

Sale Ends Dec. 7th

Rosemary's Natural Choices



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

Thieves Oil

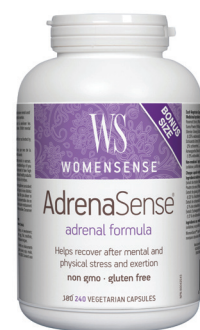


Thieves Oil is the perfect combination of Cloves, Eucalyptus, Lemon, Cinnamon bark & Rosemary essential oils. Has proven antibacterial, antiviral and anti-infectious properties. When cleaning with Antibacterial Thieves oil, you kill microbes such as mold, viruses, airborne bacteria and used in diffusion it purifies the air.

50 mL
Sale.....\$27.99

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.....\$41.99

Cold & Flu?



Echinamide Echinacea is a powerful, clinical strength formula of certified organic fresh herb tincture, to enhance and boost your immune system. It is ideal natural support for you and your family in the cold and flu season. **One of our most popular remedies!**

90 caps
Sale.....\$16.99

Can't Sleep?



Tranquil Sleep can help you get to sleep faster and reduce nighttime waking. It helps to initiate sleep and is used for insomnia. The L-theanine in Tranquil is made from green tea and it helps to enhance the tranquility of your sleep. Very safe and effective.

60 chewable tabs
Sale.....\$19.99

Allergies?

Do you suffer from sniffing, wheezing, watery eyes and itchy throat caused by allergies? Quercetin is a powerful anti-oxidant, a natural anti-histamine and anti-inflammatory. Quercetin's anti-histamine action will help to effectively relieve your allergy symptoms.



120 caps
Sale.....\$44.99

Bonus Size!

Relief from Gout



Each capsule of Celery Seed Extract provides 85% of 3nB which is the active component that provides the fabulous medicinal effects of celery seed. These health benefits include lowering blood pressure, arthritis relief and relief from gout.

60 caps
Sale.....\$19.99

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. **Only available at Rosemary's!**



500 mL
Sale.....\$31.99



200 caps
Sale.....\$25.99

7th Generation Auto Dish Washing Packs



These enzyme-rich biodegradable packs clean and sanitize your dishes without chlorine, phosphates or fragrances. It's a convenient, no mess, no hassle **Lemon Scented!**

360 g
Sale.....\$4.99

Sol Cuisine Buffalo Cauliflower Wings



These Buffalo style cauliflower wings are deliciously tangy, with a whole lot of kick! Buffalo wings made with cauliflower? They're great! A delicious and healthy plant-based snack and appetizer. **Vegan!**

255 g
Sale.....\$4.99

Daiya Dairy Free Cheezy Mac

Daiya Cheezy Mac is made with a velvety cheese sauce (in a convenient squeeze pouch and hearty whole grains.



300 g
Sale.....\$3.99

Keto Friendly Strawberry Jam

Contains only natural occurring sugars from real fruits. This low-calorie jam has the same sweetness without any added sugar. Ideal for diabetics, keto & low-carb diets, vegans, and vegetarians. Made from wholesome strawberries. **It's delicious!**



300 mL
Sale.....\$4.99

SNÖ Dairy Free Peppermint Trees

It's a delicious **Dairy Free** Peppermint oat-based frozen dessert dipped in dark chocolate. Mmmm good. SNÖ plants a tree for every Peppermint Tree sold.



3 x 90 mL
Sale.....\$5.99

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Are You in Pain?

Suffer from chronic pain? Most over-the-counter drugs have some very unhealthy side effects, often creating more health problems. Nutri-CureV2 with Meriva is an all-natural concentrated supplement made from turmeric, to help relieve your pain and get you feeling better.



120 caps
Sale.....\$59.99

Gluten Relief

Gluten Relief is specially formulated with a balanced blend of the enzymes needed for complete digestion of difficult-to-digest foods, especially cereal grains and milk products, which contain carbohydrates, protein, gluten, and casein.



90 caps
Sale.....\$21.99

High Blood Pressure?

Concerns about high blood pressure? Research shows that Beet-root juice is one of the richest dietary sources of anti-oxidants and naturally occurring nitrates. Nitrates are compounds which improve blood flow to the brain, heart, and muscles.



200 g
Sale.....\$23.99

Nutri C Complex

Naka's Nutri-C Complex is a Liquid Vitamin C that is formulated for maximum absorption. It supports a healthy immune system and promotes energy production. With Quercetin, Rose Hips, Citrus Bioflavonoids. In a tasty natural berry flavour.



600 mL
Sale.....\$23.99

Bonus Size!

Cardio Health

Medi-C Plus with Calcium Ascorbate provides high doses of vitamin C and L-lysine, along with calcium, to support cardiovascular health and immune function. These nutrients provide antioxidant support and work together to build collagen, strengthening and holding the coronary artery.



300 g
Sale.....\$28.99

Better Bone Health

Calcium is vital for building and maintaining strong bones. Magnesium works in our muscles and Vitamin D helps to better absorb calcium. Calcium and Magnesium should be part of your daily regimen if you're concerned about bone loss or weak bones.



210 tabs
Sale.....\$19.99

Mood Swings?

5-HTP has been researched for the treatment of mood, insomnia and other sleep disorders. 5-HTP promotes sleep without the drugged feeling in the morning. 5-HTP also reduces appetite, while it enhances your mood, and it increases your energy levels. **Time-Release Caps!**



60 caps
Sale.....\$19.99

Bio-K+ Good Health

Bio-K+ is a live, patented probiotic that provides active, friendly helpful bacteria that fight the harmful bacteria that accumulates in your gut. It helps restore intestinal flora 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

Rolling Meadows Salted Butter

Rolling Meadow Dairy allows their cows to graze on pasture as long as the Canadian weather permits. The result is rich creamy unbelievably good butter!



250 g
Sale.....\$4.99

Vegan Cauliflower Pizza Crust

Wholly Veggie's award winning thin crust pizza, made out of farm fresh Cauliflower. Be a chef at home and top it with your own veggies. A pizza crust made from plants? Delicious!



500 g
Sale.....\$7.99

Lundberg Garlic Primavera Risotto

Savour the garden-fresh flavours of aromatic herbs and vegetables in this irresistible blend of creamy Arborio rice, delicious seasoning and quality ingredients like garlic, zucchini, carrots, bell peppers, and Parmesan cheese.



156 g
Sale.....\$3.99

Olivia's Gluten-Free Garlic Croutons

Simple, pure ingredients yield the best tasting croutons. Try Olivia's Gluten Free Garlic Croutons on your next Caesar salad, cup of chowder or soup. Made with whole grain flours and fresh garlic. Prepared in a dedicated gluten-free kitchen.



128 g
Sale.....\$3.99

Charlie Bee Raw Natural Honey

Some of the best honey is produced right here in our own backyard. Charlie Bee Raw Honey is whole-some 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

