



# VITALITY HEALTH FOODS

YOUR HEALTH IS OUR PRIORITY

**FEBRUARY 13 - MARCH 31, 2023**  
**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 March 31, 2023.

## Everyday Low Pricing



## Speak to us in store for the best pricing on everyday products!

KINGSWAY MALL (NEXT TO HOMESENSE)	780-752-0786
LONDONDERRY MALL	780-473-4268
NORTHGATE CENTRE	780-476-6062
BONNIE DOON SHOPPING CENTRE (NEXT TO BANK OF MONTREAL)	780-761-1999
CAPILANO MALL (NEXT TO WINNERS)	780-413-4817
HAWKSTONE PLAZA 18326 LESSARD RD	780-761-6555
JASPER GATES SQ. (STONY PLAIN RD. & 149 ST.)	780-484-2380
WESTMOUNT MALL 111 AVE & GROAT RD.	780-453-1313
CALLINGWOOD NEW LOCATION 248, 6655 178 ST.	780-481-0157
MILLWOODS TOWN CENTRE (NEXT TO FOOD COURT)	780-757-8482

SOUTH EDMONTON COMMON (ACROSS FROM LONDON DRUGS)	780-461-0889
BEAUMONT 5023-52 AVE	780-737-3663
CAMROSE DUGGAN MALL	780-673-9786
FORT SASKATCHEWAN #101 41 WESTPARK BOULEVARD	587-285-2201
SHERWOOD PARK (EMERALD DR.)	587-269-1919
ST. ALBERT SHOPPING CENTRE (ACROSS FROM WINNERS)	587-290-3663
WETASKIWIN MALL (37 AVE & 56 ST.)	780-368-3040



@VITALITYHEALTHFOODS



@VITALITYHEALTHFOODS



## OPTIMA SHELF STABLE PROBIOTICS



Probiotics perfect for pockets, purses, and on-the-go people. Primadophilus Optima 50B shelf stable probiotics make getting your daily probiotics easy. Delayed release, gluten and dairy free capsules, no refrigeration required.

**Digestive Balance or Womens Probiotic**  
**30 v-caps Sale Price \$32.99 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 \$29.99**

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

Support healthy bones with Nature's Way easy-to-absorb liquid Calcium & Magnesium Citrate 2:1.

- Complete bone formula featuring collagen and Vitamin K2.
- Adequate calcium and vitamin D throughout life may help prevent bone loss/osteoporosis
- Available in 3 great tasting flavours Blueberry, Strawberry and Orange
- Also available without Vitamin K2



**Cal Mag NO K2 Liquid Blueberry 500ml Sale Price \$25.99**  
**Cal Mag w/K2 Liquid Blueberry 500 ml Sale Price \$25.99**  
**Cal Mag w/K2 Liquid Orange 500 ml Sale Price \$25.99**  
**Cal Mag w/K2 Liquid Strawberry 500 ml Sale Price \$25.99**



## NUTRASEA OMEGA-3

Sustainably sourced, NutraSea Omega-3 is beneficial for the maintenance of good health, and in support of cardiovascular health and brain function. It is also beneficial in the development of brain, eyes, and nerves in children and adolescents. Every bottle is third party tested and certified for quality, purity and potency. NutraSea and NutraSea+D is available in 200 ml (lemon, mango, chocolate, grapefruit tangerine and crisp apple), 500ml (lemon, crisp apple, grapefruit tangerine) and Liquid Gels (fresh mint).

**NutraSea Lemon 200 ml Sale Price \$23.99**  
**NutraSea Lemon 500 ml Sale Price \$45.99**  
**NutraSea Mango 200 ml Sale Price \$23.99**

**NutraSea Chocolate 200 ml Sale Price \$23.99**  
**NutraSea One Daily 30 softgels Sale Price \$28.99**

**NutraSea 60 softgels Sale Price \$27.99**  
**NutraSea 150 softgels Sale Price \$49.99**  
**NutraSea DHA Juicy Citrus 200 ml Sale Price \$27.99**  
**NutraSea DHA 60 liquid gels Sale Price \$29.99**  
**NutraSea Kid's Bubblegum 200 ml Sale Price \$19.99**  
**NutraSea Kid's Bubblegum 500ml Sale Price \$34.99**

