

SALE PRICES IN EFFECT FROM July 16 - 29, 2010. We reserve the right to limit quantities.

## Re-Energize with Health First B100 with Maca

The family of B vitamins are critical for energy production and for helping the body to deal with stress. B's interact synergistically as a team and should be taken together for better results

60caps **\$14.98**



**\$24.98**

120 v caps



Health First **Metabo-First**

Helps in weight management

### PRODUCE SPECIALS

Local Unsprayed

**Green Beans**

\$1.99/lb

Local Unsprayed

**Habanero**

**Peppers** \$5.99/lb



**\$15.98**

120 chews



Health First **Kids Multi Vitamin**

In natural orange, grape or strawberry

**\$15.48**

180 caps



Health First **Magnesium Citrate**

Natural relief for muscle cramps

### HOT SUMMER HOT CONTEST!

**SUMMER** ENTER IN STORE BY JULY 31ST TO WIN 1 OF 4 EXCITING GIFT BASKETS CELEBRATING SUMMER! **SUMMER**

### HOT SUMMER HOT

**\$4.48**

100 tablets



Health First **Folic Acid**

Help the body make healthy new cells

**\$3.58**

168 g



Natures Path Enviro Kidz **Crispy Rice Bar**

**\$2.38**

113 g



Kettle **Baked Potato Chips**

**3/\$4.00**

45-51 g



LARABAR **Vegan Fruit & Nut Bars**

**\$1.18** + dep

355 ml



Reed's **Ginger Brew Premium & Extra**

**\$4.98**

284 g



Amy's **Meatless California & Texas Burgers**

**\$3.78**

1 Litre



Ecover **Ecological Dish Liquids**

# ISLAND NATURAL

M·A·R·K·E·T·S

6560 METRAL DRIVE · NANAIMO

250-390-1955

MONDAY - FRIDAY 9 TO 7  
SATURDAY 9 TO 6  
SUNDAY 11 TO 5

HEALTH FIRST

We are a proud member of the Health First Network - Canada's leading independent health & wellness retailers.

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