



Rosemary's Natural Choices

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

Sale Ends Nov. 22nd

Bonus Size!

Cardio Health



Naka Platinum Nattokinase is a concentrated form of natto in a highly stable form, to ensure optimal activity. It supports circulatory health and helps to maintain healthy levels of blood clotting factors within a normal range.

Heart healthy

75 caps **\$26.99**
Sale.....

Thyroid Problems?



Thyromart promotes optimal thyroid health and function of the thyroid gland. Thyromart is formulated to support the optimum function of the thyroid and may be beneficial to anyone experiencing symptoms of underactive thyroid.

60 caps **\$16.99**
Sale.....

Feeling Stressed?

Ashwagandha is a medicinal herb known for its stress-lowering effects. It is effective for reducing mental stress, anxiety, cortisol levels, and stress-related food cravings! Health First Ashwagandha Supreme is organic, non-GMO, and is the most clinically studied ashwagandha on the market.



120 caps **\$33.49**
Sale.....

Diabetic Health

Berberine supports healthy glucose, metabolism and cardiovascular health. Berberine has been shown to support healthy cholesterol and glucose levels already within the normal range. Plus it supports healthy sugar levels and it can help to improve your liver function.



150 caps **\$44.99**
Sale.....

Medi-C Plus



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. Vitamin C and lysine work together to build collagen, strengthening your coronary arteries.

300 g **\$28.99**
Sale.....

Trouble Sleeping?



Melatonin is the hormone that our brains produce to prepare for sleep. Age, jet lag, stress, and light exposure at night contribute to insufficient melatonin. Made from glandular sources this melatonin is exceptionally effective to help you fall asleep and get a good night's rest.

120 tabs **\$16.79**
Sale.....

Extra Care Probiotic

Renew Life Ultimate Flora Extra Care Probiotic has 50 billion live cultures from 12 probiotic strains to help support your body's natural digestive system and helps reduce the frequency of digestive discomforts such as constipation, flatulence and abdominal pain. It supports your body's digestive system.



30 caps **\$36.99**
Sale.....

Cold Symptoms?

Cold and flu symptoms including a cough, sore throat, and mucus accumulation within the upper respiratory tract are no match for Elderberry ResQ Fruit Tincture. Elderberry is a traditional, effective, and proven plant for reducing the duration and severity of cold and flu symptoms.



95 mL **\$29.99**
Sale.....

Cod Liver Oil



Cod Liver Oil is naturally rich in EPA, DHA, Vitamin A and Vitamin D. It is used to help support and maintain cognitive and brain function, Cod Liver Oil is also very helpful to help maintain eyesight, skin membranes, your immune function, bones and teeth.

500 mL **\$44.99**
Sale.....

Rejuvenate!



RegenerLife NMNSURGE contains metabolically active NMN, a unique anti-aging ingredient to rejuvenate cellular health. NMN has been shown to suppress age-associated weight gain, enhance energy metabolism and prevent age-linked changes in gene expression.

60 caps **\$47.99**
Sale.....

Memory Lapses?

As we age, it's natural to have periodic lapses in our memory. Health First Memory Supreme is formulated with key ingredients that complement one another to help improve memory and mental performance while achieving a calm, balanced state of mind.



60 tabs **\$44.79**
Sale.....

Good Health

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

Respir First



Respir First contains herbs that may ease a multitude of respiratory issues. Nettle combats seasonal allergy symptoms, marshmallow works on sore throats, thyme relieves bronchitis, and astragalus bolsters your immune system. Sweetened with cinnamon, cloves, and honey.

500 mL **\$19.99**
Sale.....

Soothing Oil



Lavender Oil is an essential oil that has a soothing and calming scent which makes it an excellent tonic for the nerves. Lavender Oil is also renowned for its ability to alleviate nervous tension, relieve pain, disinfect scalp and skin, enhance blood circulation and treat respiratory problems.

30 mL **20% off**
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.....

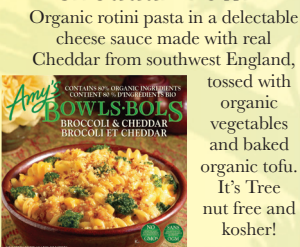
Nutri Multivitamin

In a world of processed foods and poor dietary options, a daily multi-vitamin and mineral supplement provides insurance that you are getting all the nutrients you need for optimal health and immune system support. Nutri Multi is one of the very best.



Bonus Size!
120 + 30 caps **\$19.99**
Sale.....

