



Rosemary's Natural Choices

Sale Ends Dec. 6th

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

Bonus Size!

Women's Multi

Bioactive Multi For Women is a full spectrum multi-vitamin and mineral. Formulated with women in mind, Bioactive Multi has optimal dosages of essential vitamins and minerals to ensure your getting all you need to live an active lifestyle.

Men's Multi on sale too!

120 caps **\$37.99**
Sale.....

Hair • Skin • Nails

Is your hair losing its lustre? BioSil is a highly form of silicon that is immediately absorption by the body. It increases bone mass and density, supports healthy joints, promotes stronger nails and thicker, healthier hair plus beautiful skin and fewer wrinkles.

120 caps **20% off**
Sale.....

Poor Eyesight?

Suffering from failing eyesight? Lutein is an antioxidant for the maintenance of eye health. It helps support eyesight in conditions such as cataracts and AMD. It also helps to reduce the risk of developing cataracts. Uses high-potency lutein derived from marigold petals.



150 caps **\$28.99**
Sale.....

Better Joint Health

Collagen is clinically proven effective for joint, bone and skin health. Naka Pro Extra Strength Marine Collagen is vital in maintaining healthy cartilage and joint health... which is especially important as we age. With 10,000 mg of Peptan!



425 g **\$55.99**
Sale.....

Bonus Buy!

Can't Sleep?

Trouble falling asleep? Melatonin works with the body's natural cycles to effectively reset your "biological clock", helping you fall asleep faster, increasing the quality and duration of sleep, supporting REM sleep, and reducing daytime fatigue. **Buy One Get one FREE!**



90 + 90 tabs **BOGO**
Special offer.....

Amino Acids

Based on their unique structure, activity and metabolism, Branched Chain Amino Acids have become a staple for athletes and physically active individuals. They account for nearly 1/3 of the amino acids in muscle protein, and play a number of key roles in the repair and growth of muscle tissues.



60 caps **20% off**
Sale.....

Vitamin K2

Vitamin K2 as MK-7 is an essential fat-soluble vitamin. It plays an important role in lowering the risk of cardiovascular disease, including coronary heart disease, vascular disease and strokes. MK-7 also shows beneficial effects on bone density.

Heart healthy



300 caps **\$34.99**
Sale.....

Effective Vitamin B1

Benfotiamine and sulbutiamine are biologically active forms of thiamine (vitamin B1), a nutrient essential for healthy nerve function and the metabolism of lipids, carbohydrates, and proteins. It helps maintain the body's ability to metabolize nutrients.



30 caps **\$19.99**
Sale.....

Active B Supreme

Active B Supreme is essential highly active B vitamins for effective support of healthy energy metabolism and nervous system function. B vitamins are vital for the release of energy from food and for healthy nerves and restful sleep, especially during times of stress.



90 tabs **\$35.99**
Sale.....

Aloe Vera Juice

Aloe vera is a digestive tonic that's high in vitamins, minerals, enzymes, and essential amino acids. Because it's rich in antioxidants, Aloe vera is an effective anti-inflammatory for the entire digestive tract. And by coating your inflamed and irritated gut it provides fast and effective relief.



500 mL **\$9.99**
Sale.....

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 **\$25.99**
Sale.....

Liver Health

If you like a daily cocktail, take pain meds, or are exposed to synthetic fragrances, heavy metals, or other toxins, your liver may be carrying an extra load. Liver Supreme has been shown to support liver health and digestion. With dandelion and alpha lipoic acid to guard against free radical damage.



120 caps **\$69.99**
Sale.....

Bonus Size!

Ultra L-Glutamine

Ultimate L-Glutamine is an amino acid that supports muscle and gut health as well as muscle growth. Glutamine is also an important amino acid for digestive health, it fuels cells in your digestive tract to help rebuild them when they undergo stress and inflammation.



500 g **\$29.99**
Sale.....

Cold Defense

If cold and flu season has turned you into a mess, you want something that works fast. Cold Defense Supreme is a unique combination of traditional Chinese herbs that attack your cold from all angles. It helps to reduce your symptoms, flush away the toxins and support your respiratory system.



60 caps **\$21.99**
Sale.....

Need More Energy?

Maca, also known as Peruvian ginseng, has long been used to support energy and virility. Historically it was given to warriors to nourish them while improving energy for long battles. Maca has gained popularity in modern supplements for its ability to effectively support women's and men's health, libido and energy.



120 caps **\$28.99**
Sale.....

Naka Pro Creatine

Naka Pro Creatine is a 100% pure, micronized amino acid and pre-workout powder to help you get the most out of your workout routine. Creatine supports muscle and energy health by assisting strength and endurance to help you get healthier results.



