



# Rosemary's Natural Choices

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

**Sale Ends June 14<sup>th</sup>**

**Bonus Size!**

## Get Relaxed

Studies show L-Theanine helps to reduce stress, improve sleep quality, ease PMS symptoms, heighten mental acuity, and reduce the negative side effects of caffeine. It does this by stimulating and improving your relaxation, mental focus and alertness. And it helps to calm your nerves.



75 caps  
Sale..... **\$13.99**

## Clinical Weight Loss

RealEasy Vegan Meal Replacement Shake combines PGX with plant-based protein, vitamins, minerals, lecithin, and medium-chain triglycerides to help you feel full longer, bring blood sugar to normal levels, and a delicious and satisfying for an easy way to trim down.



1 kg  
Sale..... **10% off**

## Cold Sores ?

L-Lysine is one of the eight essential amino acids. It is very helpful in disease prevention, tissue repair, collagen formation and promoting healthy bones. One of the most remarkable benefits of L-Lysine is its ability to prevent recurring cold sores and blisters.



100 caps  
Sale..... **20% off**

## Naka Arnica Gel

Suffering from bumps and lumps or joint and muscle pain? There is a natural remedy. Arnica has been used for centuries in herbal medicine to relieve pain and inflammation in then muscles and joints including sprains and bruises.



340 mL  
Sale..... **\$23.99**

**Bonus Size!**

## Belly Fat ?

Men over 35 often start to feel the effects of lower testosterone and higher estrogen levels. Reversing this syndrome helps to increase muscle mass, maintain prostate health, restore libido, strengthen bones, lower insulin and protect the heart. Reduces belly fat!



150 caps  
Sale..... **20% off**

## Heart Health

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. 100 mg.



120 caps  
Sale..... **\$20.97**

## Better Joint Health

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



425 g  
Sale..... **\$38.99**

## Bio-K+ Good Health

Bio-K + is a live, probiotic that provides active, friendly bacteria that fight the harmful bacteria that accumulates in your gut. It helps restore and strengthen your immune system.



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

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

*Strawberry flavour only*

## Wholly Veggie Ranch Cauliflower

Full cauliflower florets, lightly coated in a crunchy panko crust. Made with a gluten free, panko coating that gives the cauliflower a unique, crunchy bite. Paired with a plant based ranch sauce. **Gluten Free and Vegan!**



375 g  
Sale..... **\$4.99**

## Nature's Flair Very Berry Cupcakes

Nature's Flair Very Berry cupcakes are light, spongy and bursting with fresh blueberries in every bite. These vegan cupcakes are the perfect snack indulgence. **Assorted flavours**



4 pack  
Sale..... **\$3.99**

## Gluten-Free Conte's Pierogies

Conte's Potato and Cheese Pierogies are dinner time favourites. Made completely **gluten free** and wheat-free, these delicious pierogies make a tasty and healthy meal.



340 g  
Sale..... **\$7.99**

## Sweet Potato and Sea Salt Chips

Covered Bridge Sweet Potato and Seal Salt Chips are the perfect blend of sweet and salty. A crowd favourite! They are so tasty they will keep you coming back for more! **Assorted flavours**



142 g  
Sale..... **\$2.99**

## Charlie Bee Raw Natural Honey

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



1 kg  
Sale..... **\$9.99**

Look for us on FaceBook



And you can also find us on Instagram

