



VITALITY HEALTH FOODS

YOUR HEALTH IS OUR PRIORITY

OCTOBER 17 - NOVEMBER 30, 2022

CUSTOMER APPRECIATION

BUY ANY REGULAR
PRICED PRODUCT
& RECEIVE

25%
- OFF* -

*Minimum purchase of \$25.00 before taxes. Valid at Vitality Health Foods Only. One coupon per visit. Expires November 30, 2022.

prairienaturals®

*"I Trust
Prairie Naturals
Men's Health
products"*



Trevor Linden
Retired Professional
Hockey Player

16

-25% OFF-
All Prairie Naturals Products



Prairie Naturals is Canada's Number One Men's Health Products Line



HAWKSTONE PLAZA 18326 LESSARD RD 780-761-6555
LONDONDERRY MALL 780-473-4268
NORTHGATE CENTRE 780-476-6062
CAPILANO MALL (NEXT TO WINNERS) 780-413-4817
BONNIE DOON SHOPPING CENTRE (NEXT TO BANK OF MONTREAL) 780-761-1999
SOUTH EDMONTON COMMON (ACROSS FROM LONDON DRUGS) 780-461-0889
WESTMOUNT MALL 111 AVE & GROAT RD. 780-453-1313



PROBIOTICS

Experience New Roots Herbal's industry-leading family of probiotics formulas with clinically researched strains for daily maintenance and condition-specific needs. Featuring GPS™ enteric-coated capsules for protection from harsh stomach acids and targeted delivery within the intestines.

25% off
On These Selected
New Roots Formulations

Acidophilus Ultra 30, 60, 120, 250 capsules
Acidophilus Ultra+ 60, 120 capsules
Femina Flora Vaginal Flora 10 Billion 10 ovules
Femina Flora Oral 30 capsules
Probiotic Intensity 30, 60 capsules
Probiotics Recovery 30 capsules
Probiotics Urgency 22, 30, 60 capsules

Hospital Bacteria Defense 10 Billion+ 30 capsules
Human Probiotics 30 capsules
IBS Urgency 30, 60 capsules
Colon Care Probiotics 30 capsules
Travelers' Probiotic 30 capsules
Bifido Builder 42 Billion+ 30 capsules
Children's Probiotic 10 Billion+ powder 20g
Hospital Bacteria 30 capsules



VITAMIN D

Central to better health in many ways, it helps lock down calcium for bone growth and supports immune function. Available in convenient liquid, softgel, or capsule forms, New Roots Herbal high-quality natural vitamin D supplements provide excellent bioavailability for the body and are laboratory-tested for quality and potency.

Vitamin D3 2,500 IU 90, 180, 360 capsules
Vitamin D3 2,500 IU Extra Strength 15 ml
Vitamin D3 2,500 IU 30ml



Vitamin D3 2,500 IU 60, 120, 180, 360 softgels
Vitamin D3 2,500 IU Extra Strength 600 softgels

VITAMIN C

New Roots Herbal's Vitamin C⁸ provides a full spectrum of 8 different C vitamins along with 7 minerals and trace elements, plus 10 plant superantioxidants for better absorption. It supports proper muscle and immune functions as well as tissue formation. Vitamin C⁸ is also a great ally to maintaining healthy skin.

Vitamin C8 Immune Antioxidant Complex 527mg 45, 90, 180 capsules
Vitamin C8 Immune Antioxidant Complex 1165mg 250 g
Vitamin C8 Immune Antioxidant Complex 1165mg 30 sachets x 5g



ULTRA ZINC

Available in 30 and 50 mg potency, Ultra Zinc is formulated with biologically active vitamins, minerals, and potency-validated nutraceuticals for immune-system maintenance and the metabolism of carbohydrates, fats, and proteins.

Ultra Zinc 30 mg Immunity Formula 90 capsules **Ultra Zinc 50 mg Immunity Formula 90 capsules**



QUERCETIN

Quercetin, a naturally sourced, potency-validated antioxidant for the maintenance of better health, provides the body with the antioxidant benefits of its family of bioflavonoids. Available in 500 mg format or formulated with the beneficial properties of Rutin and pineapple-sourced bromelain.

Quercetin Bioflavonoid Complex 250mg 90 capsules
Quercetin 500 mg 90 capsules



EXOTIC OILS

Organic or wildcrafted, 100% pure, and unrefined, they'll hydrate, rejuvenate, and pamper your skin, hair, and nails. Their nutrients will be absorbed by your skin for benefits including reducing the look of wrinkles and stretch marks, leaving your skin supple and moisturized, with a youthful glow.

