy!

Immunity Start Up Kit



Natural Factors All-in-One Immunity Startup Kit is a one-month supply of the essential supplements to fortify your immune system and lessen the impact of cold and flu!

each kit
Sale.....**\$19.99**

Urinary Health

Bladder and urinary tract health is critical, particularly as we age. Research shows cranberries contain compounds that stop harmful bacteria to prevent urinary tract and bladder infections. CranRich is a proven remedy to improve your urinary health.



180 caps
Sale.....**\$24.99**

Anti-Viral Formula

Anti-Viral Formula supercharges your immune system. There's no need to suffer the misery of cold or flu symptoms as it effectively stops a cold, the flu and other viruses in their tracks. It also has anti-fungal and anti-bacterial properties to help improve your health.



120 caps
Sale.....**\$34.99**

Nutri Flex Supreme

Nutri Flex Supreme contains ingredients traditionally used in herbal medicine to relieve joint pain from osteoarthritis and it helps to maintain healthy cartilage and joints. Nutri-Flex Supreme includes parsley, dandelion and hyaluronic acid. Raspberry flavour.



500 mL
Sale.....**\$36.99**

The Importance of Fish Oil for Good Health

What's so special about fish oil? Fish oil is loaded with omega-3 fatty acids which play important roles in brain function, normal growth and development, and inflammation. Deficiencies have been linked to a variety of health problems, including cardiovascular disease, mood disorders, arthritis, and more. Bio Omega-3 Pure fish oil is a great source of Omega-3 fatty acids to maintain cardiovascular and cognitive health. Bio Omega-3 is ideal for your good health.



500 mL
Sale.....**\$31.49**



200 caps
Sale.....**\$25.99**

Deep Immune

Deep Immune is formulated with a combination of eight traditional herbs that are proven to effectively boost the immune system. Deep Immune can improve your immune health and decrease the tendency and frequency to catch colds, flu and infections. It's also great as a tonic for fatigue and exhaustion.



100 mL
Sale.....**\$29.99**

Gluten Free Vanilla Glazed Donuts



320 g
Sale.....**\$3.99**

Ross Chocolates Dark Chocolate Bar



34 g
Sale.....**\$1.49**

Daiya Dairy Free Cheezy Mac



300 g
Sale.....**\$4.49**

Fruit D'Or Pure Cranberry Juice



1 litre
Sale.....**\$4.99**

Gluten-Free English Muffins



480 g
Sale.....**\$5.99**

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Sale Ends Oct. 13th

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Liposomal Vitamin C

Naka Liposomal C1000 - Non-allergen high potency liposomal Vitamin C provides superior absorption. Vitamin C helps in collagen formation to maintain healthy bones, cartilage, teeth and gums. A source of antioxidants to help fight oxidative damage caused by free radicals.



600 mL
Sale.....**\$38.99**

Cardio Health

Medi-C Plus with calcium, provides high doses of vitamin C and L-lysine to support heart health and immune function. It helps to reduce the recurrence of cold sores and provides antioxidant support to maintain healthy bones, teeth, and gums. Vitamin C and lysine work to build collagen, strengthening the coronary artery.



300 g
Sale.....**\$25.99**

Free Refill on Your 5 Gal. Jug of Water!

With your purchase of Naka Platinum Concentrace Oral Mineral Drops you will receive a 5 gallon water refill. Container not included.



5 gal.
Get a Free water Refill with your purchase of Naka Oral Concentrace Mineral Drops

Nattokinase

Naka Platinum Nattokinase is a concentrated form of natto in a highly stable form, to ensure optimal activity. It supports circulatory health and helps to maintain healthy levels of blood clotting factors within a normal range.



75 caps
Sale.....**\$29.49**

Ammonia Free Natural Hair Colouring



60 mL
Sale.....**\$16.99**

Color & Soin is ammonia free natural hair colour formulated with vegetal (plant) protein and oil extracts that enhances the essential health of your hair. Assorted Colours to choose from.

Quercetin LipoMicel

Quercetin LipoMicel Matrix contains an enhanced source of the antioxidant quercetin that is used in herbal medicine to protect blood vessels, protect against oxidative stress, and provide exceptional immune support. LipoMicel Matrix has 10 times higher absorption!



60 caps
Sale.....**\$29.99**

Bio-K+ for a Healthy Immune System

Your intestinal tract plays a very important role in the immune system. The intestines have a mucous membrane which secretes antimicrobial molecules. These molecules can help to inhibit the growth of illness-causing bacteria. Bio-K+ is a live, patented probiotic that provides active, friendly helpful bacteria that fight the harmful bacteria that accumulates in your gut. BioK+ helps to restore intestinal flora and strengthen your immune system.



12 pack
Sale.....**\$34.99**

BONUS OFFER! - Get 10% off all other Bio-K+ flavours and sizes

No Sugar Kids Snack Trax



125 g
Sale.....**\$3.99**

Bragg Organic Coconut Nectar



296 mL
Sale.....**\$6.99**

Bragg Coconut Nectar is a gourmet, soy-free seasoning made from organic non-GMO verified coconut tree nectar, and sea salt. Great in salads, soups, veggies, rice and beans, casseroles, Tofu, Stir-fries, Tempeh, Marinades, Sauces, and it's delicious on popcorn too.

Ivanhoe Goat Cheese Aged Cheddar



350 g
Sale.....**\$5.99**

Ivanhoe Cheese began as a small dairy cooperative in Ivanhoe, Ontario. Their Aged Goat Cheddar is made with 100% Canadian goat milk, and offers a unique flavour profile with a firm texture and is easy to digest.

Amy's Organic Minestrone Soup



398 mL
Sale.....**\$2.99**

This Italian favourite is made from scratch with rich tomato broth, savoury organic vegetables, tender beans and pasta. It is dairy free, lactose free, soy free, corn free, tree nut free, vegan, and certified kosher.

Royal Red Velvet Cake Mix



300 g
Sale.....**\$4.99**

Easy-to-make cake mixes that are gluten-free. Naturally sweetened with organic date sugar. Always delicious, always simple, and completely guilt-free!

Rosemary's Natural Choices • www.rosemarysnaturalchoices.com

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And you can also find us on Instagram

