



# Rosemary's Natural Choices

Sale Ends June 30<sup>th</sup>

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

**Bonus Size!**

## Naka Magnesium



Help reduce muscle aches and cramps with Naka Magnesium Bisglycinate. This form of magnesium is the most bioavailable type providing faster, more efficient absorption and more usable magnesium for your body's needs.

**200 mg**

300 caps

**\$34.99**

## All in One Superfood!

This 100% organic superfood powder combines 53 alkalizing veggies, fruits, mushrooms, sea veggies, and herbs for the ultimate green food. Loaded with phytonutrients, this vegan superfood provides the antioxidant equivalent of 6-8 servings of organic fruits and vegetables.



292 g

**\$54.99**

## Bone Health

If you're a woman in your menopausal years, your doctor may have recommended calcium for bone support. You want to ensure key cofactors like vitamin D, magnesium and vitamin K2 are present in the formula. Health First Cal Mag Plus K2 Supreme is formulated to make it easily absorbed.

*Lemon lime flavour*



450 mL

**\$26.99**

## Are You Stressed?

B Vitamins are so very essential to your body's energy production, fat metabolism, stress management and other vital processes. Natural Factors Hi Potency B Complex contains 50 mg of all of the essential B vitamins to help keep you healthy and stress free.



210 caps

**\$25.99**

**Bonus Size!**

## Vitamin B12



Vitamin B12 is recommended for many health conditions including impaired mental function, asthma, depression, diabetic neuropathy, low sperm counts and tinnitus. Vegetarians and seniors often require a daily dose of Vitamin B12.

**1000 mcg**

210 caps

**\$14.99**

**Bonus Size!**

## Better Joint Health

Collagen is clinically proven and is effective for joint, bone and skin health. Naka Platinum Pro Extra Strength Bovine Collagen is vital to maintain healthy cartilage and joint health... this is especially important as we age.



425 g

**\$39.99**

## Ultimate Maca

It's the ultimate formula for men and women looking to support the emotional aspects of sexual health. Provides a source of antioxidants. It also helps to maintain a healthy mood balance during menopause. It's the ideal supplement to help with your mood, libido and energy needs.



210 caps

**\$35.99**

## Iron Free Multi

Multi Supreme Iron Free has bio-available nutrients that give you the most out of a multi! It features Aquamin calcium and magnesium derived from sustainably sourced red algae for ultra absorbability. Super antioxidants like lutein, quercetin and green tea are added to this well-rounded, all-in-one formula.



180 caps

**\$42.99**

## Keto Skream Frozen Vanilla Bars



Vanilla Keto-Skream Bars are dipped in a delicious, smooth, no-sugar-added chocolate coating. The perfect frozen dessert! No added time. 1 gram net carb per bar!

300 mL

**\$8.99**

## Charlie Bee Pure Natural Honey



Some of the best honey is produced right here in our own backyard. Charlie Bee Honey is wholesome pure honey and it is produced just down the road in Beamsville.

1 kg

**\$9.99**

## Crosswind Farm Goat Cheddar Cheese



Located just east of Peterborough in Keene, Ontario, Crosswind Goat Farms has been making delicious raw milk goat cheese since 2007. They make delicious cheese!

200 g

**\$8.99**

## Cha's Organic True Cinnamon



Did you know that most of the "cinnamon" on the market is actually cassia? Cha's Organic True Cinnamon has a richer but delicate flavour profile and natural sweetness.

130 g

**\$8.99**

## O'Doughs Gluten Free Multigrain Flatbread



O'Doughs healthy, high quality, gluten-free multigrain flatbread is made with wholesome, nutritious ingredients... ideal for sandwiches, snacks and lunches.

405 g

**\$4.99**



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And you can also find us on Instagram

