



VITALITY HEALTH FOODS

YOUR HEALTH IS OUR PRIORITY

FEBRUARY 12 - MARCH 31, 2024

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, 2024.



15% off
**On These Selected
CanPrev Products**



COLLAGEN FULL SPECTRUM

- Full spectrum combination of marine and bovine source type I & III collagen
- Collagen helps build healthy skin, strong bones, muscles, cartilage & joints, as well as healthier skin
- Includes 500mg of lysine, an amino acid needed for collagen production

**Liquid 500ml
Powder 250g**

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

Powder 250g

COLLAGEN MUSCLE TONE

- Low molecular weight
- Enhances fat metabolism
- Counteracts the loss of muscle mass
- Proven to increase muscle strength in combination with resistance training

Powder 250g

COLLAGEN BONE

- Reduces bone loss
- Stimulates extracellular bone matrix for enhanced collagen building at your bones

Powder 213g

COLLAGEN TENDO RECOVER

- TendoForte® Bioactive Collagen Peptides help build connective tissue strength
- Clinically studied for chronic ankle instability
- and Achilles tendinopathy symptoms
- Improves joint movement after injury

Powder 250g

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

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



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



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



PRO-BIOTIK 50B EXTRA STRENGTH

- An extra strength formula for restoring the gut after gastrointestinal disturbances or antibiotic use
- Convenient blister packs for ease of use – anytime, anywhere
- 50 billion CFU, 14 critical strains
- Shelf-stable, one-a-day
- With 20mg vitamin C
- Restores gut flora

**30 v-caps
60 v-caps**



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
240 v-caps**



CURCUMIN UNLOCKED

A proprietary water-dispersible dried colloidal suspension technology, allowing absorption in aqueous environments and improving overall availability. Curcumin Unlocked uses 300mg of TurmiPure®

material, a turmeric extract standardized for high potency in all three curcuminoids – curcumin, demethoxycurcumin, and bisdemethoxycurcumin.

- Full spectrum curcuminoids
- Superior bioavailability

60 v-caps



KRILL OIL

- A concentrated source of omega-3 essential fatty acids
- Featuring SUPERBA Boost™ krill oil sourced from 100% traceable and sustainable pure, eco-harvested Antarctic krill
- Contains naturally occurring astaxanthin
- Helps to reduce inflammation and levels of LDL damaging cholesterol
- Helps to reduce pain associated with osteoarthritis
- Improves skin hydration and elasticity
- Helps to relieve symptoms of dysmenorrhea and premenstrual syndrome
- Highly bioavailable and easy-to-swallow softgels with no fishy aftertaste or odour

**60 Softgels
120 Softgels**



INNO-Q-NOL

- Bioactive coenzyme Q10
- Featuring 100mg of ubiquinol
- Helps support cellular and cardiovascular health
- Formulated with a 3-tier approach to ensure maximum potency and stability

**30 Softgels
60 Softgels
90 Softgels**

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 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
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



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If you're looking for the purest supplements and vitamins, choose New Roots Herbal.

Our Roots Run Deep: In business since 1985.

Family-Owned, 100% Canadian: Committed to quality and integrity.

Uncompromising Quality: We carefully select premium ingredients and subject them to rigorous testing at a world-class ISO 17025-accredited laboratory at three distinct stages of production. This ensures the highest standards for quality.

Extensive Product Selection: You have access to over 400 natural health products, available in more than 800 Canadian health-food stores. We do not sell to mainstream grocery stores, pharmacies, or large retail chains.

We Take Supplements Seriously: Our dedicated team of over 150 employees includes 4 naturopathic doctors working together to create innovative, high-quality health products, along with 14 professionals in quality assurance and quality control, as well as 6 experts in regulatory affairs.

Inspired by Nature, Driven by Science to Make Life Better!

EUCALYPTUS ESSENTIAL OIL 100% PURE



- Green and fresh—feel regenerated and uplifted.
- 100% pure and clean, unadulterated, free from synthetic fragrances or additives
- Guaranteed authenticity: Contains only the essential oil of Eucalyptus globulus, obtained through steam distillation of its leaves and twigs.

