



Rosemary's Natural Choices

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

Sale Ends Oct. 4th

Nattokinase



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 **\$29.99**
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.....

Respiratory Health

Naka Platinum NAC (N-Acetyl-L-Cysteine) is ideal for respiratory health, providing relief for conditions such as sinusitis, chronic bronchitis, cystic fibrosis, and COPD. Also effective against seasonal influenza and flu-like illnesses.



150 caps **\$27.79**
Sale.....

Naka Magnesium

Help to reduce muscle aches and cramps with Naka Magnesium Bisglycinate. This form of magnesium is the most bioavailable type providing faster, more efficient absorption and more usable magnesium for your body's needs.



300 caps **\$35.79**
Sale.....

Oil of Oregano



Oil of Oregano has been used for a wide range of health concerns for centuries. It is used as an anti-viral for viral infections like the flu, an anti-fungal for yeast problems, and as an effective anti-microbial for infections. It's an important part of your health regimen.

Powerful Antioxidant!

60 mL **\$31.99**
Sale.....

Amazing Krill Oil



Studies show that krill oil is very effective for treating heart disease and heart-related issues. The essential fatty acids in krill oil reduce risk factors of heart disease by lowering high cholesterol, reducing high blood pressure, and inhibiting plaque in the arteries.

60 softgels **20% off**
Sale.....

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 to build collagen, strengthening your coronary arteries.



300 g **\$51.49**
Sale.....

Anti-Viral Formula

Anti-Viral Formula supercharges your immune system. There's no need to suffer the misery of cold or flu symptoms as it effectively stops a cold, the flu and other viruses in their tracks. It also has anti-fungal and anti-bacterial properties to help improve your health.



120 caps **\$34.99**
Sale.....

Quercetin LipoMicel



Quercetin LipoMicel Matrix contains an enhanced source of the antioxidant quercetin that is used in herbal medicine to protect blood vessels, protect against oxidative stress, and provide exceptional immune support. LipoMicel Matrix has 10 times higher absorption!

60 caps **\$22.97**
Sale.....

Urinary Health



Bladder and urinary tract health is critical, particularly as we age. Research shows cranberries contain compounds that stop bacteria to prevent urinary tract and bladder infections. Cran-Rich is a proven remedy to improve urinary health.

120 caps **\$23.99**
Sale.....

Need Vitamin E?

Mixed Vitamin E is a great free radical fighter working in your cells to protect them from oxidative damage. Vitamin E is highly recommended for good heart health.

Natural Factors Mixed Vitamin E is better absorbed than synthetic Vitamin E.

Heart Healthy!



240 caps **\$23.99**
Sale.....

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!



180 caps **\$25.99**
Sale.....

Naka Zinc Picolinate



Zinc picolinate is a readily available form of zinc that is easily absorbed. This one a day formula is vegan, non gmo and gluten free. Naka Platinum Zinc 25 is often recommended to help boost immune health, aid in wound healing and treating acne, as well as decreasing inflammation.

210 caps **\$22.49**
Sale.....

Bio-K+ for a Healthy Immune System

Your intestinal tract plays a very important role in the immune system. The intestines have a mucous membrane which secretes antimicrobial molecules. These molecules can help to inhibit the growth of illness-causing bacteria. Bio-K+ is a live, patented probiotic that provides active, friendly helpful bacteria that fight the harmful bacteria that accumulates in your gut. BioK+ helps to restore intestinal flora and strengthen your immune system.

12 pack **\$34.99**
Sale.....
Strawberry flavour only



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

Black Seed Oil

Black seed oil has been in use for thousands of years in medicine. Today, many people reach for it for the same reason you'd take an aspirin or ibuprofen: In hopes that it targets inflammation and tamps it down. It also has substances that can help protect cells from damage.



500 mL **\$53.99**
Sale.....

All Natural Hair Colouring



Color & SoIn is an ammonia free natural hair colour formulated with vegetal (plant) protein and oil extracts that beautifully enhances the essential health of your hair.

Assorted Colours

each **\$16.99**
Only.....

Wholly Veggie Hash Browns



Elevate your breakfast with plant-based goodness. Easy to prepare, our crisp Wholly Veggie Cauliflower Vegan Hash Browns are perfect for breakfast, or as a side for dinner.

Gluten Free!

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

Inari Organic Arborio Rice



Make thick, creamy risotto with Inari Organic Arborio Rice. Arborio rice is a pearly-looking, round, fat, Italian white rice that cooks up smooth and creamy, while retaining its firm "al dente" heart.

Organic!

500 g **\$2.99**
Sale.....

Schar Entertainment Crackers



Gluten-free and wheat-free, these crunchy crackers are perfect for sweet, salty or savoury toppings. Lactose-free and non-GMO, these crackers can easily satisfy a crowd. Ideal with cheese, jam, hummus or enjoy on their own!

175 g **\$3.99**
Sale.....

Lily of the Desert Aloe Vera Gel



Lily of the Desert Aloe Vera Gel contains biologically-active components but has a thicker consistency than the juice. Aloe Vera Gel offers beneficial polysaccharides, essential amino acids, vitamins, minerals and enzymes.

946 mL **\$8.99**
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 for every dish!

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

Gluten-Free Chocolate Creme Cakes



Katz Creme Cakes use only the finest, freshest ingredients. Yummy cakes wrapped around a rich, creamy filling - made with premium gluten-free flour and pure vanilla extract.

Assorted Flavours

249 g **\$4.99**
Sale.....

Nuts To You Tahini Spread



Made with only organic fair trade sesame seeds, Nuts To You Organic Fair Trade Tahini can be used in the same ways as other nut and seed butters. It also makes tasty sauces, dressings and dips.

500 g **\$5.99**
Sale.....

Gluten-Free All Purpose Flour



Sometimes it's difficult to find good quality baking ingredients for your special diets. Namaste Perfect Flour Blend is a healthful alternative.

Gluten-free

1.36 kg **\$14.99**
Sale.....

Himalayan Salt & Avocado Oil Chips



Each batch of Covered Bridge Avocado Oil & Himalayan Pink Salt Potato Chips are baked with homegrown russet potatoes. They are so tasty they will keep you coming back for more.

Assorted Varieties

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

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