**NutraSea+D Crisp Apple 200ml Sale Price \$24.99**  
**NutraSea+D Crisp Apple 500ml Sale Price \$50.99**  
**NutraSea+D Grapefruit Tangerine 200ml Sale Price \$24.99**  
**NutraSea+D Grapefruit Tangerine 500ml Sale Price \$50.99**  
**NutraSea+D 60 softgels Sale Price \$28.99**  
**NutraSea+D 150 softgels Sale Price \$51.99**  
**NutraSea+D 120 mini gels Sale Price \$25.99**



## NUTRASEA ARTHRITIS

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

**NutraSea Arthritis Targeted Omega-3 200ml Sale Price \$32.99** **NutraSea Arthritis Targeted Omega-3 75 liquid gels Sale Price \$40.99**

## NUTRASEA DRY EYE

TARGETED OMEGA 3 SUPPLEMENT: NutraSea Dry Eye is 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 The National Dry Eye Disease Guidelines for Canadian Optometrists lists omega-3 fatty acids EPA and DHA and omega-6 GLA as a long-term management strategy for chronic dry eye syndrome.

**NutraSea Dry Eye 120 softgels Targeted Omega-3 Sale Price \$41.99**  
**NutraSea Dry Eye Targeted Omega-3 200ml Sale Price \$44.99**

## 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**

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

COLD AND FLU SYMPTOM RELIEF: Nature's Way Sambucus Cold & Flu Relief Adult & Kid's Gummies with clinically proven South African Geranium to help 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!

IMMUNE SUPPORT: Nature's Way Sambucus Immune Support Gummies have the added benefit of Vitamin C and Zinc for Immune Support, and are traditionally used

in Herbal Medicine to help relieve symptoms of colds and flus including coughs and sore throats.

- Great tasting

**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 such as cough and congestion, and provides antioxidants for the maintenance of good health.

Available in Original, Organic and Kid's Syrups

**Organic Syrup 120 ml Sale Price \$15.99**  
**Organic Syrup Value Size 240 ml Sale Price \$24.99**  
**Original Syrup 120ml Sale Price \$12.99**  
**Sambucus Immune Syrup 120 ml Sale Price \$12.99**  
**Sambucus Kid's Syrup 120 ml Sale Price \$12.99**



## LESS STRESS GUMMIES



Nature's Way Less Stress Gummies help to reduce the symptoms of stress, such as fatigue, sleeplessness, irritability, and inability to concentrate. These delicious mixed berry flavoured gummies are also gluten-free and 100% vegetarian-friendly

**60 gummies Sale Price \$13.99**

## MELATONIN GUMMIES



- 2.5 mg melatonin per gummy
  - Delicious mixed strawberry flavour
  - Vegetarian
  - Free from: gluten, yeast-derived ingredients, gelatin, wheat, soy, dairy, eggs, and peanuts
- Recommended Use:
- Helps to reduce the time it takes to fall asleep in people who fall asleep slowly.
  - Helps re-set the body's sleep-wake cycle and increase the total sleep time in people suffering from sleep restriction or altered sleep schedule.
  - Helps to prevent and reduce the effects of jet lag.

**60 gummies Sale Price \$9.99**

## D3 GUMMIES



IMMUNE AND BONE SUPPORT: Nature's Way Vitamin D Gummies provide 1000 IUs of Vitamin D3 per gummy. These delicious strawberry, peach and mango flavoured gummies help to maintain and support immune function, and help in the development and maintenance of bones and teeth.

**60 gummies Sale Price \$9.99**

## ZINC GUMMIES, IMMUNE SYSTEM SUPPORT MIXED BERRY



- IMMUNE SUPPORT: Nature's Way Zinc Gummies provide 11 mg of Zinc per gummy and help to support immune function.
- TASTY AND EFFECTIVE: These delicious mixed berry flavour zinc gummies are a factor in the maintenance of good health and help maintain healthy bones, hair, nails and skin.
- MADE WITH GOODNESS: Nature's Way Zinc Gummies are free from gluten, yeast-derived ingredients, gelatin, wheat, soy, and dairy and are vegetarian!

