



OCTOBER 19TH TO NOVEMBER 30TH 2026

VITALITY HEALTH FOODS

YOUR HEALTH IS OUR PRIORITY



PLATINUM NUTRI NAC



- Helps to reduce the severity & frequency of influenza-like symptoms & support immune system in adults over 65 or suffering from chronic degenerative diseases.
- Helps to relieve symptoms of chronic bronchitis.

150 v-caps **Sale Price \$32.99**

PLATINUM PRO L-THREONATE MAGNESIUM



- Reduce the symptoms of anxiety, stress and depression
- Support regular bowel movements
- Lower the risk of heart disease, obesity and stroke
- Reduces muscle cramping

120 v-caps **Sale Price \$68.99**

PLATINUM ORGANIC PUMPKIN SEED OIL



- Supports Hair & Skin Health, Heart Health
- Supports Overall Menopause Health, Urinary Health
- Mood Balance
- Supports Prostate Health

500ml **Sale Price \$36.99**

PLATINUM BIOACTIVE D3+K2



- Contains D3 2500 IU + K2 120 mcg
- Helps in the development & maintenance of bones & teeth
- Helps in the absorption & use of calcium & phosphorus
- Calcium intake, when combined with sufficient Vitamin D, a healthy diet and regular exercise may reduce the risk of developing osteoporosis
- Helps to build strong bones and teeth, maintain immune function and helps in the process of normal cell division

300 Softgels **Sale Price \$46.99**



ECHINAFORCE®



- Crush colds & flu with clinically proven Echinaforce®.
- Made from fresh, organic echinacea = 10 X more effective.
 - Boost immunity. Never miss a moment.
 - Safe for the whole family Ages 2+ including pregnant and nursing women.
 - Reduces symptoms, duration and risk of bronchitis, pneumonia and sinusitis by 65%
 - Cuts antibiotic use by 76%

50ml

100ml

Extra Tabs 30 tabs

Extra Tabs 120 tabs

Junior Tabs 90 tabs

Junior Tabs 180 tabs

Extra Hot Drink 100ml

Sore Throat Spray 30ml

25%
off

*reg. price

SINNA TABS AND SPRAY



Sinna Spray and Tablets are homeopathic remedy used for acute and chronic sinusitis, sinus congestion and inflammation with frontal headache, catarrh extending to frontal sinuses as well as rhinitis.

- Treats acute and chronic sinusitis as well as sinus congestion and inflammation
- Fast acting
- Non addictive and does not cause rebound congestion
- Clinically proven
- Sterile spray
- Lactose and gluten free
- Vegan and Cruelty-free
- Age 1+

20ml Nasal Spray

120 tabs

25%
off

*reg. price

BRONCHOSAN



- Tincture made from fresh, organically grown herbs
- Helps relieve coughs and chest complaints, such as catarrhs and bronchitis.
- Natural cough remedy and expectorant.
- Clinically proven
- Sugar, lactose and gluten free
- Vegan and Cruelty-free

15ml

25%
off

*reg. price

THE MARKETPLACE AT CALLINGWOOD, 6655 178 ST. 780-481-0157
KINGSWAY MALL (NEXT TO HOMESSENSE) 780-752-0786
LONDONDERRY MALL 780-473-4268
NORTHGATE CENTRE 780-476-6062
HAWKSTONE PLAZA 18326 LESSARD RD 780-851-2277
JASPER GATES SQ. (STONY PLAIN RD. & 149 ST.) 780-484-2380

MILLWOODS TOWN CENTRE (NEXT TO FOOD COURT) **UNDER NEW MANAGEMENT** 780-758-1777
BEAUMONT 5023-52 AVE 780-737-3663
CAMROSE DUGGAN MALL 780-673-9786
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

WWW.VITALITYHEALTHFOODS.CA



BLOOD PRESSURE FORMULATION COMBO™



- Helps Maintain Cardiovascular Health
- Helps Reduce Elevated Blood Lipid Levels
- Features Garlic, Barberry, Parsley, Passionflower

60 v-caps **Sale Price \$43.99**
120 v-caps **Sale Price \$79.99**

CURCUMIN 2000X



Natural Anti Inflammatory

- Anti-Inflammatory to Help Relief Joint Pain
- Supports Circulation & Circulatory Health
- Enhanced with Black Pepper, Cayenne, Hawthorn