Argan Oil Certified Organic 50ml **Pomegranate Seed Oil Organic 50ml**
Cacay Seed Oil 15ml, 30ml **Rosehip Seed Oil Rosa Mosqueta Certified Organic 15ml**
Baobab Oil Organic 30ml **Rosehip Seed Oil Rosa Mosqueta Certified Organic 30ml**
Cranberry Seed Oil Certified Organic 15ml **Seabuckthorn Seed Oil Certified Organic 30ml**
Goji Seed Oil Certified Organic 15ml **Skin Lovers' Oil Certified Organic 15ml**
Moringa Seed Oil Organic 30ml **Tamanu Oil Certified Organic 30ml**
Marula Seed Oil Organic 30ml **Exotic Oils Gift Set Organic Exotic Oils Collection Gift Set**



@VITALITYHEALTHFOODS

@VITALITYHEALTHFOODS

KINGSWAY MALL (NEXT TO HOMESENSE)..... 780-752-0786
MILL WOODS TOWN CENTRE (NEXT TO FOOD COURT) 780-757-8482
NOW OPEN CALLINGWOOD NEW LOCATION 248, 6655 178 ST 780-481-0157
JASPER GATES SQ. (STONY PLAIN RD. & 149 ST.)..... 780-484-2380
SHERWOOD PARK (EMERALD DR.) 587-269-1919



ASHWAGANDHA



- Helps the body adapt to temporary normal stress
- Supports a Healthy Immune System
- 15:1 Concentrate
- Traditionally used in Ayurveda
- Vegetarian/Vegan

400mg 90 v-caps Sale Price \$14.99

CASTOR OIL



- 100 % Pure & Versatile Skin Care
- One of the Finest Emollients Available
- Helps to Support & Soften Skin and Hair
- Expeller Pressed & Hexane Free
- Odourless and Colourless

473ml Sale Price \$12.99

D-MANNOSE



- Urinary Tract Support
- Helps Reduce the Risk of Recurring UTIs
- 100 % Pure Powder
- Vegetarian/Vegan

500 mg 120 v-caps Sale Price \$24.99

GABA + VITAMIN B6



- Promotes Relaxation & Eases Nervous Tension
- Naturally Occurring L-Form of GABA
- A Factor in the Maintenance of Good Health
- Fast Absorbing Capsules for Quick Relief
- Vegetarian/Vegan

500mg 100 v-caps Sale Price \$14.99

HYALURONIC ACID



- High Potency
- Important Constituent for Joint Health
- Provides Antioxidants for the Maintenance of Good Health
- Vegetarian/Vegan

100mg 60 v-caps Sale Price \$27.99

NIACINAMIDE



- Non Flush Form of Niacin
- Aids Growth & Development
- Maintains Good Health
- Helps Metabolize Proteins, Fats & Carbohydrate

500mg 100 v-caps Sale Price \$10.99

SUPER ENZYMES



- Comprehensive Blend of Enzymes to Support Healthy Digestion
- Formulated with Bromelain, Betaine HCL, Ox Bile, Pancreatin & Papain
- Helps to Optimize the Breakdown of Proteins, Fats & Carbohydrates

90 v-caps Sale Price \$21.99

180 v-caps Sale Price \$39.99

ESSENTIAL OILS



- 3 of the Most Popular Essential Oils
- 100 % Pure
- Steam Distilled
- Purity Tested & Quality Assured

Lavender, Peppermint or Rosemary Oil

30 mL Sale Price \$9.99 each



FERRITIN+

- Clinically proven
- Vegan, organic, gluten free
- Non-GMO Project Verified
- Made with organic peas
- Safe, non-irritating and non-constipating form of iron
- Absorption comparable or better than ferrous sulphate iron
- Naturally protein coated iron allows for controlled, efficient, side effect free absorption
- One capsule provides 20 mg of elemental iron
- Made in Canada

30 v-caps Sale Price \$27.99

SUPER 8 PLUS PROBIOTIC



- Contains only medicinal strains of probiotics
- High percentage of Lactobacillus species of probiotics to discourage overgrowth of yeast and pathogenic bacteria
- Supports the immune system
- Assists in breaking down proteins and carbohydrates
- Contributes to the absorption of minerals and the manufacture of important B vitamins
- Helps to replenish beneficial bacteria after antibiotic treatments
- Manufactured in Canada

60 v-caps Sale Price \$44.99

IRON+



- Plant-based, vegan, gluten-free, yeast-free, liquid iron and B vitamin formula
- Bottled in glass
- Certified kosher
- Non-constipating, easy to digest and absorb
- Formulated for optimal absorption
- Formulated with highly absorbable ferrous gluconate as the iron source
- Formulated with vitamin B6 and B12 to support red blood cell production
- Safe for use during pregnancy and nursing
- Also recommended for children ages 4

445ml Sale Price \$28.99

MARIA'S SWEDISH BITTERS (ALCOHOL)



- Herbal bitters that help reduce gas and bloating and stimulate digestion*
- Made with only premium quality and tested herbal ingredients
- Free of additives
- A well-established, time-proven formula

250ml Sale Price \$33.99

FLOR-ESSENCE WITH TURKEY TAIL & TURMERIC



- Immune and digestive system support
- Antiviral and prebiotic effects
- Tea concentrate – approximately 1 gram of herbs per 15 mL tablespoon
- Organic, kosher and Non-GMO Project Verified ingredients
- Bottled in glass

