



15% OFF

Nana Betty Pierogies

Each flavor has its own story, its own personality. From classic comfort to bold adventures, discover your perfect match. Heritage-inspired recipes. Eight minutes to dinner that's anything but ordinary.

454 g
Five Flavors



Sale: 2 for \$9.99
Reg: \$5.79

Peanut Butter, Coconut and almond butter cups

Organic, Dairy Free, Gluten Free.



Locally owned and operated

Spring Sales



Flyer items on sale till April 2 to 23, 2026

natracare

20% OFF

All NatraCare feminine hygiene products 20% off



Refill Station



15% Off on all Refills!

Pure, Oil's & Vinegars, Routine & Oneka



Save \$12

Gandha-600

- Traditionally used as a sleep aid
- Traditionally used in Ayurveda for memory enhancement
- Traditionally used in Ayurveda to relieve general debility, especially during convalescence or old age

240 caps



Line Drive 20% OFF

Allimax Stabilized Allicin

The world's most powerful garlic supplement is nature's antibiotic! With effective antifungal, antiviral and antibacterial properties, it is ideal for colds, allergies, infections candida and athlete's foot.

All sizes



NOW OFFERING

- Organic and Low Carb Wines
- Organic Beer
- Low Carb Ready to Drink Coolers



Flyer items on sale till April 23th, 2026

TNS Health Food Store | 955 Elgin St. West #1
(across from the Best Western hotel)
Tel: 905-373-6009 | www.tnshealthfood.ca
Follow us on

STORE HOURS

Mon to Fr: 10 am to 6 pm
Sat and Sun: 10 am to 5 pm

Locally owned and operated

The information in this ad is for information purpose only. Consult your doctor or healthcare practitioner prior to trying a new regime.



Sale: \$39.99
Reg: \$50.99

Collagen Bone powder

CanPrev's Collagen Bone with D3, K2, Calcium & Magnesium features bioactive peptides for:

- Reduced bone loss
- Stimulating extracellular bone matrix for enhanced collagen building at your bones

213 grams - 30 servings



20% OFF

Enzymes line drive

Enjoy rich meals comfortably! Digestive enzymes support carb, fat, and protein breakdown, while ox bile promotes bile flow and digestive health.

All sizes



20% OFF

HMF probiotics Line Drive

HMF Probiotics are human-sourced, multi-strain probiotics supplements designed to support intestinal and digestive health in adults, children, and infants.



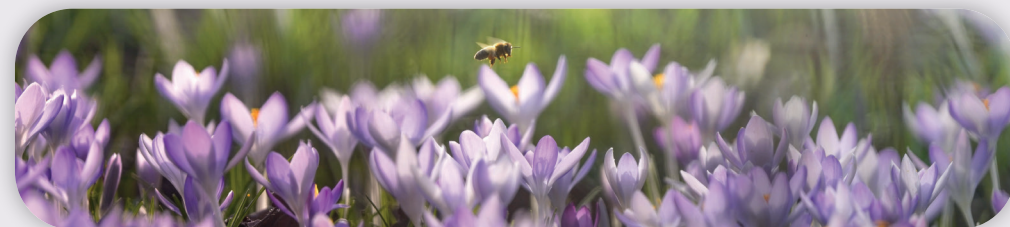
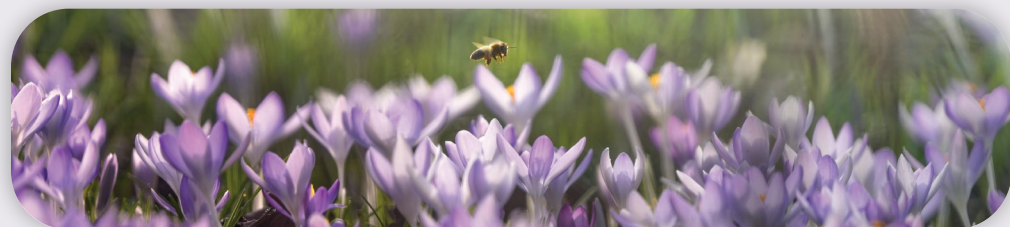
Line Drive 20% OFF

Clean, Premium, Plant-based Natural Wellness Supplements

Vegan, non-GMO and made in Canada. Free from gluten, soy and sugar with no artificial colours, flavours, sweeteners or preservatives.



Turn the page for more details!



WS WOMENSENSE

AdrenaSense

Stressed? No Energy? Losing Sleep?

- Helps recover after mental and physical stress and exertion
- Improves symptoms of stress
- Supports healthy cortisol levels and adrenal function

90 vcaps



**Sale: \$20.99
Reg: \$28.99**

NUTRIDOM

Magnesium Bisglycinate 200

- It provides 200 mg of elemental magnesium with one capsule a day.
- Gentle, Highly Absorbable Magnesium Bisglycinate.
- Supports Muscle Relaxation, Nerve Health, Better Sleep.
- Made in Canada. Premium Quality

120 caps



**Sale: \$25.99
Reg: \$34.99**

AQUAOMEGA

20% OFF

Balanced Arthritis & Brain Support

Support joint flexibility and mobility, cognitive performance, and overall cardiovascular health.

225ml, 120 & 240 sgels

New product!



StFrancis HERB FARM

20% OFF

20% OFF on all Allergy and Detox products

Natural, effective relief of allergy symptoms and Detox Naturally with St. Francis Herb Farm



natural factors CANADA

Thercurmin Double Strength

- One of the highest absorbed forms of curcumin
- Supports a healthy inflammation response
- Exerts antioxidant activity
- Helps relieve joint pain associated with osteoarthritis of the knee

30 vcaps



**Sale: \$22.99
Reg: \$31.49**

natural factors CANADA

Regenerlife Creatine powder

- Increases body lean muscle mass when used with resistance training
- Improves strength and performance in high-intensity physical activities
- Provides 5 g of quality, third-party-tested, micronized creatine monohydrate per serving

600g



**Sale: \$32.99
Reg: \$44.49**

NORDIC NATURALS

15% OFF

Better Omega-3 Support for Body & Mind

Every Nordic Naturals fish oil product is made with fresh and pure omega-3 oil from sustainable wild-caught fish.

Line drive



Nanton nutraceuticals Ltd.

**Sale: \$33.99
Reg: \$42.99**

Essential nutrients for hair, skin and nails from the ocean

- Stops hair loss
- Supports new healthy hair growth
- Improves nail & hair strength
- Promotes healthier skin
- Supports thyroid function
- Helps energy production

60 caps



natural factors CANADA

Cognisave Kit

- Provides comprehensive daily support for the aging brain
- Supports cognitive health and brain function
- Helps promote a healthy mood balance
- Supports healthy brain and nerve function as a precursor to the neurotransmitter acetylcholine

30 packets



**Sale: \$70.99
Reg: \$109.99**

BELL

Bell EZ 7 Day Joint Support

- Start to work in as little as 7 days
- Relieves pain, inflammation and swelling
- Helps to relieve joint pain and stiffness associated with osteoarthritis of the knee
- Features Boswellin® SUPER and bromelain to help reduce and relieve pain

30 caps



**Sale: \$26.99
Reg: \$33.99**

ORGANIKA AUTHENTICALLY CANADIAN

20% OFF

Göutrin

Tackle uric acid for gout relief and prevention.

- Reduces inflammation
- Supports kidney health
- Helps lower uric acid levels
- Capsule form for ease-of-use

60 & 120 vcaps



SiSU

20% OFF

Ester-C is the only vitamin C that provides 24-HOUR IMMUNE SUPPORT