30ml **Sale Price \$8.99**

WINTERGREEN ESSENTIAL OIL 100% PURE • CLEAN



- Minty and woody—refreshes and awakens your senses
- 100% pure and clean, unadulterated, free from synthetic fragrances or additives
- Guaranteed authenticity: Contains only the essential oil of Gaultheria procumbens, obtained through steam distillation of its leaves and twigs

30ml **Sale Price \$17.99**

CURCUMIN PLUS PIPERINE • 95% CURCUMINOIDS 500 MG



- Provides antioxidants for the maintenance of good health
- Used in herbal medicine to help relieve joint inflammation
- Potency-validated extract standardized to contain 95% curcuminoids
- Formulated with black pepper extract clinically proven to amplify bioavailability
- Tested for identity, purity, and potency in our ISO 17025-accredited laboratory

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

PURGE PARASITIS



- A natural solution to eliminate parasites
- Complete formula with synergistic botanical extracts
- Enhanced when taken with probiotics Acidophilus Ultra and Fiber Ultra Rich Plantago or Psyllium

90 v-caps **Sale Price \$36.99**

ASHWAGANDHA EXTRACT 500 MG 5% WITHANOLIDES



- An adaptogenic botanical which can help shield the brain and central nervous system from the effects of chronic stress.

30 v-caps **Sale Price \$18.99**

BLOOD SUGAR BALANCE



- Provides support for healthy glucose metabolism
- Provides antioxidants for the maintenance of good health
- Comprehensive blood glucose-regulating formula
- Assist in the proper function of the pancreas

60 v-caps **Sale Price \$52.99**

Progressive

MULTI 50+



- Helps develop & maintain bone, cartilage, teeth & gums
- Energy production
- Maintain muscle, eye, skin & immune function.

For Men 120 v-caps **Sale Price \$34.99**
For Women 120 v-caps **Sale Price \$34.99**

VEGEGREEN SUPERFOODS CLEAN ENERGY



- Fight fatigue with Vegegreens plus 4 added energy boosters.
- Promotes alertness
 - Increases energy

242g Natural Tangy Orange **Sale Price \$39.99**

VEGEGREEN SUPERFOODS



- Digestive Enzyme Blend
- Adaptogen Mushroom Blend
- Comes in a variety of flavors

265g Strawberry Banana **Sale Price \$39.99**

25% off
On These Selected
Nature's Way Products



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

NutraSea Lemon, 200ml
NutraSea Lemon, 500ml
NutraSea Mango, 200 ml
NutraSea a One Daily Fresh Mint, 30 Softgels
NutraSea Fresh Mint, 60 Softgels
NutraSea Fresh Mint, 100 Softgels
NutraSea Fresh Mint, 150 Softgels
NutraSea Lemon, 240 Softgels
NutraSea DHA Juicy Citrus, 200 ml
NutraSea DHA Fresh Mint, 60 Softgels
NutraSea Kids Bubblegum, 200 ml
NutraSea Kids Bubblegum, 500 ml
NutraSea+D Crisp Apple, 200 ml
NutraSea+D Crisp Apple, 500 ml

NutraSea+D Grapefruit Tangerine, 200 ml
NutraSea+D Grapefruit Tangerine, 500 ml
NutraSea+D Fresh Mint, 60 Softgels
NutraSea+D Fresh Mint, 100 Softgels
NutraSea+D Fresh Mint, 150 Softgels
NutraSea+D Fresh Mint, 120 Mini Gels
NutraSea+D Lemon, 240 Softgels
NutraSea hp Lemon, 200 ml
NutraSea hp Lemon, 500 ml
NutraSea hp Fresh Mint, 60 Softgels
NutraSea hp+D Grapefruit Tangerine, 200 ml
NutraSea hp+D Grapefruit Tangerine, 500 ml
NutraSea hp+D Fresh Mint, 60 Softgels



NUTRASEA ARTHRITIS

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

NutraSea Arthritis Targeted Omega-3, 200 ml
NutraSea Arthritis Targeted Omega-3, 75 Gels

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 Targeted Omega-3, 200 ml
NutraSea Dry Eye Targeted Omega-3, 120 Softgels

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, 200 ml

NUTRASEA OMEGA-3 KID'S GUMMY CHEWS

500 mg EPA+DHA in 1 tasty gummy per day
TASTY & FUN: These delicious omega-3 gummy chews are a yummy tropical citrus flavour that kids will love!