500ml Sale Price \$33.99

UDO'S 3-6-9



- Each 30 mL serving of Udo's Oil Omega 3+6+9 Blend provides 13 grams of omega-3 and 6 grams of omega-6 fatty acids
- Unrefined and freshly pressed in a state-of-the-art, low heat, low light, and oxygen-free environment to optimize freshness and provide maximum nutritional value
- Made exclusively with 100% sustainable, plant-based ingredients
- Non-GMO + Organic + Vegan

500ml Sale Price \$32.99

IMMEDIATE RELIEF ENZYMES



- Especially helpful for those with diets high in protein and fiber
- This vegetarian formula can help provide relief from occasional heartburn, gas, bloating, and indigestion, and help maintain the overall health of your digestive system.
- Gluten-Free + Non-GMO +

120 v-caps Sale Price \$32.99

OMEGA BRAIN+



- Vegan EPA + DHA sourced from algae
- Sustainable, fish-free
- Non-GMO
- Sourced from cultivated, tank-grown algae; free from oceanic pollutants
- Contains life's OMEGA™ from DSM – consumed by millions around the world
- 2:1 ratio of DHA to EPA, key omega-3 fatty acids to support brain and cardiovascular health

60 v-softgels Sale Price \$27.99

PLATINUM IMMUNE STRENGTH



- With Quercetin, Zinc Bisglycinate + Vitamin C
- Immune system support
- Supports brain health
- Supports heart health
- Energy boost.

90 v-caps Sale Price \$37.99

PLATINUM LIPOSOMAL C1000



- Helps in collagen formation to maintain healthy bones, cartilage, teeth and/or gums.
- Helps in the development and maintenance of bones, cartilage, teeth and gums and in connective tissue formation.
- Helps in wound healing.
- Helps with immune function.
- Source of antioxidant that helps to fight against (the oxidative damage caused by) free radicals.

750ml Sale Price \$42.99

MAGNESIUM BISGLYCINATE + BIOACTIVE B6



- Enable faster, more efficient absorption and more usable magnesium for your body's needs.
- Helps to maintain proper muscle function.
- Helps in the development and maintenance of bones and teeth.
- Helps in tissue formation and helps the body to metabolized carbohydrates, fast and protein.

230 v-caps Sale Price \$47.99

PLATINUM ZINC50 BISGLYCINATE



- Boost your immune system
- Helps in wound healing
- Helps treat acne
- Decrease inflammation

300 v-caps Sale Price \$31.99

HUBNER ORIGINAL SILICEA GEL



Experience the power of Silicea Gel, Europe's #1 Supplement for beautiful healthy hair, stronger nails and bones, plus smoother looking skin. Naka's superior liquid formula is absorbed faster and more completely by the body when compared to powdered capsules, helping to let your natural beauty blossom. Accept NO artificial imitations - insists on the 100% PURE WORLD FAMOUS Original Silicea Gel! Product of Germany

2x500ml Sale Price \$55.99

COMPLETE COLLAGEN



- 10g of non-GMO collagen per scoop.
- Sourced from pasture-raised, grass fed cattle.
- Added Vitamin C so you can make the collagen you need.
- Added Tryptophan to complete the amino acid profile.
- Enzymatically hydrolyzed for easy mixing and better absorption.
- Supports collagen and connective tissue formation
- Helps to maintain strong bones, cartilage, teeth and gums
- Nourishes healthy hair, skin and nails
- Builds lean muscle when combined with regular resistance training and a healthy balanced diet

250g Sale Price \$25.99 500g Sale Price \$44.99

PERFECT PROBIOTIC™ 30 BILLION



- 30 Billion Colony Forming Units (CFU) guaranteed to expiry
- Formulated with Perfect Prebiotic™
- Gluten Free & Vegan
- Fridge & Shelf Stable
- Helps support intestinal/gastrointestinal health
- Could promote a favourable gut flora
- TRU-ID® Certified - to guarantee the presence of every probiotic species

30 v-caps Sale Price \$22.99 60 v-caps Sale Price \$39.99

PROGRESSIVE MULTIVITAMIN FOR MEN 50+



- Vision & Bone Nutrients
- Saw Palmetto & Lycopene
- Immune Support
- Hawthorn & Maca
- Antioxidants
- Supports your bones, eyes, prostate & cardiovascular health
- Assists in the maintenance of more youthful testosterone levels
- Strengthens immune function

**60 v-caps Sale Price \$19.99
120 v-caps Sale Price \$33.99**

PROGRESSIVE MULTIVITAMIN FOR WOMEN 50+



- Green Food Concentrates
- Vision & Bone Nutrients
- Damiana & Green Tea
- Immune Support
- Antioxidants
- Supports your bones, eyes & cardiovascular health
- Assists in the maintenance of more youthful estrogen levels
- Strengthens immune function