**60 gummies Sale Price \$9.99**



### ADVANCED B COMPLEX

- Active forms of B-vitamins in a form your body can utilize immediately
- Balanced ratios and clinically-supported doses
- Support for energy, stress and burnout, metabolism, brain and nerve function
- Promotes healthy methylation
- Doesn't cause niacin "flush"

90 caps **Sale Price \$37.99**  
180 caps **Sale Price \$52.99**



### ZINC-COPPER BALANCE

- Addresses zinc deficiency while reducing the risk of excess zinc
- Supports healthy skin, prostate, and immunity
- Clinically backed ratio of zinc to copper

100 caps **Sale Price \$28.99**



### MAG MALATE RENEW

- A true chelate of magnesium and malic acid
- Reduces the symptoms of fibromyalgia and chronic fatigue syndrome
- High quality, 100% pure magnesium malate
- Enhances cellular energy production and muscle function

120 caps **Sale Price \$28.99**



### ORTHO SLEEP

- The most comprehensive, natural sleep formula available
- Helps one fall asleep, stay asleep, and wake up feeling refreshed
- Improves overall sleep & helps with jet lag

60 caps **Sale Price \$34.99**



### BONE BASICS

- Helps maintain healthy bones
- Supports joint health and cartilage repair

240 caps **Sale Price \$43.99**



### ORTHO ADAPT

- Mobilizes internal energy stores
- Reduces the impact of stressful conditions
- Activates whole-body defenses
- Prevents the body from overreacting to a stressor

120 caps **Sale Price 39.99**



### BENFOTIAMINE

- A highly bioavailable source of vitamin B1
- Supports nerve and eye function in diabetics
- Helps prevent sugar-related kidney damage
- Provides a high capsule count for flexible dosing options

120 caps **Sale Price \$38.99**



### N-A-C

- Promotes respiratory health, helps clear excess mucus
- Protects the liver by boosting glutathione levels
- Supports detoxification

120 caps **Sale Price \$32.99**



### JOY OF THE MOUNTAINS® OIL OF OREGANO

- The most trusted, most awarded Oil of Oregano in Canada
- A proven preventative to boost your health
- Rare, highest potency Mediterranean species
- Sustainably wildcrafted, certified organic
- Winner of 18 Awards, Best Product

15mL **Sale Price \$16.99**  
30mL **Sale Price \$24.99**  
90 v-caps **Sale Price \$30.99**



### RHOZIVA

Are you Stressed, Anxious or Feeling Down?

- Reduces Feelings of Anxiousness
- Enhances Mood
- Increases Energy Levels
- Improves Memory
- Alberta Grown Rhodiola rosea!
- See results in just a few days! \*Results may vary
- Try Rhoziva!

60 caps **Sale Price \$36.99**  
120 caps **Sale Price \$67.99**



### RHOZIVA EDGE

Boost Energy, Endurance, and Libido!

- Helps boost Testosterone for men, progesterone for woman by lowering cortisol stress hormones
- Safe for men and women
- Alberta Grown Rhodiola rosea
- See results in just a few days! \* Results may vary
- Try Rhoziva Edge!

60 caps **Sale Price \$49.99**



### SIERRASIL JOINT FORMULA 14

Guaranteed Joint Pain relief in 14 days or get your money back

Bonus Size 201 caps **Sale Price \$62.99**



### BIO-FIT

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

120 caps **Sale Price \$43.99**



### CLA (CONJUGATED LINOLEIC ACID)

Non stimulating Weight loss support.

120 caps **Sale Price \$28.99**



## BioSil™ Choline-Stabilized Orthosilicic Acid® Hair • Skin • Nails

BioSil is a patented source of choline-stabilized orthosilicic acid (ch-OSA®) that is clinically proven to help with the formation of collagen for thicker and stronger hair, fewer fine lines and wrinkles, improved skin elasticity, and stronger nails. By activating key collagen-generating enzymes and protecting newly formed collagen, it provides the most beautiful results for healthy hair, skin, and nails. BioSil is non-GMO, gluten free, and suitable for vegans.

