

RESPIR FIRST

500 ml

A delicious herbal formula that helps to relieve bronchitis, coughs, colds, and seasonal allergy symptoms.



21⁹⁹
RESPIR FIRST
500 ml

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 gluten, artificial colours, flavours, and preservatives.

  healthfirst.ca 



HEALTH
FIRST

**PROUDLY CANADIAN
FIÈREMENT CANADIENNE**

FALL
sale

**EXCLUSIVE
SAVINGS**
14⁹⁹
Reg. \$20.99
each

**IN A
BASE OF
MCT
OIL!**



**VITAMIN D3 1,000 IU OR
2,500 IU EXTRA STRENGTH**

30 ml

Each drop provides either 1,000 IU or 2,500 IU of vitamin D3 to support immune function and help prevent vitamin D deficiency.

HEALTH
FIRSTSALE ENDS OCT. 31, 2026, UNLESS
EXTENDED BY YOUR LOCAL STORE.

BUILD YOUR IMMUNE SUPPORT KIT

Prepare for the season ahead and support your body's natural immune defences with targeted Health First essentials that help you stay well as the cooler weather approaches.



COLD DEFENSE SUPREME 120 vegetable capsules

A non-drowsy blend of traditional Chinese herbs and adaptogens that help to relieve cold symptoms. For the whole family ages 12 and up!



ON SALE!
39⁹⁹



CONGESTION RELIEF SUPREME 60 gelcaps

Contains garlic oil to help relieve nasal and sinus congestion and ease mucus buildup. With added organic black seed oil and organic oregano oil.



ON SALE!
29⁹⁹



VITAMIN C 180 tablets

Provides 1,000 mg of vitamin C with citrus bioflavonoids in a timed-release formula that releases gradually over six to eight hours for longer-lasting immune support.



ON SALE!
22⁹⁹



NAC 120 vegetable capsules

N-acetyl-L-cysteine is an amino acid the body uses to produce glutathione, an important antioxidant that helps protect cells from oxidative damage and supports immune health.



ON SALE!
25⁹⁹



IMMUNO FIRST 60 vegetable capsules

A daily supplement with plant-based phytosterols and vitamin A that helps support the immune system and mucous membranes.



ON SALE!
26⁹⁹



ZINC PLUS COPPER 150 chewable tablets or 100 capsules

Zinc helps support immune function and maintain healthy skin, hair and nails. Available in a vegetable capsule or chewable tablet, both formulas provide a balanced ratio of zinc and copper to help prevent deficiency.



ON SALE!
21⁹⁹

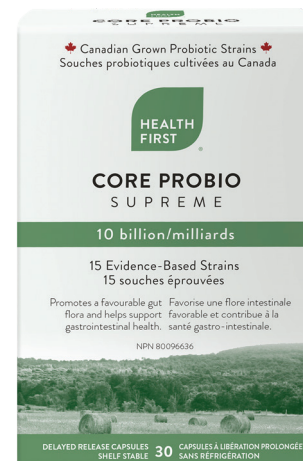


ON SALE!
11⁴⁹



SUPPORT STARTS WITHIN

The gut and immune system are closely connected. Probiotics help support healthy intestinal flora and digestive health, an important part of everyday wellness.

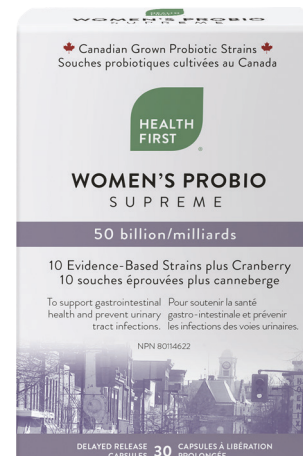


CORE PROBIO SUPREME 30 delayed release capsules

Support everyday digestive health with 10 billion CFU and 15 shelf-stable probiotic strains that are grown right here in Canada!



ON SALE!
14⁹⁹



WOMEN'S PROBIO SUPREME 30 delayed release capsules

Contains 50 billion CFU and 10 Canadian grown probiotic strains with cranberry extract to support digestive health and help prevent urinary tract infections.



ON SALE!
29⁹⁹