**60 v-caps Sale Price \$19.99
120 v-caps Sale Price \$33.99**

VITAMIN C COMPLEX



- Bilberry, Quercetin, & Aloe
- Resveratrol & Grape Seed
- Mineral Ascorbates
- Ascorbyl Palmitate
- Fruit Extracts
- Provides powerful antioxidant protection
- Supports cardiovascular health & immune function
- Promotes healthy bones, joints, teeth and gums

**60 v-caps Sale Price \$14.99
120 v-caps Sale Price \$24.99**

smartSOLUTIONS™

SMART SOLUTIONS MENOSMART+ (MENOSMART PLUS WITH SAGE)



- Ensures rapid reduction of night sweats and hot flashes. MENOSmart plus contains sage, black cohosh, dong quai, gamma oryzanol, vitex and hesperidin to provide relief of menopausal symptoms fast.
- Relieves menopause symptoms
- Stops hot flashes
- Halts night sweats
- Calms mood swings

120 v-caps Sale Price \$25.99

GUTSMART™



- Promotes a favourable gut flora
- Helps relieve abdominal pain associated with IBS
- LOW FODMAP fibre
- Sustainably sourced and harvested

30 x 6g Sale Price \$27.99 180g Sale Price \$22.99

MAGNESIUM BISGLYCINATE



- Stops muscle cramping
- Controls restless legs & twitchy eyelids
- For fibromyalgia & migraines
- Aids restful sleep

90 v-caps Sale Price \$24.99

**natural
Factors**



Magnesium Bisglycinate Pure

- Helps maintain proper muscle function, including the heart muscle
- Helps maintain the body's ability to metabolize nutrients
- Supports tissue formation and the development and maintenance of bones and teeth
- A factor in the maintenance of good health
- Bisglycinate form is easy on the stomach and does not cause diarrhea

250 v-caps **Sale Price \$29.99**



Liposomal Vitamin C High Absorption 1000 mg

- Supports immune function
- Provides a source of antioxidants to protect against free radicals
- Helps in collagen formation and wound healing
- Contributes to healthy bones, cartilage, teeth, and gums
- A high-absorption and high-potency formula

90 softgels **Sale Price \$19.99**
180 softgels **Sale Price \$36.99**



**Natural Factors Theracurmin®
CurcuminRich™ Double Strength**

- Supports a healthy inflammatory response
- Helps relieve pain due to osteoarthritis of the knee
- Lessens exercise-induced oxidative stress
- Provides antioxidants for the maintenance of good health

60 v-caps **Sale Price \$42.99**
120 v-caps **Sale Price \$76.99**



**Natural Factors Anti-Viral Potent
Fresh Herbal Extract**

- Helps shorten the duration and severity of colds and flu
- Effective relief for sore, irritated throats
- Used in herbal medicine to fight off infections, especially of the upper respiratory tract
- Certified organic Canadian echinacea

100ml **Sale Price \$25.99**
120 softgels **Sale Price \$38.99**



Glutathione LipoMicel Matrix 300 mg

- Supports healthy aging
- Provides antioxidants
- Reduced form
- Uses LipoMicel technology for higher absorption
- Clinically effective dose

60 softgels **Sale Price \$25.99**
90 softgels **Sale Price \$37.99**



Natural Factors RegenerLife™

- Helps increase energy production (ATP) at the cellular level
- Helps maintain cardiovascular health, cognitive health, and brain function
- Assists in reducing symptoms of fatigue
- Supports positive effects on perceived stress, such as pain, fatigue, sleeplessness, and irritability
- Supports the body's antioxidant defence systems by providing L-glutathione and the antioxidant enzyme superoxide dismutase

81g powder **Sale Price \$49.99**
120 v-caps **Sale Price \$43.99**



Total Body Collagen Total Body Collagen

- Supports formation of collagen and connective tissue for joint health
- Helps nourish skin, hair, nails, bones, teeth, and gums
- Helps reduce joint pain associated with osteoarthritis
- Supports lean muscle growth and recovery after a workout

500g Pomegranate **Sale Price \$49.99**
500g Orange **Sale Price \$49.99**
500g Unflavoured **Sale Price \$49.99**



Natural Factors Sambucus Black Elderberry with Vitamins C & D plus Zinc

- Supports healthy immune function
- Helps relieve cold and flu symptoms, such as fever, cough, sore throat, and congestion
- Provides antioxidants
- Contains vitamins C and D, as well as zinc
- Suitable for adults and children ages five and up
- Gelatin-free and contains no artificial colours or sweeteners

60 vegGummies **Sale Price \$16.99**



Natural Factors ReliefZyme® Intensive Strength

- Supports the digestion of gluten, wheat, and dairy proteins (such as casein, whey, and lactoglobulins)
- Eases digestive complaints associated with food sensitivities
- Relieves gas and bloating
- Promotes healthy digestion

45 v-caps **Sale Price \$23.99**



Quercetin LipoMicel Matrix 250 mg

- Provides a source of antioxidants
- Used in herbal medicine as a blood vessel protectant

30 softgels **Sale Price \$19.99**
60 softgels **Sale Price \$35.99**
120 softgels **Sale Price \$61.99**



