



Rosemary's Natural Choices

Sale Ends May 1st

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

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
Sale..... **\$38.99**

Heart Healthy

Coenzyme Q10 is one of the best supplements available to help provide better pumping capacity and increase heart muscle strength. Numerous studies indicate that Co Q10 is also very beneficial in the treatment of high blood pressure.



120 caps
Sale..... **\$24.99**

Essential Omega Oil

The Journal of the American Medical Association has reported a clear association between the intake of fish oil and omega 3 fatty acids and a reduced risk of heart disease. Rx-Omega -3 contains 600 mg of EPA/DHA per capsule.



150 caps
Sale..... **\$21.99**

Probiotic Health

You are what you eat... That's because your digestive system plays such an important role in helping you stay healthy. Platinum Nutri Probiotic is the ideal probiotic formula to help improve and maintain a healthy digestive system.



75 caps
Sale..... **\$24.99**

Bonus Size!

Naka Castor Oil

Naka 100% Pure Organic Castor Oil supports a wide variety of benefits and makes a great addition to your natural skin and hair care regimens. The fatty acids in Castor Oil help prevent your skin and scalp from drying by retaining moisture. Castor Oil can also be used to dilute your favourite essential oils when diffusing



500 mL
Sale..... **\$21.99**

Bonus Size!

Adrenal Health

Increase your energy, endurance and well-being with AdrenaSense, an adrenal formula that reduces stress, enhances your immune function and protects your cardiovascular system. Also helps to rejuvenate and increase sexual performance.



240 caps
Sale..... **\$43.99**

Clean Plant Protein

This deliciously smooth, not too sweet, all-natural organic no stevia vanilla protein powder from Niyama has 20 g protein, 1.5 g carbs and zero sugar with only 100 calories per scoop. No artificial colours, flavours or sweeteners.



391 g
Sale..... **\$28.99**

Feeling A Little Sore?

MSM is a natural solution for many types of pain and inflammatory conditions. It can help to inhibit pain impulses, lessen inflammation, increase blood supply and soften scar tissue. Natural Factors MSM is 100% pure.



240 caps
Sale..... **\$19.99**

Thai Kitchen Thai Ginger Soup

Thai Ginger Instant Rice Noodle Soup is a delicious noodle soup made with galangal (Thai Ginger), garlic, onion, and coconut milk. Made with wheat free noodles. Ready in just minutes.



45 g
Sale..... **99¢** each

Nature's Flair Chocolate Cocoa Vegan Cupcakes

These vegan chocolate cocoa cupcakes are rich, fudgy and decadent. Spongy chocolate cake with a light and delicious icing, perfect for your indulgence.



220 g
Sale..... **\$3.99**

Keto Friendly Ice Cream

Enjoy your favourite ice cream and keep your keto diet. Enlightened ice cream is sweetened with zero-carb sweeteners it's low-calorie and keto is made with real milk and cream.



473 mL
Sale..... **\$6.99**

Keto Friendly Blueberry Spread

Contains only natural occurring sugars from real fruits, this low-calorie blueberry spread has a sweet taste without the added sugar. It's Keto & Vegan Friendly. Suitable for diabetic diets. Made from real blueberries.



255 g
Sale..... **\$5.99**

Schar Artisan Baked White Bread

Schar Artisan Baker White bread is an amazingly delicious **gluten-free** bread. Crafted from a European recipe and baked with sourdough, millet, quinoa and honey.



400 g
Sale..... **\$4.99**



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And you can also find us on Instagram