90 v-caps **Sale Price \$43.99**

BRAIN FUNCTION™



- Supports Brain Health
- Helps Enhance Memory & Cognitive Functioning
- For Students, Seniors, and Professionals
- Supports Healthy Overall Brain Function

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

SHARK CARTILAGE FOR JOINT RELIEF™



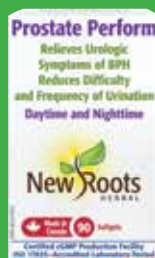
- Helps Relieve Joint Pain in Osteoarthritis
- Helps Support Comfort & Mobility
- Provides Nutrients for Cartilage & Connective Tissue
- Sustainably & Ethically Sourced from New Zealand

100 caps **Sale Price \$32.99**
200 caps **Sale Price \$58.99**



40 YEARS
New Roots HERBAL
MAKING LIFE BETTER
Canadian
Made • Tested • Owned

PROSTATE PERFORM



- Provides relief from BPH symptoms in 7–10 days
- Decreases frequency of day- and nighttime bathroom trips
- Does not cause erectile dysfunction
- Made in Canada in our certified cGMP facility and tested in an ISO 17025–accredited laboratory

24 softgels **Sale Price \$37.99**
60 softgels **Sale Price \$84.99**
90 softgels **Sale Price \$115.99**



25% off*
On These Selected
Nature's Way Products

CALCIUM MAGNESIUM



Nature's Way Calcium & Magnesium is formulated in a 2:1 Calcium to Magnesium ratio in a great tasting liquid formula. This liquid form is a convenient alternative to tablets or capsules. It helps in the maintenance of bones and teeth. It also contains bone-friendly ingredients Collagen, Manganese, Boron, Vitamin K2 and Vitamin D3. Available with or without K2 500ml

KID'S IMMUNE DEFENCE



Zero Sugar immune support for Kid's. Formulated with Vitamin C, Vitamin D3 and Zinc to help support immune function and provide essential nutrients for the maintenance of good health in children and adolescents aged 3+. Available in a delicious strawberry lemon flavour and contains 0 sugar! 30 gummy Chews

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 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 also available in convenient liquid gels and now in convenient gummy chews for both Adults and Kid's!

SAMBUCUS ELDERBERRY



We seek out and partner with farmers who have, for generations, grown the finest black elderberries in the perfect conditions. We source our berries from mountainous locations across Europe, where they're grown at optimal altitude and hand-picked at their peak, just as nature intended. Our berries are 100% handpicked and harvested at just the right time. Berries are carefully inspected for quality and frozen on the same day to preserve them at their peak, then turned into a potent elderberry extract – never a juice or powder.

NATURE'S WAY GUMMIES



Everybody's going gummy!

- Delicious Less Stress gummies help to reduce the symptoms of stress with clinically studied Sensoril® Ashwagandha
- Sleep Well gummies help increase the total sleep time in people suffering from sleep restriction or altered sleep schedule (jet lag)
- Magnesium Gummies help support normal muscle function including heart muscle, and helps in the development and maintenance of bone and teeth.
- Nature's Way Vitamin D3 gummies provide 1000 IU's of Vitamin D per gummy in delicious mixed berry flavours
- Nature's Way zinc gummies provide 11 mg of zinc per gummy in a delicious mixed berry flavour and help to support immune function.

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 20+ Awards, Best Product

15ml **Sale Price \$18.99**
30 ml **Sale Price \$26.99**
90 v-caps **Sale Price \$33.99**

LIQUID IONIC MAGNESIUM & CALIMAG



Magnesium intake contributes to various physiological functions in the body, including the maintenance of normal bones and teeth, normal muscle function, and the reduction of tiredness and fatigue. Our product utilizes a proprietary process that reduces the size of magnesium molecules. This low dose formulation is designed for sublingual administration and is suitable for most individuals seeking supplemental magnesium. When combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis.

CaliMag Raspberry 500ml Sale Price \$34.99

CaliMag Orange 500ml Sale Price \$34.99

Magnesium Raspberry 500ml Sale Price \$34.99

Magnesium Lemon 500ml Sale Price \$34.99

COLFLEX



COLFLEX Oral Spray with essential oils and Vitamin D helps support immune system and leaves you with fresh breath. Used with great success for 15 years.