Natural Factors SunVitamin D3 2500 IU

- Helps prevent vitamin D deficiency
- Helps reduce the risk of developing osteoporosis when combined with adequate calcium, a healthy diet, and regular exercise
- Aids in the normal development and maintenance of bones and teeth
- Supports healthy immune system function

90 sgel **Sale Price \$2.99**
180 sgel **Sale Price \$5.99**
360 sgel **Sale Price \$10.99**
500 sgel **Sale Price \$13.99**
100 tab **Sale Price \$2.99**
250 tab **Sale Price \$6.99**



Natural Factors Travel Biotic BB536*

- Helps support intestinal/gastrointestinal health
- Promotes favourable gut flora
- Supports a healthy immune system
- May help relieve discomfort due to gastrointestinal distress
- No refrigeration required to maintain potency

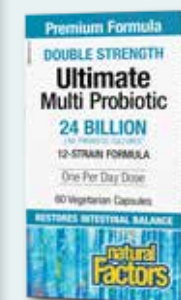
60 v-caps **Sale Price \$31.99**



Natural Factors Senior's Multi Probiotic

- Supports digestive health
- Combats age-related decline in immune system function
- Relieves digestive discomfort associated with antibiotic use
- Reduces inflammation
- Strengthens natural immunity

30 v-caps **Sale Price \$22.99**



Natural Factors Ultimate Multi Probiotic Double Strength

- Helps restore and maintain intestinal health
- Promotes favourable gut flora
- Helps limit the growth of undesirable bacteria and pathogens in the digestive tract
- Supports immune function
- Promotes normal digestive function

60 v-caps **Sale Price \$41.99**

BioSil™

- Clinically proven to help in the formation of collagen
- Helps support hair, skin, and nail health
- Increases skin elasticity
- Reduces fine lines and wrinkles
- Thickens and strengthens hair
- Encourages keratin production for nail growth and strength
- Protects both newly formed and existing collagen from breakdown
- Vegan



Biosil 60 Liquid v-caps	Sale Price \$31.99
Biosil 120 Liquid v-caps	Sale Price \$59.99
Biosil Liquid - 15 ml	Sale Price \$20.99
Biosil Liquid - 30 ml	Sale Price \$39.99
Biosil - 46 v-caps	Sale Price \$26.99
Biosil - 90 v-caps	Sale Price \$43.99
Biosil - 120 v-caps	Sale Price \$58.99

Ultimate Testosterone Boost

- Synergistic formula to help promote healthy testosterone production in men
- Features KSM-66 a clinically studied ashwagandha extract, for adaptogenic support at times of stress
- KSM-66 ashwagandha is the market leader for purity and efficacy and the highest concentrated full-spectrum extract available
- Features essential nutrients for men's health, including zinc, vitamin D3, and B vitamins, alongside cordyceps, to support immune function
- Non-GMO, gluten free, and suitable for vegetarians



60 v-caps **Sale Price \$22.99**

WomenSense® MenoSense®

- Supports menopause
- Reduces hot flashes and night sweats
- Improves irritability and nervousness
- Reduces other symptoms of menopause



210 v-caps **BONUS**

Sale Price \$35.99

WomenSense® Thyrosense®

- Nourishes and supports thyroid health
- Supports the conversion of T4 to the more active T3
- Formulated with nutrients and herbs for a healthy thyroid
- Helps metabolize carbohydrates, proteins, and fats



210 v-caps **BONUS**

Sale Price \$38.99

Medi-C Medi-C Plus® Vitamin C & L-Lysine Formula with Magnesium Ascorbate

- Supports cardiovascular health and immune function
- Helps support collagen formation
- Helps reduce the recurrence of cold sores
- Helps maintain bones, teeth, and gums
- Provides a key antioxidant
- Buffered with magnesium to reduce gastrointestinal upset



Available in Unflavoured, Citrus or Berry with Magnesium or Calcium

Medi-C Plus Powder 300g	Sale Price \$25.99
Medi-C Plus Powder 600g	Sale Price \$47.99
Medi-C Plus Powder 1 Kg (Citrus or Berry Only)	Sale Price \$65.99

Medi-C Plus 150 v-caps	Sale Price \$21.99
Medi-C Plus 300 v-caps (Magnesium Only)	Sale Price \$39.99

Ultimate Maca Energy

- Synergistic formula to help promote healthy
- Provides a source of antioxidants
- Helps support healthy mood balance during menopause
- Helps support emotional aspects of sexual health in men and women
- Ethically farmed and sun dried maca concentrate
- Organic, non-GMO, and vegan
- Formulated for both men and women



130ml **Sale Price**

\$48.99

WomenSense® AdrenaSense®

- Improves mental and physical performance after periods of mental and/or physical exertion
- Relieves general debility
- Aids during convalescence
- Supports healthy cortisol levels and adrenal function



210 v-caps **BONUS**

Sale Price \$40.99

WomenSense® EstroSense®

- Promotes healthy estrogen metabolism
- Helps maintain healthy hormone balance
- Reduces the symptoms of estrogen dominance



150 v-caps **BONUS**

Sale Price \$43.99



HERBATINT

Herbatint Permanent Haircolor gel is enriched with 8 organic herbal extracts

- Vibrant long lasting colour
- Covers Grey
- Multiple applications per package

120ml/135ml (assorted Colours) Sale Price \$17.99

MENOFORCE



Natural remedy and clinically proven one a day solution to help significantly reduce the frequency and severity of hot flashes, night sweats, and excessive perspiration. 3400mg of fresh sage tincture per tablet.