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

## Preferred Nutrition® Berberine 500 mg

Berberine from Preferred Nutrition is a concentrated barberry root extract used to support healthy glucose metabolism and cardiovascular health in adults. Berberine is an alkaloid that occurs naturally in certain medicinal plants. It is a fantastic option for people who want to support blood sugar balance and healthy cholesterol levels with the convenience of just two vegetarian capsules per day.

- Supports healthy glucose metabolism
- Helps maintain cardiovascular health in adults
- Helps support healthy cholesterol levels
- Helps support healthy blood lipid levels
- Supports insulin sensitivity



90 v-caps	<b>Sale Price \$29.99</b>
120 v-caps	<b>Sale Price \$35.99</b>
180 v-caps	<b>Sale Price \$46.99</b>

## Alpha® Gourmet MCT Salad Oil

Alpha Gourmet Keto Oil Blend simplifies intake of good fats by combining them in one easy-to-use product. Medium chain triglycerides from 100% coconut oil, lauric acid from DME coconut oil, and unrefined omega-3s from Canadian camelina oil all deliver healthy fats in each serving. This oil provides the perfect base for keto-friendly salad dressings, dips, and spreads.



250ml	<b>Sale Price \$12.99</b>
500ml	<b>Sale Price \$19.99</b>
1L	<b>Sale Price \$29.99</b>

## Ultimate Maca Energy

Ultimate Maca Energy is a sun-dried and ethically farmed source of organic maca. This 20:1 maca extract provides a source of antioxidants and helps support healthy mood balance during menopause. It is the ultimate formula for men and women who want to support the emotional aspects of sexual health.

- 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	<b>Sale Price \$50.99</b>
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## Alpha® Organic MCT Oil

Our MCT oil is 100% organic medium chain triglycerides from 100% coconut oil (Cocos nucifera) comprised of 60% of caprylic (c8) and 40% of (c10) capric acids. Easily metabolized in the liver and converted to ketones. Supports age-related cognitive decline as recommended by Dr. Mary Newport. Provides energy for workouts, weight management, and body building.

- Provides energy for workouts, weight management and body building
- Smoothest, Highest Quality, 100% Organic MCTs
- Support for age related cognitive decline
- Packaged in aluminum-free and BPA-free tin
- Ideal for Keto-friendly diets



500ml	<b>Sale Price \$20.99</b>
1L	<b>Sale Price \$31.99</b>

## WomenSense® FibreSense™

FibreSense is a unique soluble dietary prebiotic fibre supplement that helps improve bowel regularity and provides relief of irritable bowel syndrome (IBS) symptoms. The unflavoured powder is organic and low in fermentable carbohydrates, known collectively as FODMAPs. Mix with water or soft foods, add to smoothies, shakes, or baked goods for convenient support of healthy gastrointestinal function



- Contains an organic prebiotic fibre suitable for low-FODMAP diets
- A true regulating fibre that improves bowel regularity and gastrointestinal symptoms including indigestion, diarrhea, constipation, gas, and bloating
- Dissolves completely with no grit or taste
- Source of fibre for the maintenance of healthy gastrointestinal function
- Supports a feeling of fullness and satiety
- Suitable for adults and children

150g	<b>Sale Price \$29.99</b>
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## Sea-licious® Ultra Omega-3 + Vitamin D3

Sea-licious offers its delicious omega-3 oil in easy to swallow gels. The addition of 1,000 IU of vitamin D3 is the perfect balance for overall immune support, bone health and healthy brain function. • Healthy brain function, calm mind and inner peace

- Improved memory, concentration, mental clarity
- Healthy heart and cardiovascular function
- Balanced mood and hormones
- Joint health
- Reduced pain and inflammation



60 softgels	<b>Sale Price \$26.99</b>
120 softgels	<b>Sale Price \$42.99</b>

## Sea-licious® Active Omega-3 + MCT Oil

Sea-licious Active Omega-3 + MCT Oil is a high-potency liquid blend of EPA- and DHA-rich fish oil with vitamin D3 for cognitive and heart health. It contains our signature red astaxanthin plus coconut-derived medium-chain triglycerides (MCT) oil in a delicious orange vanilla flavour and no fishy aftertaste.