NutraSea Kid's, 30 Gummies



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!

Cal Mag NO K2 Liquid Blueberry, 500ml
Cal Mag w/K2 Liquid Blueberry, 500ml
Cal Mag w/K2 Liquid Orange, 500ml
Cal Mag w/K2 Liquid Strawberry, 500ml

ASHWAGANDHA



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.

Ashwagandha, 60 v-caps
Ashwagandha, 120 v-caps

COLD, FLU & IMMUNE SUPPORT



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

Sambucus Elderberry Organic Syrup, 120ml
Sambucus Elderberry Organic Syrup Value Size, 240 ml
Sambucus Elderberry Original Syrup, 120 ml
Sambucus Elderberry Kid's Syrup, 120 ml
Sambucus Immune Elderberry Syrup, 120 ml

SAMBUCUS IMMUNE GUMMIES ADULTS AND KID'S

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

Sambucus Immune, 60 Gummies
Sambucus Kid's Immune 60, Gummies

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

Sambucus Cold & Flu Relief, 60 Gummies
Sambucus Kid's Cold & Flu Relief, 60 Gummies

COUGH AND COLD RECOVERY



Cough and Cold Recovery by Nature's Way with clinically proven South African Geranium, shortens the duration and severity of the common cold. Available in liquid drops suitable for age 1 and up, and great tasting cherry chewable tablets

Cough & Cold Recovery, 20 Chewable tabs
Cough & Cold Recovery Original Drops Liquid, 30 ml

WomenSense® AdrenaSense®

adrenal formula

AdrenaSense is a natural formula containing rhodiola, suma, Siberian ginseng, schisandra, and ashwagandha. Health care practitioners recommend AdrenaSense to help improve mental and physical performance after periods of exhaustion and to temporarily promote relaxation.

- 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



90 v-caps
180 v-caps

Sale Price \$23.99
Sale Price \$43.99

WomenSense® MagSense®

magnesium bisglycinate formula

WomenSense MagSense magnesium bisglycinate formula is used to support healthy muscle function. It combines magnesium bisglycinate, a more absorbable form of magnesium that is gentle on digestion, with taurine, L-glutamine, vitamin B6, malic acid, and other muscle-supportive ingredients. This convenient non-GMO powder is available in delicious berry and original flavours.

- Helps support healthy muscle function
- Provides a source of magnesium
- Alleviates magnesium deficiency symptoms
- Highly bioavailable
- Helps in the development of bones and teeth and energy metabolism



200g
400g
200g Berry Flavour
400g Berry Flavour

Sale Price \$21.99
Sale Price \$39.99
Sale Price \$21.99
Sale Price \$39.99

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

Sale Price \$29.99

WomenSense® ThyroSense®

thyroid formula

ThyroSense is a balanced nutritional and herbal formula containing L-tyrosine, ashwagandha, guggul, pantothenic acid, copper, manganese, iodine, and selenium. Health care practitioners recommend ThyroSense to support thyroid health. ThyroSense also helps the body metabolize carbohydrates, fats, and proteins.



- 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

90 v-caps
180 v-caps

Sale Price \$24.99
Sale Price \$43.99

WomenSense® EstroSense®

hormone balancing therapy

EstroSense is a complete natural formula containing calcium D-glucarate, indole-3-carbinol, green tea extract, turmeric extract, rosemary extract, lycopene, sulforaphane, and milk thistle seed extract. Health care practitioners recommend EstroSense to help promote healthy estrogen metabolism. EstroSense is also a source of antioxidants for the maintenance good health.