30 tabs Sale Price \$21.99

90 tabs Sale Price \$49.99

PROSTATE 1



Prevents and treats enlarged prostate symptoms such as:

- Frequent, urgent urination (day and night)
- Weak urine flow
- Low sex drive
- Erectile Dysfunction

30 caps Sale Price \$29.99

60 caps Sale Price \$44.99

RELAX ORAL SPRAY



Helps to relieve restlessness/nervousness
Helps to support and maintain the immune system.
Combination of Fresh, Organic Passion Flower and Lemon Balm with added Zinc

20ml Sale Price \$14.99

ECHINAFORCE® ANTI-VIRAL



Clinically proven to strengthen the immune system and prevent viral infections

Liquid

50ml Sale Price \$15.99

100ml Sale Price \$25.99

Extra Tabs

30 tabs Sale Price \$15.99

120 tabs Sale Price \$40.99

Junior Tabs

90 tabs Sale Price \$15.99

180 tabs Sale Price \$24.99

Extra Hot Drink

100ml Sale Price \$12.99

SORE THROAT SPRAY



Quickly relieves throat pain and inflammation

- Antibacterial effect
- Long nozzle directly targets affected area
- Clinically proven
- Lactose and gluten-free

30ml Sale Price \$14.99



CLEAR SKIN™

Works From The Inside

For the treatment of acne, eczema, psoriasis, and rosacea
Helps as a blood cleanser and blood purifier
Helps to nourish cells and remove toxins
Provides phytonutrients and omega-3 fatty acids

90 v-caps Sale Price \$30.99

EROSYN™ FOR WOMEN



May Support Physical Sexual health
Formulated with Herbs to Support Peripheral Circulation
Supports Energy and Mood
With Spermadine and Spermine

30 caps Sale Price \$36.99

EROXIL™ FOR MEN



May Support Physical Sexual health
Formulated with Herbs to Support Peripheral Circulation
Supports Energy and Mood
With Spermadine and Spermine

30 caps Sale Price \$36.99

HEART FORMULA #5™



Helps Maintain Cardio Health
• Contains Natto, CoQ10, Omega-3s
• Helps Reduce Elevated Blood Lipid Levels
• Contains Garlic and Hawthorn

60 gels Sale Price \$38.99



ESTER C 600MG



Containing added citrus bioflavonoids for superior absorption, the original Ester-C® 600 formula works to strengthen your immune system, alleviate allergy symptoms, encourage the growth and repair of body tissues and help maintain the integrity of bones, gums and teeth. Ester-C® 600 capsules are suitable for use year round, but dosage can be increased during cold and flu season or during times of stress.

The advanced immune-supporting properties of Ester-C enhanced with 100 mg of citrus bioflavonoids for superior absorption. An ideal, daily use formula

Bonus Size 150 v-caps Sale Price \$28.99

ESTER C SUPREME



Offering added antioxidant bioflavonoids and immune-boosting arabinogalactan, the easily digestible Ester-C® Supreme capsules work to strengthen your immune system, alleviate allergy symptoms, encourage the growth and repair of body tissues and help maintain the integrity of bones, gums and teeth. This citrus-free formula offers anti-histamine and antioxidant properties that are especially beneficial during cold and flu season.

Ester-C with powerful bioflavonoids and immune-boosting arabinogalactan to help strengthen your immune system and alleviate allergy symptoms. Citrus free

Bonus Size 150 v-caps Sale Price \$36.99



FORTIFY OPTIMA DIGESTIVE BALANCE & WOMENS' 50 BILLION

- 100% HDS Probiotics. Not from plant, soil, dairy or animal sources.
- 50 billion active probiotic cultures (CFU) including clinically researched strains NCFM and BI-04
- No refrigeration needed.
- Guaranteed potency through date of expiration .
- Delayed release vegetarian capsules.
- -Gluten and dairy free with no artificial colours or preservatives.

Digestive Balance or Womens Probiotic
30 caps Sale Price \$29.99 each



ASHWAGANDHA STANDARDIZED EXTRACT - REJUVENATING TONIC

Nature's Way Ashwagandha is used as an adaptogen to help increase energy and resistance to stress. Traditionally used in Ayurveda as a sleep aid and for memory enhancement. Nature's Way Ashwagandha is Vegetarian and non-GMO Project verified.

