

MAGNESIUM BISGLYCINATE 200 SUPREME

180 vegetable capsules

A magnesium glycinate complex for enhanced absorption to help maintain bones, tissues and muscle function.



29⁹⁹

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180 vegetable capsules

HEALTH FIRST®



**YOUR CANADIAN PARTNER
IN WELLNESS SINCE 1999**

We are a proud Member of Health First Network, the association of independent natural health retailers across Canada. Founded in 1999, Health First is dedicated to supporting local businesses and promoting health and wellness in their communities.

Health First supplements are proudly made in Canada using the best manufacturing processes and high-quality, efficacious ingredients.
All products are free from GMOs, gluten, artificial colours, flavours, and preservatives.

  [healthfirst.ca](https://www.healthfirst.ca) 



HEALTH FIRST

**PROUDLY CANADIAN
FIÈREMENT CANADIENNE**



EXCLUSIVE SAVINGS

13⁹⁹
Reg. \$18.99

**IMPROVED FORMULA!
IRON SUPREME**

60 vegetable capsules

Prevent iron deficiency with Ferrochel® iron bisglycinate, formulated with active B vitamins and vitamin C for enhanced absorption.

HEALTH FIRST

WHICH OMEGA IS RIGHT FOR YOU?

Assorted gelpcaps
10% off



Daily support for heart, brain and overall health

Health First® Omega First and Omega One Daily Supreme are made to the highest standards so you can feel confident in your choice. Because modern diets are often low in omega-3s, it can be difficult to get enough EPA and DHA from food alone.

IFOS™ CERTIFIED

Independently tested for quality, purity, and safety.

BALANCED EPA AND DHA

Formulated in ratios to suit different needs.

WILD-CAUGHT, SINGLE-SOURCE FISH

Responsibly harvested Peruvian anchovy for consistent quality.

TRIGLYCERIDE-BASED OMEGA-3

A natural form that supports improved absorption.

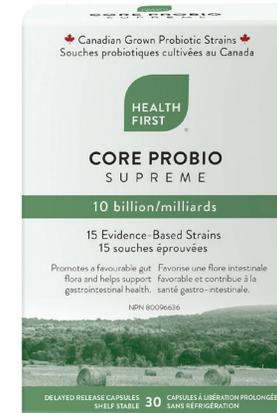
EXCLUSIVELY AT HEALTH FIRST MEMBER STORES

Not sure which Health First Omega is right for you or your family? Your local Health First team is here to help, offering trusted guidance and personalized support.



FEEL GOOD FROM THE INSIDE OUT

When your digestive balance is off, your whole body can feel it! Support digestive health and help restore balance to your microbiome with a daily probiotic. Take it alongside digestive enzymes to help you get the most out of every meal.



CORE PROBIO SUPREME 30 delayed release capsules

Support everyday digestive health with 10 billion CFU and 15 probiotic strain that are grown right here in Canada!



ON SALE!

14⁹⁹



PRIMEZYME 180 capsules

Is an effective full spectrum digestive enzyme formula from plant and bacterial source enzymes with betaine HCL.



ON SALE!

43⁹⁹

Spring in store **SPECIALS**