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

60 v-caps
120 v-caps

Sale Price \$25.99
Sale Price \$47.99

WomenSense® PCOSense®

PCOSense is a complete natural health solution for women with polycystic ovarian syndrome (PCOS). It is one of the first formulas to combine myo-inositol and D-chiro-inositol at a 40:1 ratio, plus folate and vitamin B12. This formula supports normal menstrual cycle and fertility, healthy glucose balance, and reduced serum testosterone in women with PCOS.

- Aids in the management of the hormonal and metabolic symptoms of PCOS
- Promotes healthy glucose metabolism and reduces insulin resistance
- Supports ovarian function, egg quality, and fertility in women with PCOS
- May support in vitro fertilization (IVF) outcomes in women with PCOS
- Helps maintain the body's ability to metabolize nutrients
- Supports a normal menstrual cycle and reduces serum testosterone in women with PCOS



129g
387g

Sale Price \$27.99
Sale Price \$63.99

BioSil™ Choline-Stabilized Orthosilicic Acid®

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
Biosil 120 Liquid v-caps
Biosil Liquid - 15 ml
Biosil Liquid - 30 ml
Biosil - 46 v-caps
Biosil - 90 v-caps
Biosil - 120 v-caps

Sale Price \$34.99
Sale Price \$59.99
Sale Price \$21.99
Sale Price \$41.99
Sale Price \$28.99
Sale Price \$46.99
Sale Price \$62.99



Multivitamin & Mineral, Whole Earth & Sea

- Specially designed to meet the nutritional needs of men or women
- Raw, whole-food bioenergetic formula featuring active vitamins for direct use
- Made with farm-fresh, organic, and sustainably grown non-GMO ingredients
- Suitable for vegans and vegetarians
- \$2 from each bottle sold goes to the Plant a Seed & See What Grows Foundation



Men's 60 tabs Sale Price \$37.99
Men's 120 tabs Sale Price \$69.99
Women's 60 tabs Sale Price \$37.99
Women's 120 tabs Sale Price \$69.99

50+ Multivitamin & Mineral, Whole Earth & Sea

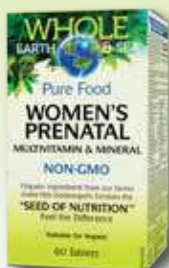
- Specially designed to meet the nutritional needs of men or women over 50
- Raw, whole-food bioenergetic formula featuring active vitamins for direct use
- Made with farm-fresh, organic, and sustainably grown non-GMO ingredients
- Suitable for vegans and vegetarians
- \$2 from each bottle sold goes to the Plant a Seed & See What Grows Foundation



Men's 50+ 60 tabs Sale Price \$37.99
Men's 50+ 120 tabs Sale Price \$69.99
Women's 50+ 60 tabs Sale Price \$37.99
Women's 50+ 120 tabs Sale Price \$69.99

Women's Prenatal Multivitamin & Mineral, Whole Earth & Sea

- Bioenergetic prenatal multivitamin and mineral
- Reduces the risk of neural tube defects
- Helps form red blood cells and prevent iron deficiency anemia
- Made with farm-fresh, organic, and sustainably grown non-GMO ingredients
- \$2 from each bottle sold goes to the Plant a Seed & See What Grows Foundation



60 tabs Sale Price \$37.99

Natural Factors 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



100mg 60 chewable tabs Sale Price \$20.99
100mg 120 chewable tabs Sale Price \$37.99
125mg 60 v-caps Sale Price \$21.99

Ashwagandha 600 mg, Stress-Relax

- Helps increase resistance to stress and anxiety in individuals with a history of chronic stress
- Helps support libido and emotional aspects of sexual health
- Traditionally used in Ayurvedic medicine as a sleep aid and nerve tonic, and for memory enhancement
- Provides athletic support as a workout supplement
- Traditionally used in Ayurvedic medicine to relieve general debility, especially during convalescence or old age
- Helps promote healthy testosterone production in men