- Supports cardiovascular health and helps reduce serum triglycerides
- Aids brain function and healthy mood balance
- Helps reduce the pain of rheumatoid arthritis (RA) along with conventional therapy
- Supports healthy bones and teeth
- Beneficial for the maintenance of good health



Orange Vanilla 250ml	<b>Sale Price \$47.99</b>
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### High Potency B Complex

- Provides essential B vitamins to maintain energy levels
- Helps the body convert carbohydrates, fats, and proteins to energy
- Aids tissue and red blood cell formation
- Supports normal growth and development
- A factor in the maintenance of good health

**50mg Bonus 210 caps Sale Price \$19.99**



### 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

**30 v-caps Sale Price \$25.99**  
**60 v-caps Sale Price \$44.99**  
**120 v-caps Sale Price \$79.99**

### 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



**15 ml Liquid Sale Price \$15.99**  
**90 softgels Sale Price \$3.99**  
**180 softgels Sale Price \$7.99**  
**360 softgels Sale Price \$13.99**  
**100 tabs Sale Price \$3.99**  
**250 tabs Sale Price \$8.99**



### RegenerLife™ Omega-3+D

#### Ultra Strength 2200 mg / 1000 IU

- Whole-body support: heart, brain, immune system, joints, and emotional well-being
- Supports cognitive health and brain function
- Helps promote healthy mood balance
- Can help reduce the pain of rheumatoid arthritis in adults in conjunction with conventional therapy
- May reduce the risk of developing osteoporosis in combination with adequate calcium, a healthy diet, and regular exercise
- No fishy aftertaste and free of contaminants

**90 softgels Sale Price \$37.99**  
**150 softgels Sale Price \$57.99**



### Senior's Multi Probiotic 35 Billion Active Cells

- 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 \$24.99**



### 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**



### WellBetX Berberine 500 mg

- Helps maintain healthy blood sugar balance
- Promotes insulin sensitivity
- Supports weight management
- Helps manage blood lipid levels
- Promotes cardiovascular health
- Helps block the digestion of carbohydrates

**60 v-caps Sale Price \$20.99**  
**120 v-caps Sale Price \$37.99**



### RegenerLife™ NMN Surge 150 mg

- Provides a cutting-edge, metabolically active form of vitamin B3
- Activates NAD+ for anti-aging support
- Supports energy production in cells
- Replenishes age-related declines in NAD+
- A factor in the maintenance of good health
- Suitable for vegetarians and vegans

**60 v-caps Sale Price \$46.99**



### RegenerLife™ Longevity Wellness Optimization

- Provides comprehensive anti-aging support for the brain, heart, and blood vessels
- Helps increase energy production (ATP) in cells
- Supports cardiovascular, cognitive, and brain function
- Assists in reducing symptoms of fatigue
- Replenishes age-related declines in NAD+
- Optimizes mitochondrial function
- Supports immune function
- Contains antioxidants for the maintenance of good health

**30 pack Sale Price \$94.99**



### Natural Factors Organic Oil of Oregano

- Provides antioxidant protection for the maintenance of good health
- Protects against infectious organisms, including bacteria, yeast, fungi, and parasites
- Reduces inflammation and supports the immune system
- Helps relieve respiratory and sinus conditions, and seasonal allergies
- Convenient liquid format

**15ml Sale Price \$11.99**   **30 sgel Sale Price \$10.99**  
**30ml Sale Price \$18.99**   **60 sgel Sale Price \$18.99**  
**60ml Sale Price \$35.99**



### Ubiquinol Active CoQ10

- Greater absorption than conventional ubiquinone CoQ10
- Helps restore serum ubiquinol levels that decline rapidly after age 40
- Provides sustained, natural energy to fight age-related fatigue
- Supports vital organ function
- Reduces the risk of cardiovascular disease
- Provides antioxidant protection against free radical damage
- Improves mental sharpness protectant

**100 mg 60 softgels Sale Price \$39.99**  
**100 mg 120 softgels Sale Price \$73.99**  
**200 mg 30 softgels Sale Price \$38.99**  
**200 mg 60 softgels Sale Price \$72.99**



### Tranquil Sleep® Extra Strength

- Promotes restful, better quality of sleep
- Reduces the time it takes to fall asleep
- Supports a healthy sleep-wake cycle
- Induces relaxation and lowers the body's stress response
- Relieves day-time fatigue from altered sleep schedules (e.g., shift work or jet lag)

