

Sale Ends July 7th

Rosemary's Natural Choices



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

Velvet Bean

Naka Platinum Dopa Mucuna provides 400mg of Mucuna pruriens, also known as Velvet Bean. Used in the traditional Ayurvedic medicine in India for thousands of years, Velvet Bean is converted into Dopamine. Naka Platinum Dopa Mucuna helps the body with what it needs to make this important neurotransmitter.

90 caps
Sale.....**\$23.49**

Garlic Rich

Over 250 studies show that garlic supports the cardiovascular system. It's proven that garlic can lower cholesterol and blood pressure and reduce blood clotting time. It stimulates your immune system to protect you against illness. GarlicRich has 8 cloves per cap!

180 caps
Sale.....**\$23.99**

Digestive Relief

Gastro-Assist helps to soothe digestive complaints including diarrhea, constipation, bloating, gas, and heartburn. This combination of mastic gum, probiotics, zinc L-carnosine, and chamomile helps protect your stomach and intestines by supporting healthy gut microflora and healthy immune function.

60 caps
Sale.....**\$40.99**

Liquid Iron

IronVital helps fulfill your daily requirement for iron. It has a pleasant fruity taste and it is ideal to take during pregnancy, breast feeding, menstruation, and after intensive exercise. The combination of vitamin C helps to absorb the iron, while the added B vitamins enhance the healthy effects of iron.

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

VegiDay Protein

VegiDay is a delicious, high quality, organic vegan protein. It is a combination of 7 gluten-free, soy-free, and non-GMO, easy to digest protein sources. Plant proteins are better for our health and for the environment. 20 grams of protein per serving. Assorted flavours.

972 g
Sale.....**\$43.99**

Relieve Muscle Cramps

Magnesium Bisglycinate provides 200 mg of this essential mineral to help support muscle function, including the heart muscle, and relieve muscle cramping. This one-per-day, non-GMO magnesium is suitable for vegetarians and vegans as it is easy on the stomach.

250 caps
Sale.....**\$31.99**

Varicose Veins ?

This great combination is ideal for people concerned with varicose veins, chronic venous insufficiency, and edema. Horse Chestnut and Grape Seed Extract work really well together to strengthen blood vessels, reduce bruising, and inhibit the development of varicose veins.

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

Multi Probiotic

Your digestive tract is an often forgotten but extremely important part of your overall health and immune system. Improve uncomfortable, unhealthy digestion with the Ultimate Multi Probiotic. Ideal for anyone with a history of antibiotic treatment or a high toxic load.

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

Gluten Free Pie Crusts

Bake your favorite pie in this gluten free pie crust and it is so good, no one will even know that it's Gluten free! Includes 2 eight-inch gluten free pie shells, so one pack makes two single or one double crust pie!

390 g
Sale.....**\$3.99**

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
Sale.....**\$7.99**

Sol Cuisine Sweet Chili Cauliflower Wings

These plant-based cauliflower wings are deliciously tangy, with a whole lot of kick! Coated in a crispy breading and tossed in their signature sweet chili spice blend. Vegan!

255 g
Sale.....**\$4.49**

Beyond Meat Sausage Links

Beyond Sausage is a plant-based sausage made to look, sizzle, and satisfy like pork. It has all the juicy, meaty deliciousness of a traditional sausage. You'll love it!

400 g
Sale.....**\$6.99**

Salt & Vinegar Potato Crisps

The Good Crisp Company has your healthy chip needs covered with salt & vinegar potato crisps! A classic with a healthy twist. These potato chips are made without gluten, GMOs or animal products. Packed in a portable can, they're perfect for on-the-go snacking! Assorted Flavours!

160 g
Sale.....**\$2.99**



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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-Cure V2 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**

Diabetic Health

Berberine supports cardiovascular health. Berberine has been shown to support healthy cholesterol and glucose levels already within the normal range. Helps to support healthy blood sugar levels. May help to improve liver function.

120 caps
Sale.....**\$36.99**

Free Refill on Your 5 Gal. Jug of Water!

With your purchase of Naka Platinum Concentrace Oral Mineral Drops you will receive a 5 gallon water refill. Container not included.

Oral Mineral Drops

Naka Platinum Concentrace Mineral Drops are made from Utah's Great Salt Lake inland seawater. It contains a balanced concentration of electrolytes, and more than 72 bioavailable ionic trace elements, including magnesium. Ideal for active people.

355 mL
Sale.....**\$30.99**

Heart Healthy

Studies show that inflammation is a critical factor for deposits building up in the lining of arteries (atherosclerosis). These deposits can narrow or clog your arteries. Resveratrol inhibits blood platelet aggregation, which can lead to cardiovascular problems and strokes.

60 caps
Sale.....**\$32.99**

Apple Cider Vinegar Gummies

Enjoy all of the benefits of Apple Cider Vinegar... more energy and feel better as your body detoxes. Goli is an excellent and easy way to incorporate Apple Cider Vinegar into your daily routine.

60 caps
Sale.....**\$24.99**

Digestive Enzymes

Signs of poor digestion are gas and bloating, heartburn, constipation, cramps and/or tiredness after eating, and the inability to eat certain types of foods. DigestMore enzyme formula is ideal for those with chronic, hard to treat digestive problems.

90 caps
Sale.....**\$18.99**

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

Chosen Foods Lemon Garlic Salad Dressing

Chosen Foods Lemon Garlic Dressing is made with lemon, garlic and a dash of salt, in a base of pure avocado oil. This recipe is the ultimate go-to dressing for all of your healthy meals. For salads, dips and marinades, it's light, versatile and irresistible.

237 mL
Sale.....**\$6.49**

Naked & Saucy Teriyaki Sauce

This keto and vegan teriyaki sauce has a sweet and savoury flavour. Only 1g of net carbs and no added sugar! Use it as a marinade or a glaze from savoury wings to sautéed veggies. This soy-free sauce adds a tangy taste to all of your Asian-inspired dishes.

296 mL
Sale.....**\$4.99**

Rainforest Nut Butter with Coconut

From the tallest trees in the Rainforest 100% of Brazil nuts are hand-harvested. Nuts to You blends these nuts with cashews and coconut for a delicious taste. Made with dry-roasted cashews and Brazil nuts, coconut and coconut oil.

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

Organic Strawberry Fruit Spread

You'll love Crofter's organic Strawberry fruit spread! Sweetened without sugar. Crofter's Fruit Spreads are super delicious and contain 1/3 less sugar than other jams. Fair Trade and Non-GMO.

235 mL
Sale.....**\$3.99**

Schar Artisan Gluten-Free 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
Sale.....**\$4.99**