30 v-caps Sale Price \$12.99
60 v-caps Sale Price \$22.99

100% Natural GABA 100 mg, Stress-Relax

- Helps promote relaxation and reduce nervousness
- Supports mental clarity and physical relaxation without drowsiness
- Helps support cognitive function
- Helps calm a racing mind



Tropical Fruit 60 chewable tabs Sale Price \$22.99
Tropical Fruit 120 chewable tabs Sale Price \$39.99
90 v-caps Sale Price \$29.99

Saffron Extract 100% Pure 28 mg, Stress-Relax

- Supports mood balance in adults and youth 12 years and up
- Helps reduce symptoms of perceived stress, such as fatigue, weariness, and irritability
- Provides relief from restlessness and nervousness
- Promotes feelings of relaxation
- Helps improve sleep quality in individuals experiencing sleeplessness
- Helps manage mood disturbances, such as during menopause



30 v-caps Sale Price \$27.99
60 v-caps Sale Price \$44.99

Nighttime Magnesium Bisglycinate Stress Relax

- 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



120g Sale Price \$30.99

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 Orange Sale Price \$53.99
500g Pomegranate Sale Price \$53.99
500g Unflavoured Sale Price \$53.99

Total Body Multi Collagen™

- Supports the formation of collagen and connective tissue for joint and skin health
- Clinically shown to reduce eye wrinkles within 28 days
- Helps reduce joint pain caused by exercise or associated with osteoarthritis
- Combines 10 g of five types of collagen, including natural eggshell membrane (NEM), for full-body support
- Contains hydrolyzed collagen from non-GMO, grass-fed, and pasture-raised bovines
- Clinically researched, food-sourced collagen
- Keto- and paleo-friendly



267g Sale Price \$36.99

Regenerlife Mitochondrial Energy

- 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 Sale Price \$51.99
162g Sale Price \$84.99

Berberine LipoMicel®

- Supports healthy glucose metabolism
- Helps maintain cardiovascular health in adults
- Contributes to healthy blood lipid levels
- Supports healthy triglycerides, total cholesterol, and LDL cholesterol levels



60 softgels Sale Price \$38.99
120 softgels Sale Price \$71.99

SALUS FLORADIX



Floradix Liquid Iron Formula is clinically proven to raise serum ferritin levels (iron levels) quickly and restore your energy.

- Floradix Liquid Iron Formula is clinically proven to quickly raise serum ferritin levels (iron levels) 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 Vitamin C for enhanced absorption
- Vegetarian, kosher, no additives, preservatives, added sugars or alcohol
- Naturopath recommended

250 ml Sale Price \$25.99 80 tablets Sale Price \$23.99
500 ml Sale Price \$41.99 120 tablets Sale Price \$30.99
700 ml Sale Price \$55.99

SALUS FLORAVIT



Floravit Liquid Iron Formula is clinically proven to raise serum ferritin levels (iron levels) quickly and restore your energy. Safe for pregnancy. Naturopath and Midwife recommended.

- Floravit Liquid Iron Formula is clinically proven to quickly raise serum ferritin levels (iron levels) in the body, thereby restoring energy and well-being
- Helps pregnant and nursing women reach adequate serum ferritin levels (iron levels). Naturopath and Midwife recommended.
- Easily absorbed, non-constipating formula.
- Contains B Vitamins and Vitamin C for enhanced absorption
- Vegan, gluten free, kosher, no additives, preservatives, added sugars or alcohol

250 ml Sale Price \$25.99
500 ml Sale Price \$41.99
700 ml Sale Price \$55.99

SALUS KINDERVITAL



Give your kids what they need to be their best. Salus Kindervital Liquid Multivitamin contains core vitamins and minerals needed daily for optimal health

- Kindervital provides the essential building blocks to build healthy muscles, strong bones, enhance vision, and boost immunity
- Essential for kids during growth spurts
- Tastes great and easily absorbed liquid formula
- Vegan, gluten free, kosher, no additives, preservatives, added sugars or alcohol