**Tropical Fruit 60 chew tabs Sale Price \$39.99**



### Total Body Multi Collagen™ Protein Types I,II,III,V,X

- 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

**Unflavoured 267 g Powder Sale Price \$34.99**



### Nighttime Magnesium Bisglycinate with Melatonin, GABA & L-Theanine

- Promotes relaxation and calm, restful sleep
- Helps increase total sleep time for people experiencing sleep restriction
- Improves sleep quality by easing the effects of nervousness
- Helps reset the body's sleep-wake cycle
- Features clinically tested, fast-acting Pharma GABA
- Contains 100% magnesium bisglycinate – gentle on the stomach with improved absorption
- Non-habit forming and suitable for vegetarians and vegans

**Tropical Fruit flavour 120g Powder Sale Price \$29.99**



### Total Body Collagen Total Meal Replacement Collagen & Whey Protein

- Supports the formation of collagen and connective tissue for joint and skin health
- Helps you feel full longer and reduces food cravings and overall appetite
- Supports weight reduction in combination with physical activity and a balanced diet
- Brings blood sugar to normal levels
- Lowers total cholesterol levels
- Provides a healthy and nutritious meal replacement
- Supports lean muscle growth and recovery after a workout

**Vanilla flavour 855g Powder Sale Price \$55.99**



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



### Tranquil Sleep®

- Helps you fall asleep and stay asleep
- Works in harmony with your body's natural sleep hormones
- Promotes restful sleep, so you wake refreshed and alert
- Induces relaxation and lowers the body's stress response
- Chewable tablets have a great-tasting tropical fruit flavour

**60 chewtabs Sale Price \$20.99**  
**120 chewtabs Sale Price \$38.99**  
**90 Enteric coated softgels Sale Price \$29.99**

### RealEasy™ with PGX®

- Supports weight reduction as part of an energy-reduced diet
- Reduces appetite to help you feel full longer and manage food cravings
- Brings blood sugar to normal levels
- Lowers total cholesterol levels
- Provides a healthy and nutritious gluten and dairy-free meal replacement



**Vegan 830 g Vanilla Sale Price \$49.99**  
**Vegan 855 g Chocolate Sale Price \$49.99**  
**Whey 870 g Vanilla Sale Price \$49.99**  
**Whey 940 g Chocolate Sale Price \$49.99**  
**Whey 885 g Strawberry Sale Price \$49.99**

## EASYIRON



A gentle and non-constipating iron formula. It combines iron bisglycinate, which is 4.5x better absorbed than most other forms of iron, with key co-factors and our Omega Absorb™ delivery system for 3x greater absorption due to the suspension in healthy oils

- Non-constipating
- Gentle and effective
- Vegetarian-friendly
- One fast-acting liquid capsule per day

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

**60 v-caps Sale Price \$26.99**

**120 v-caps Sale Price \$46.99**

## QUERCETIN 15X- CITRUS-FREE



Quercetin from a plant named sophora japonica. Quercetin is a bioflavonoid and natural potent antioxidant

- Antimicrobial properties
- Daily, Immune tonic
- Strengthens Immune System
- 15x greater bioavailability
- Vegan Friendly

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

**120 v-caps Sale Price \$53.99**

## MENO-THRIVE™



Combined clinically proven ingredients, Eucommia and Mung Bean, to help manage symptoms and discomfort associated with perimenopause and menopause including hot flashes and night sweats. It also includes pomegranate seed oil, a potent source of antioxidants to help reduce inflammation which is commonly associated with menopause.

- Fast relief in just 7 days from night sweats and hot flashes
- Clinically researched and proven ingredients
- Supports heart health
- Relieves inflammation
- Supports mood and cognitive function

**60 v-caps Sale Price \$27.99**

**120 v-caps Sale Price \$49.99**

## EASYMULTI 60+



More than just a multivitamin. It is a comprehensive formula that supports heart, joints, skin & eye health, blood glucose levels, immune function and energy production with potent antioxidants, curcumin, iron, iodine and healthy oils. Available in Mens and Womans.

