

**Sale Ends Dec. 24<sup>th</sup>**

# Rosemary's Natural Choices



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

**Bonus Size!**

## Need More Energy?



Greens foods provide essential nutrients and help restore the acid/alkaline (ph balance) needed for optimum health. Vital Greens contains over 40 herbs, vitamins, antioxidants and more, providing an instant boost of energy. And it's 100% vegetarian. It is our most popular greens. Just add water!

600 mL **\$32.99**  
Sale.....

## Hair • Skin • Nails

Is your hair losing its lustre? BioSil is clinically proven to help in the formation of collagen that is immediately absorbed 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.



60 caps **\$33.99**  
Sale.....

## Excellent Fish Oil

Bio Omega-3 Pure fish oil is the perfect source of Omega-3 fatty acids to maintain cardiovascular and cognitive health. It also helps support the development of the brain, eyes and nerves in children. Bio Omega-3 is ideal for good health. **Only available at Rosemary's!**



500 mL **\$31.99**  
Sale.....

## Nutri Flex Supreme

Nutri Flex Supreme contains ingredients traditionally used in herbal medicine to relieve joint pain from osteoarthritis and it helps to maintain healthy cartilage and joints. Nutri-Flex Supreme includes parsley, dandelion and hyaluronic acid. Raspberry flavour.



500 mL **\$36.99**  
Sale.....

**Bonus Size!**

**Bonus Buy!**

## Vitamin B 12

Vitamin B12 is recommended for many health conditions including impaired mental function, asthma, depression, diabetic neuropathy, low sperm counts and tinnitus. Vegetarians and the aging population often require daily Vitamin B12.



2 x 210 tabs **\$28.99**  
Sale.....

## Yeast Infections?

If you are prone to yeast infections and candida, Ultimate Flora Women's Daily Care can help. It's a blend of 25 billion live culture (good bacteria) with 10 probiotic strains. Specifically formulated to help maintain a healthy balance of vaginal and urinary tract bacteria.



30 caps **\$29.99**  
Sale.....

## Feeling Nervous?

GABA is ideal to help minimize your stress, nervousness and anxiety. It has a terrific calming effect, it helps improve sleep patterns, increases your energy levels, it improves concentration levels and GABA helps to promote improved weight loss.



90 caps **\$27.99**  
Sale.....

## Merry Mind

New Roots Merry Mind Omega 3 delivers a potent, therapeutic dose of 1000 mg of EPA per softgel capsule. It is highly recommended for a broad scope of health benefits with a particular emphasis on cognitive and enhancing mood disorders.



30 softgels **\$26.99**  
Sale.....

**Bonus Buy!**

## Super Vitamin C

Calcium ascorbate is the most easily absorbed form of vitamin C providing powerful antioxidant protection. Bio C Gel has 500 mg of calcium ascorbate combined with 50 mg of BerryRich. It's gentle, non-acidic and pH neutral. **Heart Healthy!**



2 x 210 caps **\$49.99**  
Sale.....

## Glutamine

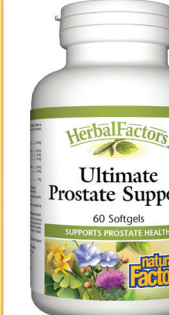
Glutamine is an amino acid that helps to build and maintain muscles and it prevents muscles from breaking down and wasting due to prolonged bed rest or disease. Glutamine is also known as brain food and may help with depression and it is ideal for helping to boost your immune system.



300 g **\$19.99**  
Sale.....

## Prostate Problems?

Prostate problems are a common affliction in many men over the age of 50 years. Ultimate Prostate Support is a combination of 8 of the best known herbs that work together to support good prostate health throughout a man's lifetime. We highly recommend it!



60 caps **\$29.99**  
Sale.....

## Bio-K+ Good Health

Bio-K+ is a live, patented probiotic that provides active, friendly 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 **\$34.99**  
Sale.....  
*Strawberry flavour only*

**Bonus Size!**

## Gluten Free Pie Crusts

Ideal for holiday baking! Bake your favorite pies with Kinnikinnick gluten free pie crusts. They are so good, no one will know it's gluten free! Includes 2 nine-inch gluten free pie shells.



390 g **\$3.99**  
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.

250 mL **\$8.99**  
Sale.....

## Carbonaut Low Carb Multigrain Bread



High in protein and keto-friendly, this nut-free multigrain bread is made with plenty of protein and fibre... you won't be able to find a more nutritious, nut-free, low-carb bread. Only 80 calories and 2 grams of net carbs per slice.

544 g **\$4.99**  
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 **\$3.99**  
Sale.....

## Farmer's Market Organic Pumpkin



Pumpkin pie is ideal all year round. Farmer's Market Organic Pumpkin is rich, smooth and delicious. It is ready to use in everything from baked treats to tasty pumpkin entrees.

397 mL **\$2.99**  
Sale.....

## Olivia's Gluten Free Holiday Stuffing



Olivia's family-run bakery offers Gluten Free Stuffing! Now everyone can enjoy stuffing on the holidays. Made with wholesome, natural, ingredients. **Gluten Free**

255 g **\$4.99**  
Sale.....

## Gluten Free Chocolate Chip Cookie Mix



Bob's Red Mill Gluten Free Chocolate Chip Cookie Mix makes irresistible cookies that taste just like you remember from childhood—but Gluten Free! It's so good you'll need to guard the cookie dough!

624 g **\$5.99**  
Sale.....

## Lily's Dark Chocolate Chips



Lily's Dark Chocolate baking chips, with no added sugar, are great for everything from cookies to pancakes to snacking right out of the bag. Certified gluten-free and vegan.

255 g **\$6.99**  
Sale.....

## NOW Organic Monk Fruit Sweetener



NOW Organic Monk Fruit is 30x sweeter than sugar and is a fantastic zero calorie alternative in beverages, baking and on-the-go sweetening. NOW Organic Monk Fruit Liquid has a delightfully vibrant, sweet taste with very little aftertaste.

60 mL **\$8.99**  
Sale.....

## Stash Christmas in Paris Tea



This unique herbal tea blends a rich chocolate flavour with aromatic lavender and cool peppermint for a sophisticated cup. Add a touch of sugar and a splash of milk for a really delightful dessert tea.

18 tea bags **\$3.99**  
Sale.....



# Rosemary's Natural Choices

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

**Sale Ends Dec. 24<sup>th</sup>**

**Bonus Size!**