Cinnamon/Lemon 25ml Sale Price \$18.99

Arctic Mint 25ml Sale Price \$18.99



SIERRASIL JOINT FORMULA



Joint Formula14™ naturally supports joint and muscle health. Rheumatologist recommended for pain relief, in 14 days or less, guaranteed*

180 v-caps Sale Price \$54.99



GUT-FX



GUT-FX is the ultimate formula to heal inflammation and restore our gut-neighbourhood. It provides the building blocks that your body needs to repair the lining of the intestinal tract. It contains herbs to reduce inflammation and soothe digestion, and probiotics to support a healthy gut flora. GUT-FX provides a well-rounded approach to supporting gut health, which improves our ability to absorb nutrients, eliminate toxins, balance the immune system and support neurological hormones

- Provides building blocks to repair tight junctions of the gut lining.
- Supports the development of a healthy mucous barrier.
- Anti Inflammatory and antispasmodic herbs soothe cramping and indigestion.
- Provides healthy probiotics to colonize the small and large intestine.

180g Sale Price \$39.99



MM CANNABIS SATIVA SEED OIL



Nature's perfect food offering the exacting omega balance for Optimum Health, Pro-biotic, Gluten Free, Antioxidant, Immune booster and much more.

90 gelcaps Sale Price \$29.99

BUY 2 GET 1 FREE!

while quantities last



MM CANNABIS SATIVA SEED OIL PLUS

Stress control, Immune Booster, Anti-Inflammatory, Pro-Biotic, A perfect food source for Optimum Health

355 ml Sale Price \$23.99



MEDI-PAWS PET SUPPLEMENT

NON-GMO, Pesticide Free, Contains all 8 Essential Fatty Acids, Anti-inflammatory, Skin/coat conditioner, Heart/Circulation. Pets Are People Too!

355 ml Sale Price \$23.99



DIESEL BALANCED



A smooth, milkshake-inspired grass-fed protein created for everyday nutrition, active lifestyles and a premium protein experience. 23 grams of protein.

Vanilla, Chocolate, Strawberry 798g Sale Price \$49.99

Vanilla, Chocolate, Strawberry 4lb Sale Price \$99.99

ESSENTIAL CREATINE



Micronized 100% pure creatine monohydrate, third-party tested for quality and purity to help support strength and performance. Unflavoured

400g Sale Price \$29.99

Value Sized 1000g Sale Price \$44.99

ULTRA CREATINE PLUS ELECTROLYTES



Take your daily creatine routine beyond the basics with added electrolytes. Vegan, gluten and dye free.

Tropical Punch 344g Sale Price \$29.99

Frostberry 418g Sale Price \$29.99

DRIVE MALE PERFORMANCE



A natural male performance formula designed to support libido, stamina, performance, and sexual confidence.

60 v-caps Sale Price \$39.99



Total Body Collagen



Total Body Collagen provides hydrolyzed collagen alongside synergistic nutrients to promote healthy skin and connective tissues, reduce joint pain associated with osteoarthritis, and support lean muscle growth and recovery after a workout. This convenient powder is available unflavoured and in two great-tasting natural flavours to promote healthy collagen and elastin production.

430g Chocolate Sale Price \$57.99
430g Salted Vanilla Sale Price \$57.99
500g Orange Sale Price \$57.99
500g Pomegranate Sale Price \$57.99
500g Unflavoured Sale Price \$57.99
180 tabs Sale Price \$49.99

Total Body Marine Collagen™



Total Body Marine Collagen features Collactive™, a clinically supported source of marine collagen and elastin peptides that helps reduce the number of wrinkles in 28 days. It is sustainably sourced from wild-caught fish and comes in a neutral-tasting powder that is ideal for adding to smoothies, drinks, or baked goods.

99g Sale Price \$42.99
135g Plus Hyaluronic Acid, Glutamine, & Biotin Sale Price \$49.99

Total Body Multi Collagen™ Protein



Total Body Multi Collagen combines five types of collagen, including collagen from natural eggshell membrane, to help reduce eye wrinkles within 28 days, promote healthy collagen and nails, and reduce joint pain associated with osteoarthritis. This ultimate blend of five types of food-sourced collagen is great for the keto and paleo lifestyles. Each scoop provides 10 g of clinically studied hydrolyzed collagen in a neutral-tasting powder, ideal for adding to smoothies and drinks. It contains no GMOs, hormones, antibiotics, or BPA.