400 g **\$22.99**
Sale.....

Acropolis Mousto Balsamic Vinegar

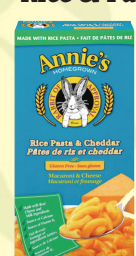
Acropolis Organic Mousto Balsamic Vinegar is from an ancient, Bronze age recipe. It is made on the island of Crete and is aged six years in oak barrels. It is free of pesticides, herbicides and industrial farming. A great addition to any dish!



250 mL **\$9.99**
Sale.....

Annie's Homegrown Rice & Pasta Cheddar

Annie's Rice Pasta and Cheddar is creamy, cheddar cheese and natural, 100% rice pasta. Quick, easy to prepare and delicious! It's a tasty **gluten-free** "comfort" food. A family favourite every time.



170 g **\$3.99**
Sale.....

Smartbite Multigrain Organic Cakes

Four different grains blended in one crispy tasteful experience. You can enjoy our delicious cakes with any kind of dip, spread, soup or salad or just by themselves as part of your healthy lifestyle.



140 g **\$2.99**
Sale.....

Ecoideas Toasted Pumpkin Seed Oil

It is estimated that 80% of the North American population suffers from magnesium and zinc deficiency and hence the reason for the growing popularity of Pumpkin seed oil, which is rich in both these essential minerals.



250 mL **\$14.99**
Sale.....

Eden Organic Sauerkraut

This is wholesome and organic sauerkraut is fermented using traditional methods. Made with organic cabbage that is hand harvested at its peak, cored, washed, sliced, and fermented with sea salt.



796 mL **\$7.99**
Sale.....

K-Toos Chocolate Sandwich Cookies

K-Toos Chocolate Sandwich Cookies are delicious **gluten-free**, low sugar, egg-free, and peanut free. **Assorted delicious varieties to choose from.**



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

Saugeen Country Organic Yogurt

Saugeen Country Yogurt is made from organic non-homogenized cow's milk, bacterial culture and nothing else. Non-homogenized milk is easier to digest. Delicious and good for you!



650 g **\$3.99**
Sale.....

Wild Tusker Cinnamon Powder

Wild Tusker's Organic Ceylon Cinnamon Powder has an exquisite fragrance and a warm, sweet taste. "True Cinnamon" is the Ceylon Cinnamon grown in Sri Lanka.



200 g **\$5.99**
Sale.....

Bob's Red Mill 1 to 1 Baking Powder

Bob's Red Mill 1-to-1 Baking Flour makes it easy to transform your recipes to gluten free. Simply replace the wheat flour with this amazing flour.

Gluten-free!



623 g **\$5.99**
Sale.....

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 **\$11.99**
Sale.....

Sugar Free Please Choffee Sponge Toffee

A delicious combo of dark, smooth chocolate and light, sponge toffee. It's delicious and full of prebiotic fibre. With 0 g of sugar and 5 g of fibre. It's the ultimate sugar free, keto treat.

Assorted varieties



100 g **\$11.99**
Sale.....

Earth Balance Buttery Spread

Earth Balance Buttery Spread is the natural food lover's most popular buttery spread. It is completely **vegan**, **gluten-free**, and it is the ideal and tasty alternative wherever you use butter.



1.28 kg **\$13.99**
Sale.....

Fenwick Village Fair Trade Coffee

Looking for a great coffee? Fenwick Village Coffee Roasters is a micro-roastery with specialty coffee beans. **Assorted varieties!**

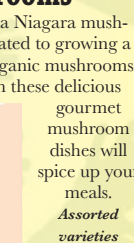


454 g **20% off**
Sale.....

Spicy Chili & Shiitake Mushrooms

Funky Funghi is a Niagara mushroom farm dedicated to growing a variety of fresh organic mushrooms. Based in Pelham these delicious gourmet mushroom dishes will spice up your meals.

Assorted varieties



225 g **\$10.99**
Sale.....

Fruit D'Or Pure Cranberry Juice

Fruit D'Or Cranberry Juice is pure cranberry juice. Cranberry juice is a very healthy alternative. You can really taste the difference of pure cranberry juice - it is incredibly delicious and good for you too.

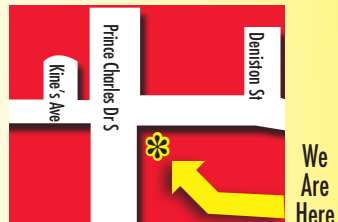


1 litre **\$4.99**
Sale.....



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Welland • (905) 714-0586
www.rosemarysnaturalchoices.com



• www.rosemarysnaturalchoices.com • Look for us on FaceBook



And you can also find us on Instagram