- Healthy Aging
- Protects your heart with CoQ10
- Potent Antioxidants
- Supports Joints, Skin & Eyes
- Anti-Inflammatory

**Men's 60 v-caps Sale Price \$39.99**

**Men's 120 v-caps Sale Price \$75.99**

**Women's 60 v-caps Sale Price \$39.99**

**Women's 120 v-caps Sale Price \$75.99**

## TOTAL VISION CARE



A blend of powerful antioxidants including lutein esters and zeaxanthin that supports visual acuity in conditions such as age-related macular degeneration and helps reduce the risk of developing cataracts.

- Supports eyesight in AMD
- Helps reduce the risk of developing Cataracts
- Protects your eyes from digital eye burn
- Supports visual acuity and night vision

**30 softgels Sale Price \$29.99**

**60 softgels Sale Price \$52.99**

**Vegan 30 softgels Sale Price \$29.99**

**Vegan 60 softgels Sale Price \$52.99**

## ACTIVE-X



Scientifically developed for performance. You'll feel the increased energy as you train harder, maximize endurance and experience faster recovery. Available in Mens and Womans.

- A multi-supplement with powerful adaptogens and anti-inflammatories.
- Increase energy, stamina and vitality with essential nutrients.
- Maximize athletic performance with ginseng, rhodiola and cordyceps.
- Recover faster with rhodiola, milk thistle and antioxidant support.
- Reduce injuries and the impact of inflammation with curcumin.
- Helps slow the progression of male pattern baldness with pumpkin seed oil
- Preventive and therapeutic qualities, including balancing hormones with evening primrose oil

**Men's 60 softgels Sale Price \$45.99**

**Men's 120 softgels Sale Price \$80.99**

**Women's 60 softgels Sale Price \$45.99**

**Women's 120 softgels Sale Price \$80.99**

## COLD & FLU OREGANO-8



When taken at the first sign of symptoms, Oregano-8's synergistic blend of 8 powerful immune boosters, is fast and effective for fighting symptoms of colds and flu.

- Oil of oregano has antiviral, antibacterial and antioxidant effects.
- Garlic relieves the symptoms of respiratory tract and sinus infections.
- Vitamin C and zinc help reduce the duration and severity of colds.

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

**60 v-caps Sale Price \$39.99**

## CLEAR SKIN™

Works From The Inside

Helps Improve Acne, Eczema, Psoriasis, and Rosacea  
Assists Blood Cleansing and Blood Purifying  
Helps Protect Cells from Free Radicals  
Provides Phytonutrients and Omega-3 Fatty Acids

**90 v-caps Sale Price \$30.99**

## BLOOD SUGAR METABOLISM™

Promotes Healthy Weight Management

Supports Healthy Glucose Metabolism  
A natural blend of herbal extracts and minerals  
Helps Strengthen the Pancreas, Liver, and Adrenal Glands

**60 caps Sale Price \$28.99**

## BLOOD PRESSURE FORMULATION COMBO™

Helps Maintain Healthy Blood Pressure  
Helps Maintain Cardiovascular Health in Adults  
Helps reduce blood lipid levels/hyperlipidemia in adults  
Rich in Phytonutrients and Antioxidants  
Features Naticol© 1000 Marine Collagen

**60 caps Sale Price \$29.99**

**120 caps Sale Price \$55.99**

## JAPANESE MINT OIL



Headache, Arthritis, Decongestion Relief  
and promotes circulation

**10 ml roll on Sale Price \$10.99**

**30 ml Sale Price \$17.99**

**50 ml Sale Price \$25.99**



## BIOACTIVE B



- Formulated with clinically researched dosages
- A complete B-complex with all eight water-soluble B vitamins, plus choline and inositol
- The highly absorbable bioactive form skips the need for conversion in the liver
- Flush-free formula
- Available in liquid and capsules
- Liquid formula is a delicious natural blueberry flavour with no artificial sweeteners

**90 v-caps Sale Price \$30.99**

**180 v-caps Sale Price \$49.99**

**500ml Sale Price \$26.99**

## D3 & K2



- Absorption enhanced with organic coconut oil
- Helps build and maintain bone health
- Vitamin D3 cholecalciferol from lanolin
- Vitamin K2 from K2Vital, a soy-free, plant sourced, 100% trans and bioactive vitamin K2 MK-7
- No fillers, excipients or artificial colours

**120 softgels Sale Price \$24.99**

## ZINC BIS-GLYCINATE 25



- Preferred form of zinc due to its superior absorption and gentleness.
- Daily intake is important, as we excrete what we don't use or absorb.
- The mineral zinc plays an important role in several bodily functions including proper wound healing, taste, vision, cognitive health, immunity, blood sugar support, and normal glandular function.
- An essential component of the body's antioxidant enzymes, superoxide dismutase (SOD) and glutathione peroxidase.