267g Unflavoured Sale Price \$36.99
534g Unflavoured Sale Price \$67.99

Total Body Collagen Total Meal Replacement



- 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

855g powder Vanilla Sale Price \$58.99

Stress Relax 100% Natural GABA



- Promotes relaxation and rest
- Improves sleep quality and ability to fall asleep
- Supports the nervous system in times of stress
- Can counter the effects of too much caffeine
- Fast acting
- Tropical Fruit Flavour

100mg 10 chewable tabs Sale Price \$7.99
100mg 60 chewable tabs Sale Price \$22.99
100mg 120 chewable tabs Sale Price \$39.99
100mg 90 v-caps Sale Price \$29.99

Stress Relax Ashwagandha 600 mg



Stress-Relax Ashwagandha features clinically studied, organic, vegan KSM-66 Ashwagandha® extract to help increase resistance to stress and anxiety in people with a history of chronic stress, thereby improving their quality of life. Ashwagandha is a well-recognized Ayurvedic herb traditionally used as a sleep aid and nerve tonic, and it also provides athletic support.

30 v-caps Sale Price \$12.99
60 v-caps Sale Price \$21.99

Stress Relax Kava Kava 250 mg



- Promotes relaxation and helps calm nervousness
- Relieves occasional anxiety and minimizes the negative effects of stress
- Supports restful sleep
- Supports mental focus and clarity
- Helps soothe pain

60 v-caps Sale Price \$25.99

Stress Relax 100% Natural GABA



- Relieves nervous tension and acute stress
- Promotes physical relaxation without causing drowsiness
- Supports mental clarity
- Improves sleep quality
- Helps calm a racing mind

250mg 60 v-caps Sale Price \$45.99

Stress Relax Magnesium Citrate 300 mg



Stress-Relax Magnesium Citrate Powder is an effective way to meet the body's daily magnesium requirements. Magnesium helps the body metabolize carbohydrates, fats, and proteins. It also helps in tissue formation, and helps maintain bones, teeth, and proper muscle function. Inadequate magnesium intake can heighten the symptoms of stress, including muscle tension and sleep disturbances.

Tropical Fruit 250g Powder Sale Price \$19.99
Berry 250g Powder Sale Price \$19.99

Stress Relax Mental Calmness



- Helps reduce feelings of stress and nervousness
- Helps promote relaxation without causing drowsiness
- Helps improve concentration and mental clarity
- Helps improve sleep quality by restoring mental calmness
- Helps control stress-related food cravings

100 mg 10 chewable tabs Sale Price 7.99
100 mg 60 chewable tabs Sale Price \$19.99
100 mg 120 chewable tabs Sale Price 37.99
125 mg 60 v-caps Sale Price 21.99

Magnesium plus Ashwagandha



Natural Factors Magnesium plus Ashwagandha combines bioavailable magnesium bisglycinate with a high-purity, standardized ashwagandha extract to help reduce symptoms of stress, such as fatigue, sleeplessness, irritability, and inability to concentrate. Magnesium bisglycinate helps maintain normal muscle function, and Sensoril ashwagandha has been clinically studied to help reduce cortisol and C-reactive protein levels, the biomarkers of physical stress. The convenient vegetarian capsules are non-GMO and suitable for vegetarians and vegans.

120 v-caps Sale Price \$26.99

Magnesium Bisglycinate plus L-Theanine



Natural Factors Magnesium Bisglycinate plus L-Theanine combines 40 mg of the essential mineral magnesium with 250 mg of the amino acid L-theanine to temporarily promote relaxation without causing drowsiness. This non-GMO formula features magnesium bisglycinate, which is easy on the stomach and does not rely on stomach acid for absorption. These one-per-day vegetarian capsules work quickly to reduce feelings of occasional daily stress while providing a source of magnesium to maintain proper muscle function.

40mg plus 250mg L-theanine 90 v-caps Sale Price \$19.99
100mg plus 125mg L-theanine 90 v-caps Sale Price \$21.99

Hi Potency B Complex



Natural Factors Hi Potency B Complex is a one-per-day formula that provides the full spectrum of all essential B vitamins. Each capsule contains a 50 mg potency that helps in energy production, forming red blood cells, and supporting the body's ability to metabolize nutrients. It also helps with immune function.

50mg 60 caps Sale Price \$10.99
50mg 90 caps Sale Price \$14.99
50mg 180 caps Sale Price \$28.99

ULTIMATE MACA ENERGY

Ultimate Maca Energy is a sun-dried and ethically farmed source of organic gelatinized maca. This 6:1 maca concentrate 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 **Sale Price \$51.99**
90 v-caps **Sale Price \$18.99**
180 v-caps **Sale Price \$35.99**

ULTIMATE MALE ENERGY

Ultimate Male Energy is a rejuvenating formula for men over age 35. It is formulated specifically to enhance men's health and features nettle extract, chrysin, indole-3-carbinol (I3C), and sulforaphane. It also provides potent antioxidant support from quercetin, turmeric, holy basil, and citrus bioflavonoids to protect the body's cells and maintain good health.