250 ml Sale Price \$25.99
500 ml Sale Price \$41.99

SALUS EPRESAT



Age well with Salus Epresat Multivitamin. Epresat helps support eye health and vision, improves immune system function, and reduces risk of memory or cognitive decline

- Increases intake of key vitamins for healthy aging and vitality
- Easily absorbed vitamin formula, with whole food concentrates and digestive herbs for maximum absorption.
- Ideal for seniors or those with poor digestion
- Vegetarian, gluten free, kosher, no additives, preservatives, added sugars or alcohol

250 ml Sale Price \$30.99
500 ml Sale Price \$45.99

GUT-FX



The ultimate gut repair formula

- 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 \$38.99

GO-LAX



Healthy digestion is the foundation of a healthy body, and a healthy colon plays a key role in your overall digestive health.

- GO-LAX provides a gentle, effective solution for occasional constipation.
- It works to hydrate and soften the stool, promote peristalsis, soothe the gut lining, and promotes bowel movements
- Non-habit forming, non-purgative formula

60 v-caps Sale Price \$21.99
120 v-caps Sale Price \$32.99

PAIN-FX JOINT FORMULA



PAIN-FX provides relief from pain by targeting both the pain itself and the inflammatory component of the pain-cycle

- Contains White Willow Bark Extract for fast pain relief
- Non-habit forming

60 v-caps Sale Price \$22.99

SLEEP-GREAT



SLEEP-GREAT is a complete formulation that helps you fall asleep quickly, stay asleep and achieve deep, restful sleep.

- Works by enhancing the body's natural sleep hormone pattern so that you enter all five stages of a healthy sleep
- Non-habit forming

30 v-caps Sale Price \$21.99
60 v-caps Sale Price \$35.99

ABSORB
Science

BIO-FIT



Weight management
New and improved formula.
30 day supply

120 v-caps Sale Price \$43.99

DETOXY CELL



Full body detoxification
20 day Formula

20 Day Kit Sale Price \$37.99

SierraSil

SIERRASIL JOINT FORMULA



14 day guarantee to relieve joint pain

180 v-caps Sale Price \$54.99



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.

90 Softgels Sale Price \$27.99
180 Softgels Sale Price \$42.99



PLATINUM NUTRI NAC 600MG

- 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 QUERCETIN EXTRA STRENGTH 500MG

- An important antioxidant supplement that protects against oxidative stress and is often used in herbal medicine as a capillary and blood vessel protectant.

120 v-caps Sale Price \$41.99



CHOLESTEROL CONTROL™

- Naturally Promotes Healthy Cholesterol Levels
- With Cholesstrinol™ Extract for Healthy Cholesterol Management
- Supports Healthy LDL Levels
- Supports Cardiovascular and Arterial Health

30 v-caps Sale Price \$34.99



BLOOD PRESSURE FORMULATION COMBO™

- Helps Maintain Healthy Blood Pressure
- Helps Maintain Cardiovascular Health in Adults
- Rich in Phytonutrients and Antioxidants
- Features Naticol© 1000 Marine Collagen

60 v-caps Sale Price \$35.99
120 v-caps Sale Price \$62.99



GOUT RELIEF™

- Relieves Pain Associated with Gout
- Naturally Reduces Uric Acid
- Addresses Pain Quickly and Effectively
- Regain Control and Comfort

60 v-caps Sale Price \$27.99



MORINGA LEAF CAPSULES



- A Global SuperFood Star!
- Phytonutrient-rich plant protein
- Reduces inflammation and pain
- Balances cholesterol levels
- Grown sustainably & organically
- Vegan, non-GMO, Gluten-Free

180 v-caps Sale Price \$29.99



NMNRX

- 200mg NMN + Resveratrol + Quercetin
- Promotes healthy metabolism as you age.
- Supports optimal mitochondrial function.
- Improves cellular energy and promotes healthy aging.