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

## MAGNESIUM BIS-GLYCINATE – 200 GENTLE



- Preferred and highly absorbable Bis-glycinate form
- Easy and gentle on the bowels
- 200mg of pure elemental per capsule

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

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

## COLLAGEN FULL SPECTRUM



- 100% pure hydrolyzed peptides
- Enhanced solubility & bioavailability
- Derived from grass fed, pasture raised cows, free of antibiotics, hormones, and GMO ingredients

**250g Powder Sale Price \$35.99**

**500ml Liquid Sale Price \$30.99**

## COLLAGEN JOINT & CARTILAGE POWDER



- Reduce joint pain associated with osteoarthritis
- Repair and regenerate joint cartilage tissue
- Promote formation of new hyaluronan fluid for increased joint lubrication

**250g Powder Sale Price \$35.99**

## PROBIOTIK 15B



- Helps restore natural gut flora
- Shelf stable with a minimum 15 Billion CFU
- 5 critical, balanced, therapeutic species
- Contains bacteria naturally found in the human GI tract

**60 v-caps Sale Price \$26.99**

## ADRENAL PRO RECHARGE YOURSELF



- Helps increase energy and reduce stress and fatigue
- Enhances physical and mental performance
- Provides an improved sense of well being

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

## ADRENAL CHILL



- Providing 600mg of KSM-66®, the highest concentration, full-spectrum extract of Ashwagandha
- KSM-66® reduces cortisol, stress and anxiety
- 200mg of L-Theanine to promote relaxation without sedation

**90 v-caps Sale Price \$26.99**



## ULTIMATE FLORA® EXTRA CARE™ PROBIOTIC



NEW IMPROVED FORMULA- Feel your best every day with 50 billion live cultures from 12 probiotic strains that help promote digestive health—all in just one Renew Life® Ultimate Flora® Daily Care™ Probiotic vegetarian capsule

**30 v-caps Sale Price \$37.99**

**Bonus Size 36 v-caps Sale Price \$42.99**

**60 v-caps Sale Price \$65.99**

**Bonus Size 72 v-caps Sale Price \$69.99**

## ULTIMATE FLORA® WOMEN'S EXTRA CARE™ PROBIOTIC



NEW IMPROVED FORMULA Made for women by women, Renew Life® Ultimate Flora® Women's Extra Care™ Probiotic has 50 billion live cultures to help maintain healthy vaginal bacteria and yeast levels—and supports urinary tract and gastrointestinal/intestinal health, too.

**30 v-caps Sale Price \$37.99**

**60 v-caps Sale Price \$65.99**

**Bonus Size 72 v-caps Sale Price \$69.99**

## RENEW LIFE® RAPID CLEANSE



Rapid Cleanse 7-Day program is a powerful cleanse that can help detoxify your body, restore digestive health, promote bowel movements, and support bowel health.

**7 Day Kit Sale Price \$28.99**



## SALUS FLORADIX® IRON



- Clinically proven to quickly raise iron levels (serum ferritin) in the body, thereby restoring energy and well-being
- Formulated for those with low iron or anemia Easily absorbed, non-constipating formula
- Contains B-Vitamins and naturally occurring Vitamin C for enhanced absorption
- Vegetarian, Kosher, no additives, preservatives, added sugar, or alcohol

NEED A VEGAN & GLUTEN-FREE OPTION? Try Floravit Liquid Iron

**Floradix 250ml Sale Price \$23.99** **Floradix 500ml Sale Price \$39.99**

**Floradix 80 tabs Sale Price \$22.99** **Floradix 120 tabs Sale Price \$29.99**

**Floravit 250ml Sale Price \$23.99** **Floravit 500ml Sale Price \$39.99**

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