Amy's Country Cheddar Bowl



Organic rotini pasta in a delectable cheese sauce made with real Cheddar from southwest England, tossed with organic vegetables and baked organic tofu. It's Tree nut free and kosher!

269 g **\$5.99**
Only.....

Beyond Meat Vegan Ground Beef



Beyond Meat Ground Beef is a delicious plant based beef that cooks and satisfies like ground beef is made entirely from plants, without GMO's, Soy or Gluten and is Vegan and Kosher. Beyond Beef is made from simple, plant-based ingredients.

18 g **\$5.99**
Sale.....

Restaurant Style White Bean Chips



Beanitos Restaurant Style White Bean Chips are gluten-free, plant-based protein and fibre vegan chips and are ideal for dips, salsa, queso, or guacamole. They are the perfect snack to share!

142 g **\$3.99**
Sale.....

Love Good Fats Bars



Love Good Fats Bars are ridiculously delicious and are good for you! Lemon mousse bars combines a soft truffle-like texture with yummy, creamy, and citrusy flavours.

39 g **\$1.59 ea**
Sale.....

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 **\$5.99**
Sale.....

Olivia's Gluten Free Stuffing



Olivia's family-run bakery offers Gluten Free Stuffing! Simple, wholesome and delicious. Now everyone can enjoy stuffing. Made with natural ingredients.

Gluten Free

340 g **\$6.99**
Sale.....

Amy's Organic Alphabet Soup



This flavorful alphabet soup is made of sweet tomato broth, tender veggies and semolina flour pasta letters. Dairy free, lactose free, tree nut free, vegan, kosher and it's deliciously plant based.

Assorted Varieties

398 mL **\$3.99**
Sale.....

Nuts To You Mystery Butter



Made from dry-roasted almonds and cashews it's a good source of protein, fibre and essential fats. No added salt, sugar, or hydrogenated oil. It is Kosher, Non-GMO and gluten-free. Made in Paris, Ontario.

250 g **\$4.99**
Sale.....

Ross Chocolates Dark Chocolate Bar



Smooth, sweet, and delicious. Ross Chocolates are premium, high fibre, no sugar added chocolate for people with diabetes and anyone striving to eliminate sugars from their diets.

Gluten-free

34 kg **\$9.99 ea**
Sale.....

Covered Bridge Smokin' Sweet BBQ Chips



These kettle cooked chips pack a flavourful punch. They are gluten free. Made without preservatives, no Artificial flavours or colours and no trans fat. Made with the best russet potatoes

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

Rolling Meadow Grass Fed Butter



Rolling Meadow Dairy allows their cows to graze on pasture as long as the Canadian weather permits. Grass fed, rich, creamy, unbelievably good butter!

250 mL **\$4.99**
Sale.....

Katz Gluten-Free Powdered Donuts



Katz delicious sugar powdered donuts will help to fill your donut cravings. They have just the perfect amount of sweetness to create a perfect gluten free donut experience.

Gluten-Free!

297 g **\$5.99**
Sale.....

Keto Skream Strawberry Bars



KetoSkream Strawberry bars are dipped in a delicious, smooth, no-sugar-added chocolate coating. KetoSkream ice cream contains 18% butter fat! No additional or unnecessary ingredients.

Keto friendly!

300 mL **\$6.99**
Sale.....

Gluten-Free All Purpose Flour

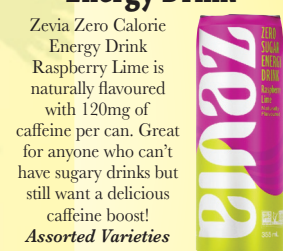


Jovial Brown Rice Farfalle cooks firm that tastes great with all types of sauces. Slow dried for superior quality. Made exclusively with Italian grown 100% organic brown rice.

Gluten-free

340 g **\$3.99**
Sale.....

Zevia Raspberry Lime Energy Drink



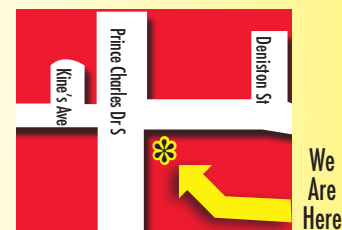
Zevia Zero Calorie Energy Drink Raspberry Lime is naturally flavoured with 120mg of caffeine per can. Great for anyone who can't have sugary drinks but still want a delicious caffeine boost!

Assorted Varieties
355 mL **\$1.99**
Sale.....



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And you can also find us on Instagram