- Helps rejuvenate energy and vitality in men over age 35
- Protects testosterone levels
- Source of antioxidants
- Helps maintain good health
- Formulated for both men and women



60 v-caps **Sale Price \$29.99**
120 v-caps **Sale Price \$55.99**

VEGIDAY® ORGANIC ALL IN ONE NUTRITIONAL SHAKE

- 21–25 g of vegan organic protein with organic fruits and vegetables
- Source of vitamins, minerals, and antioxidants
- Source of protein to help build and repair body tissues
- Improves body composition by helping to build lean muscle mass when combined with regular weight training and a healthy balanced diet
- Supports healthy immune function
- Helps promote healthy weight management
- Helps in energy production
- Helps prevent vitamin E and vitamin C deficiencies
- Helps prevent B1, B2, B3, B5, B6, and B12 deficiencies,
- Non-GMO, vegan, and gelatin-free



French Vanilla 800g **Sale Price \$66.99**
Decadent Chocolate 860g **Sale Price \$66.99**
Unflavoured 720g **Sale Price \$59.99**

ULTIMATE® BLADDER CONTROL



- Supports healthy bladder function in men and women
- Supportive therapy for bladder irritation in men and women, as used in herbal medicine
- Relieves urination problems associated with the early stages of BPH, as used in herbal medicine
- Contains a water-soluble pumpkin seed extract for easy absorption

60 v-caps **Sale Price \$23.99**
120 v-caps **Sale Price \$42.99**

ULTIMATE® STARCH & FAT METABOLIZER WITH WHITE KIDNEY BEAN EXTRACT

Ultimate Starch & Fat Metabolizer features Phase 2® Carb Controller™ white kidney bean extract with green tea extract, chromium, Gymnema extract, and BioPerine® black pepper extract to support the healthy metabolism of glucose and fats. It can be used as part of a healthy diet to reduce the impact of carbohydrate- and fat-rich meals

- Supports healthy glucose metabolism
- Reduces the caloric impact of starchy foods
- Helps the body metabolize carbohydrates and fats
- Helps maintain the body's ability to metabolize nutrients
- Provides a source of antioxidants for the maintenance of good health



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

ULTIMATE® TONGKAT ALI 100:1

Ultimate Tongkat Ali is a high-potency 100:1 tongkat ali extract that helps support testosterone levels in aging men. Each daily vegetarian capsule provides the equivalent of 20,000 mg of raw herb, standardized to 22% active euryptides. This non-GMO, vegan formula is ideal for men aged 40+ with low testosterone.

- Helps support testosterone levels in aging men
- Features a 100:1 tongkat ali extract
- Standardized to 22% euryptides, 40% glycosaponins, and 1% eurycomanone
- Delivered in easy-to-take vegetarian capsules



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

VEGIDAY® RAW ORGANIC 100% PLANT-BASED PROTEIN

These deliciously nutritious protein powders are 100% certified organic, and contain a wholesome blend of six raw non-GMO plant proteins: pea, brown rice, pumpkin, quinoa, spirulina and chlorella. By combining grain, seed and legume proteins the full spectrum of essential amino acids, including the important branched chain amino acids, are included. These easy-to-digest proteins are made to the highest quality standards.



VegiDay Protein, French Vanilla, 1026g **Sale Price \$62.99**
VegiDay Protein, Decadent Chocolate, 1050g **Sale Price \$62.99**
VegiDay Protein, Very Berry 936g **Sale Price \$58.99**
VegiDay Protein, Unflavoured 840g **Sale Price \$52.99**

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 \$24.99**

ULTIMATE® PERFORMANCE WITH TONGKAT ALI

- 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

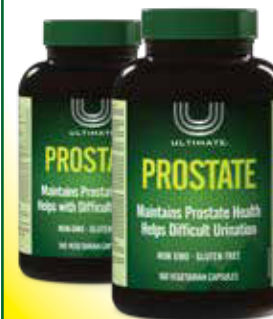


90 v-caps **Sale Price \$46.99**
180 v-caps **Sale Price \$83.99**

ULTIMATE® PROSTATE

Ultimate Prostate contains a comprehensive blend of plant extracts and nutrients to support healthy prostate tissue and function. As part of an overall commitment to prostate health, it offers a natural solution for on-going prostate problems such as difficulty in urination associated with the early symptoms of benign prostatic hyperplasia (BPH).