60 v-caps Sale Price \$25.99



EASY-TO-ABSORB LIQUID CALCIUM & MAGNESIUM CITRATE 2:1

Nature's Way® Calcium Magnesium Citrate 2:1 with vitamin K2 and collagen is a more complete liquid formula. Calcium, magnesium, and other nutrients support healthy bones by preserving adequate mineral mass and promoting repair functions of the bones and teeth. In three great tasting flavours, there is a high absorption formula right for you! Also available without K2

Cal Mag NO K2 Liquid Blueberry 500ml Sale Price \$24.99
Cal Mag w/K2 Liquid Blueberry 500ml Sale Price \$24.99
Cal Mag w/K2 Liquid Orange 500ml Sale Price \$24.99
Cal Mag w/K2 Liquid Strawberry 500ml Sale Price \$24.99



PREMIUM LIQUID COCONUT OIL

- From Pure, Expeller Pressed, Non-GMO Coconuts with 93% MCTs.
- Superior flavor; Maintains full aroma and taste of fresh coconuts
- Non-hydrogenated; No trans fat; Hexane-free; No solvents used
- Good alternative to vegetable oils for cooking

300ml Sale Price \$15.99
600ml Sale Price \$24.99



NEW SAMBUCUS COLD AND FLU RELIEF GUMMIES ADULTS AND KID'S

With clinically proven South African Geranium to relieve symptoms of cough, runny nose, sore throat, sputum, and/or chest pain from coughing associated with bronchitis, laryngitis, pharyngitis, and/or the common cold. Helps shorten the duration and reduce symptom severity of the common cold

60 gummies Sale Price \$19.99 60 KIDS gummies Sale Price \$19.99



SAMBUCUS IMMUNE GUMMIES ADULTS AND KID'S

Fight your cold and flu symptoms naturally!

- Great tasting
- Helps to maintain immune function
- Triple-Action for Immune Support

- 2 gummies = 50 mg of Black Elderberry extract, 90 mg (150% DV) of Vitamin C and 7.5 mg (83% DV) of Zinc
- Sweetened with Organic Cane Sugar and Organic Tapioca Syrup

60 gummies Sale Price \$17.99 60 KIDS gummies Sale Price \$17.99



SAMBUCUS ELDERBERRY COLD AND FLU CARE SYRUPS

Pure, potent elderberry extract in a great-tasting syrup for children and adults. Used in herbal medicine to help reduce respiratory symptoms associated with the common cold and flu symptoms, it provides antioxidants for the maintenance of good health.

Organic Syrup 120 ml Sale Price \$14.99
Organic Syrup Value Size 240 ml Sale Price \$25.99
Original Syrup 120ml Sale Price \$12.99
Sambucus Immune Syrup 120 ml Sale Price \$14.99
Sambucus Kid's Syrup 120 ml Sale Price \$12.99



NUTRASEA OMEGA-3

Sustainably sourced, NutraSea Omega-3 is beneficial for the maintenance of good health, and supports cardiovascular health and brain function. It is also beneficial in the development of the brain, eyes, and nerves in children and adolescents. Every bottle is third party tested and certified for quality, purity and potency. NutraSea is easy to absorb with no fishy burp back. Pure, potent and delicious!

NutraSea is also available with Vit D in a 200ml and 500ml Value size as well as convenient Liquid Gels

NutraSea Lemon 200 ml Sale Price \$19.99

NutraSea Lemon 500 ml Sale Price \$39.99

NutraSea Mango 200 ml Sale Price \$19.99

NutraSea 60 liquid gels Sale Price \$26.99

NutraSea 150 liquid gels Sale Price \$48.99

NutraSea Value Size 240 liquid gels Sale Price \$39.99

NutraSea DHA Juicy Citrus 200 ml Sale Price \$26.99

NutraSea DHA 60 liquid gels Sale Price \$28.99

NutraSea Kid's Bubblegum 200 ml Sale Price \$18.99

NutraSea Kid's Bubblegum 500ml Sale Price \$32.99

NutraSea+D Crisp Apple 200ml Sale Price \$23.99

NutraSea Chocolate 200ml Sale Price \$19.99

NutraSea One Daily 30 liquid gels Sale Price \$27.99

NutraSea+D Crisp Apple 500ml Sale Price \$48.99

NutraSea+D Grapefruit Tangerine 200ml Sale Price \$23.99

NutraSea+D Grapefruit Tangerine 500ml Sale Price \$48.99

NutraSea+D 60 liquid gels Sale Price \$27.99

NutraSea+D 150 liquid gels Sale Price \$49.99

NutraSea+D 120 mini gels Sale Price \$24.99

NutraSea+D Value Size 240 liquid gels Sale Price \$42.99

NutraVege Prenatal Targeted Lemon Ginger 200ml Sale Price \$32.99

NUTRASEA ARTHRITIS

In conjunction with conventional therapy, Targeted Arthritis Omega-3 from NutraSea helps to reduce the pain of Rheumatoid Arthritis. Available in delicious citrus flavour, and easy to open cap liquid gels!