30 v-caps Sale Price \$31.99



VITAMIN D3 1000 IU & 2500 IU

- Canada's favourite vitamin D3 brand!
- Essential for good health
- Base of organic olive oil
- Vital for strong immunity
- Available in easy to swallow softgels & liquid drops

Vitamin D 1000iu 500 softgels Sale Price \$17.99
Vitamin D 2500iu BONUS 500 +50 softgels Sale Price \$18.99
Liquid 1000iu Vitamin D 15 ml Sale Price \$12.99
Liquid 2500iu Vitamin D 15ml Sale Price \$14.99

HEALTHY HEART PLUS



Do you have..... High Cholesterol?
High Blood Pressure?
Try Healthy Heart Plus by Dr. Elie Klein
Helps Maintain Healthy Blood Flow
Notice results in as little as 30 days!

120 caps **Sale Price \$52.99**

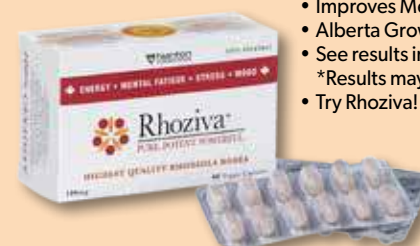
NOURISHING WAVES PLUS



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
• Available in liquid or capsules
• Notice the difference in as little as 30 Days!
*Results may vary

60 v-caps **Sale Price \$31.99**
450ml **Sale Price \$36.99**

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 \$35.99**
120 caps **Sale Price \$60.99**

enerex



BLACK SEED OIL

Enerex BLACK SEED OIL, an effective remedy to combat colds, flus, allergies, asthma, sinusitis, bronchitis, digestion, & heartburn
Natural support for healthy blood sugar & cholesterol levels
Topical benefits for hair & skin health
2.0-2.65% naturally occurring Thymoquinone content

100 ml **Sale Price \$31.99**
240 ml **Sale Price \$47.99**

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
- Liquid or Vegetarian Capsules
- A ABC family business

15mL **Sale Price \$19.99**
30mL **Sale Price \$27.99**
90 v-caps **Sale Price \$34.99**

FLORA

FERRITIN



Many healthcare providers recommend taking an iron supplement if you're low on this essential mineral. But form matters. Enter Ferritin+, a plant-based ferritin-iron extracted from organic peas. Ferritin is a naturally protein-coated form of iron found in legumes that allows for controlled release and efficient absorption, which helps to minimize digestive upset. Our clinical studies have shown that plant-based ferritin iron can effectively increase and maintain healthy iron levels. Support your energy levels and red blood cell production with Ferritin+.

30 v-caps **Sale Price \$28.99**



UDO'S 3-6-9 OIL

Udo's Oil Omega 3+6+9 Blend is a foundational oil that provides the omega-3 and omega-6 essential fatty acids (EFAs) the body needs but cannot make on its own - they must be obtained from our diet. This plant-sourced, organic unrefined oil blend is designed to provide the ideal 2-to-1 ratio of omega-3 and omega-6 fatty acids. Award-winning Udo's Oil Omega 3+6+9 Blend contains all the good fats you need without the bad fats you should avoid, with natural, unrefined oils from fresh, certified organic flax, sunflower, sesame, and evening primrose seeds as well as oils from coconut, rice, and bran.

500 ml **Sale Price \$30.99**



SUPER 8 PROBIOTIC

- Contains only medicinal strains of probiotics: 42 billion at manufacture and 25 billion at expiry
- High percentage of Lactobacillus species of probiotics to discourage overgrowth of yeast and pathogenic bacteria
- Supports the immune system
- High quality probiotic strains tested for resistance to gastric acid and bile, antibiotic survivability, compatibility with other probiotics and ability to reproduce in the intestines
- Assists in breaking down proteins and carbohydrates and in releasing fatty acids from fats
- 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 \$42.99**

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 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
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ST. ALBERT SHOPPING CENTRE (ACROSS FROM WINNERS) 587-290-3663
WETASKIWIN MALL (37 AVE & 56 ST.) 780-368-3040



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