- Supports prostate health
- Reduces symptoms of BPH
- Helps reduce difficulty in urination associated with early symptoms of BPH
- Improves urinary flow
- Reduces frequent nighttime urination
- Contains factors for the maintenance of good health



90 v-caps **Sale Price \$37.99**
180 v-caps **Sale Price \$64.99**



SUPER 8 PROBIOTIC



Up your intake of a key probiotic strain with Flora's Super 8 Plus Probiotic. This probiotic blend is designed with a high concentration of Lactobacillus acidophilus to support the gastrointestinal health of the small intestine and help maintain a healthy yeast balance.

- For adults aged 19-54
- Supports healthy yeast balance
- Each vegetarian capsule guarantees a minimum of 42 billion viable cells per capsule at time of manufacture
- Gluten-Free + Raw + Science-Based + Vegetarian

30 v-caps Sale Price \$27.99
60 v-caps Sale Price \$49.99

ADULT PROBIOTIC



Give your gut health a boost of the good stuff, bolstering natural microflora and laying the foundation for optimal digestion and regular bowel movements with Flora's Adult's Probiotic. Lifestyle and environmental factors can compromise the digestive system, but adding probiotics into the dietary mix can help boost the good bacteria, keeping the bad in balance and helping to maintain a healthy microflora, naturally. Flora's Probiotic Blends are unique in that they've been developed to survive the stomach acids so that they can be as effective as possible when they reach the intestinal tract.

- Designed for adults aged 19-54
- Contains 6 probiotic strains, including Lactobacillus casei & Lactobacillus rhamnosus
- Delivers 17 billion viable cells per capsule at time of manufacture
- Gluten-Free + Vegetarian + Science-Based + RAW

60 v-caps Sale Price \$35.99
120 v-caps Sale Price \$63.99

prairienaturals®

VITAMIN D3 2500IU



Prairie Naturals is proud to introduce our Vitamin D 2500 IU Softgels in a base of Organic Olive Oil. Prairie Naturals Vitamin D3 is made with cholecalciferol and provides a high-potency 2,500 IU in each easy-to-swallow softgel. Be sure you get enough of this low-cost, highly valuable vitamin.

- High potency of 2500 IU
- Essential for good health
- Helps prevent Vitamin D deficiency
- Base of organic olive oil
- Supports long-term bone health*
- Easy to swallow softgels

Bonus 500 + 50 Softgels Sale Price \$19.99

ORGANIC SPIRULINA



Organic Spirulina (Spirulina platensis) is one of the most ancient green superfood plants on earth. Spirulina naturally contains carotenoids, phycocyanin (blue pigments), chlorophyll (green pigment), iron and plant-based protein.

- Ideal for adding to smoothies
- Plant-based superfood
- Ideal for vegetarian & vegan diets
- Source of antioxidants
- Helps protect against free radical damage*
- Organic whole-plant spirulina

200g Sale Price \$30.99

MEN'S HEALTH



Prairie Naturals Prost-Force is an evidence-based formulation that synergistically combines key nutritional and phytochemical ingredients for men's health. Featuring saw palmetto, lycopene, pumpkin, pygeum and stinging nettle, Prost-Force is used in Herbal Medicine to help relieve urologic symptoms associated with mild to moderate benign prostatic hyperplasia (BPH), including weak urine flow, incomplete voiding and frequent daytime and nighttime urination.

- Synergistic blend of vitamins, minerals & phytonutrients
- Contains saw palmetto & complementary plant extracts
- Helps relieve urinary symptoms associated with BPH
- Helps with weak urine flow & incomplete voiding
- Helps with frequent daytime & nighttime urination
- Provides antioxidant support
- Doctor-researched & formulated

Bonus 120 + 20 Softgels Sale Price \$54.99



COMPLETE 360



Total Wellness Support for Mind & Body

- A highly-effective eight mushrooms formula plus Ashwagandha for optimal health
- Complete wellness support in every dose

120 v-caps Sale Price \$54.99
100g Sale Price \$51.99

RECOVERY EXTRA STRENGTH



Professional-grade formula for joint health and cartilage support

- Reduces joint pain and improves mobility

180 v-caps Sale Price \$35.99
360 v-caps Sale Price \$65.99

CURCUMIN (BDM30)