NutraSea Arthritis Targeted Omega-3 200ml Sale Price \$33.99

NutraSea Arthritis Targeted Omega-3 75 liquid gels Sale Price \$39.99

NUTRASEA DRY EYE

NutraSea Dry Eye delivers a dose of 1500 mg of EPA+DHA and 150 mg GLA specifically formulated to help relieve and improve dry eye symptoms including support for proper tear function. Available in a great tasting citrus flavour as well as liquid gels

NutraSea Dry Eye 120 soft gels Targeted Omega-3 Sale Price \$39.99

NutraSea Dry Eye Targeted Omega-3 200ml Sale Price \$42.99

NUTRASEA ADHD

NutraSea ADHD is a targeted omega-3 formulated for ADHD. Providing 580 mg of EPA, 360 mg of DHA, and 80 mg of GLA to help reduce the symptoms associated with attention deficit hyperactivity disorder (ADHD) in school-age children. Includes the added benefit of 500 IU vitamin D3 and comes in a delicious citrus punch flavour.

NutraSea ADHD Targeted Omega-3 200ml Sale Price \$28.99



VITAMIN & MINERAL GUMMIES

- IMMUNE SYSTEM SUPPORT: Nature's Way Zinc Gummies provide 11 mg of Zinc per gummy and help to support immune function. 100% Vegetarian.
- SLEEP SUPPORT: Nature's Way Melatonin Gummies help to reduce the time it takes to fall asleep and to help increase the total sleep time in people suffering from sleep restriction or altered sleep schedule. 100% Vegetarian.
- IMMUNE AND BONE SUPPORT: Nature's Way Vitamin D Gummies help to maintain and support immune function and also help in the development and maintenance of bones and teeth. 100% vegetarian!

Melatonin 60 gummies Sale Price \$9.99

Zinc 60 gummies Sale Price \$9.99

Vitamin D3 60 gummies Sale Price \$9.99

RHOZIVA BRAIN



Need Help with Focus and Memory? Try Rhoziva Brain

- Supports brain function
- Improves Learning and retention
- Increases focus and memory
- Safe for adults, teens & seniors
- Results in 1-6 days!

60 caps Sale Price \$37.99



NOURISHING WAVES PLUS



Do you have.....Thinning Hair? Brittle Nails? Dry Skin?

- Stops hair loss
- Improves Thyroid Function
- Keeps stress hormone cortisol down
- Strengthens hair and prevents hair from breaking
- Improves health, strength of nails, growth of nails
- Supports elasticity of skin
- May reduce fat in the gut
- Available in liquid or capsules

450mL Sale Price \$34.99

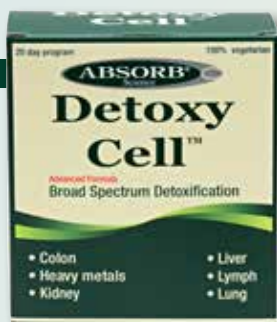


BIO-FIT



Reduce appetite, Increase metabolism, while cleansing the liver and digestive track. 1 month supply.

120 caps **Sale Price \$43.99**



DETOXY CELL

20 days Multisystem detoxification on cellular level

20 day program **Sale Price \$37.99**



GUT-FX



GUT-FX is the ultimate formula to repair your intestinal tract lining, heal inflammation, support healthy gut flora, and restore your gut health.

- GUT-FX is the ultimate formula to repair your intestinal tract lining, heal inflammation, support healthy gut flora, and restore your gut health
- Repairs leaky gut syndrome and other intestinal ailments
- Contains Probiotics (10 Billion CFU per serving)

180g **Sale Price \$35.99**

LIV-GREAT



LIV-GREAT provides the liver with daily support by boosting its detox capacity, helping protect it from damage, and supporting Phase 1 and Phase 2 liver detoxification.

- LIV-GREAT provides the liver with daily support by boosting its detox capacity, helping protect it from damage
- Supports both Phase 1 and Phase 2 liver detoxification
- Contains powerful antioxidants to protect and heal the liver from damage

60 v-caps **Sale Price \$35.99**



NOCTURNA



- Restful sleep formula
- An herbal sleep aid solution
 - Used for restful night's sleep
 - A NON-GMO, non- alcohol, herbal sleep aid
 - No side effects, like grogginess the next morning

500ml **Sale Price \$26.99**

LIVER FLUSH



- Liver restoration formula
- A formulation with 8 herbs
 - Contains milk thistle which is used in herbalism to help support liver function
 - Supports normal liver functions and overall health of the liver
 - A source of antioxidants

500ml **Sale Price \$23.99**

HAWKSTONE PLAZA 18326 LESSARD RD	780-761-6555
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NORTHGATE CENTRE	780-476-6062
CAPILANO MALL (NEXT TO WINNERS)	780-413-4817
BONNIE DOON SHOPPING CENTRE (NEXT TO BANK OF MONTREAL).....	780-761-1999
SOUTH EDMONTON COMMON (ACROSS FROM LONDON DRUGS).....	780-461-0889
WESTMOUNT MALL 111 AVE & GROAT RD.	780-453-1313

KINGSWAY MALL (NEXT TO HOMESENSE).....	780-752-0786
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