Superior Joint Pain Relief

- 30% BDMC formulated for superior effectiveness in reducing joint inflammation
- Potent antioxidant and joint inflammation relief

60 v-caps Sale Price \$64.99

BUY 1 GET 1 FREE!

while quantities last

LION'S MANE



Sharpen Your Mental Edge Naturally

- Extra-strength Lion's Mane mushroom formulated for enhanced cognitive function
- Improves memory, focus and clarity

60 v-caps Sale Price \$32.99
120 v-caps Sale Price \$59.99

SANTEVIA FILTERS



Santevia Filters assorted varieties including Classic, Mina and Fluoride in both single and 3 packs

15%* off

*reg. price



ARTEMISININ FORTE



Traditional Chinese Medicine-Inspired Artemisinin Support for Overall Wellness. Helps support healthy immune function so you can feel better equipped to withstand and recover from seasonal and environmental challenges.

60 v-caps Sale Price \$29.99
120 v-caps Sale Price \$49.99

BERBERINE TPGS™



Provides support for healthy glucose metabolism, supporting the body's ability to regulate blood sugar levels. Includes a specialized absorption support blend that enhances berberine uptake and bioavailability

60 v-caps Sale Price \$51.99
120 v-caps Sale Price \$85.99



ADRENAL-PRO



- Recharge Yourself
- Helps improve mental performance after periods of mental exertion
- Helps improve physical performance after periods of physical exertion
- Vitamin B6 & Pantothenic acid as factors in the maintenance of good health

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

COLLAGEN JOINT & CARTILAGE



- CanPrev's Collagen Joint & Cartilage Fortigel powder features collagen peptides hydrolyzed to a low 3kDa molecular weight.
- Helps to reduce joint pain associated with osteoarthritis
 - Source of the essential amino acid lysine to help in collagen formation
 - Hydrolyzed peptides designed to support collagen production at the joints

250g **Sale Price \$40.99**

COLLAGEN FULL SPECTRUM



- 100% pure hydrolyzed peptides
- Enhanced solubility for easy mixing
- Derived from grass fed, pasture raised cows, free of antibiotics, added hormones, and GMO ingredients

250g **Sale Price \$40.99**

MAGNESIUM THREONATE



- 50mg Magnesium sourced from magnesium L-threonate
- Aids in energy metabolism and tissue formation
- Helps maintain healthy electrolyte balance
- Encourages proper muscle function, including the heart

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

D3 & K2 – ORGANIC COCONUT OIL



- Helps in the development and maintenance of bones and teeth
- Helps to maintain immune function
- Helps to prevent vitamin D and vitamin K deficiency
- Vitamin D3 cholecalciferol is sourced from lanolin
- Vitamin K2 from K2VITAL™, a soy-free, plant sourced, 100% trans and bioactive vitamin K2 MK-7
- No fillers or artificial colours

120 Softgels **Sale Price \$23.99**

15ml **Sale Price \$20.99**

SYNERGY B



- Complete B complex formula
- With 200mg of L-theanine daily to help temporarily promote relaxation
- Contains spirulina as a natural source of B vitamins
- Uses L-5-MTHF, an active form of folic acid

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

ZINC 50 ULTRA IMMUNE + VITAMIN C



- 50mg of zinc bis-glycinate per capsule
- With 400mg of vitamin C
- Helps maintain immune function and supports wound healing

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

L-THEANINE WITH MAGNESIUM



- Each vegetable capsule contains a 250mg daily dose of L-theanine
- Helps temporarily promote a relaxed state
- With 20mg of magnesium bis-glycinate
- 90-day supply

90 v-caps **Sale Price \$20.99**

MAGNESIUM GENTLE 200



- Bis-glycinate form, easy and gentle on the bowels
- 200mg of pure elemental per capsule
- Available in capsules, powder and liquid, in the dose that meets your needs

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

MAGNESIUM SLEEP + GABA & MELATONIN



- Helps to temporarily promote relaxation and re-set the body's sleep-wake cycle
- Helps reduce the time it takes to fall asleep
- 125mg of magnesium bis-glycinate, 100mg of GABA, and 2.5mg of melatonin per capsule

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

D3 2500IU – MCT BASE



- Helps to prevent vitamin D deficiency
- Vitamin D intake, when combined with sufficient calcium, a healthy diet and regular exercise may reduce the risk of developing osteoporosis in people with vitamin D deficiency
- 2500IU of vitamin D3 in a base of organic coconut oil

120 Softgels **Sale Price \$13.99**

PRO-BIOTIK 15B



- Probiotic that contributes to a natural healthy gut flora
- Shelf stable with a minimum 15 Billion CFU
- 5 balanced probiotic species naturally found in the human GI tract
- No refrigeration required

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

ACES + ZINC & COPPER



- A herb-free antioxidant formula that provides both fat soluble and water soluble nutrients
- Supports immunity, skin health, energy, metabolism, connective tissue formation and more

90 v-caps **Sale Price \$33.99**

WILD ROSE
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1975

DETOX KITS



Renew and Reset Your Health Journey

Daily toxins, stress, and a poor diet can take a toll on your body. Wild Rose Detox Kits offer a natural reset, supporting your detoxification organs for a healthier, energetic and more balanced you.

Herbal D-Tox Kit **Sale Price \$50.99**
Gentle D-Tox Kit **Sale Price \$50.99**

StFrancis
HERB FARM

CASTOR OIL



- A traditional topical oil used for a variety of skin issues, including itching.
- Cold pressed oil from fresh castor beans.
- Certified Organic, extra virgin, hexane-free, and bottled in protective amber glass.

120ml with free Mascara Wand **Sale Price \$11.99**
250ml **Sale Price \$16.99**
500ml **Sale Price \$27.99**

RHOZIVA



Normalizes stress, hormones, mood, and energy. Regulate cortisol levels, safe and fast acting made with Canadian Rhodiola rosea and supported vitamins.

60 caps Sale Price \$38.99
120 caps Sale Price \$66.99

RHOZIVA BRAIN



Enhances brain function and improves mental clarity. Canadian Rhodiola Rosea, Bacopa and supportive vitamins. Safe for seniors, adults, and teenagers.

60 caps Sale Price \$39.99



SUPER EASYMULTI 45+ MEN OR WOMEN



- Promotes healthy aging in a convenient 10-in-1 formula
- Protects your heart with CoQ10
- Strengthens bones and immune function
- Supports overall wellness

60 v-caps Sale Price \$49.99
120 v-caps Sale Price \$88.99

EASYIRON EXTRA STRENGTH



- Extra Strength iron formula with 3x iron absorption
- Combines iron bisglycinate with key co-factors to support red blood cell formation
- Helps prevent iron deficiency anemia
- Supports energy metabolism

60 v-caps Sale Price 41.99

PRENATAL EASYMULTI



- Prenatal nutrition for mom and baby
- One softgel daily enriched with DHA
- Supports brain & spinal cord development
- Supports immune health and energy metabolism

60 v-caps Sale Price \$42.99
120 v-caps Sale Price \$77.99

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JASPER GATES SQ. (STONY PLAIN RD. & 149 ST.) 780-484-2380

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- stevia free
- 70+ trace minerals
- no artificial colours or flavours
- non-GMO
- Gluten free

*available in Salted Lemonade, Salted Watermelon and Salted Tropical

evolve essentials made in Alberta, Canada

Electrolytes you'll actually want to drink.

AQUAOMEGA

OMEGA-3



Support your brain at every age with AquaOmega's High DHA Omega-3—a highly concentrated liquid fish oil with a 1:5 DHA to EPA ratio (3380mg DHA per serving). Naturally lemon-flavoured and easy to take, this formula is ideal for early brain development and cognitive health as we age. DHA plays a vital role in memory, focus, and visual function. Now in a larger, money-saving bottle! Made in Canada.

450ml Sale Price \$69.99
While Supplies Last



THYROIDINE® THYROID GLAND



Whole raw desiccated thyroid gland concentrate may support optimal thyroid balance by promoting healthy thyroid function and helping restore the thyroid gland in individuals dealing with both hypothyroidism and hyperthyroidism. Sourced from New Zealand bovine. FREE OF: all hormones, antibiotics, chemicals and additives; BSE, TSE and GMO

60 v-caps Sale Price \$44.99
While Supplies Last



MAGNESIUM



A factor in the maintenance of good health. Helps the body metabolize carbs, fats and proteins. Helps in the development and maintenance of bones and teeth. Helps maintain proper muscle function. Helps to prevent magnesium deficiency. Raspberry Lemon Flavour

452g Sale Price \$48.99
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ST. ALBERT SHOPPING CENTRE (ACROSS FROM WINNERS) 587-290-3663
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