



OCTOBER 20 - NOVEMBER 30, 2025

VITALITY HEALTH FOODS

YOUR HEALTH IS OUR PRIORITY

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 23 Awards, Best Product

15ml **Sale Price \$18.99**

30 ml **Sale Price \$27.99**

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

prairienaturals®
Live the Healthy Life!

**-25%
OFF-**

PROUDLY MADE IN CANADA



All Prairie Naturals Products

prairienaturals®

prairienaturals.ca



BLADDER & YEAST INFECTION™



- For Mild Urinary Tract Infections
- Maintains Bladder Health While Supporting the Urinary System
- With D-Mannose & Urvi Ursi to Help Relief UTI Symptoms
- Contains Buchu, Hydrangea, and Pumpkin Extract

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

BLOOD PRESSURE FORMULATION COMBO™



- Helps Maintain Healthy Blood Pressure
- Helps Maintain Cardiovascular Health in Adults
- Features Garlic, Barberry, Parsley, Passionflower
- Features Naticol© 1000 Marine Collagen

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

120 v-caps **Sale Price \$74.99**

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 \$39.99**

EROXIL™ FOR MEN / EROSYN™ FOR WOMEN



- Supports Physical Aspects of Sexual Health
- With Polyamines & Gingko Biloba
- Supports Peripheral Circulation
- Eroxil Features Panax Ginseng & Selenium
- Erosyn Features Ashwagandha & Maca

Eroxil™ 30 v-caps **Sale Price \$49.99**

Erosyn™ 30 v-caps **Sale Price \$49.99**

THE MARKETPLACE AT CALLINGWOOD, 6655 178 ST. 780-481-0157
KINGSWAY MALL (NEXT TO HOMESENSE) 780-752-0786
LONDONDERRY MALL 780-473-4268
NORTHGATE CENTRE 780-476-6062
HAWKSTONE PLAZA 18326 LESSARD RD 780-761-6555
JASPER GATES SQ. (STONY PLAIN RD. & 149 ST.) 780-484-2380

MILLWOODS TOWN CENTRE (NEXT TO FOOD COURT) 780-757-8482
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

AQUAOMEGA



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

Kyolic
Aged Garlic Extract™



Formula 104 combines plant-based soy lecithin and Aged Garlic Extract™ to promote balanced and healthy cholesterol levels, already within normal ranges, and overall cardiovascular health. Kyolic® Aged Garlic Extract™ begins with organically grown garlic. It is then aged using a proprietary process which removes odor-causing compounds attributed to raw garlic and increases the bioavailable beneficial compounds

360 Capsules Sale Price \$53.99

LIFE CHOICE
Professional Quality Nutraceuticals



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 \$46.99

Lily of the desert



Lily of the Desert aloe vera juices made from our organically grown aloe plants are packed with essential vitamins, minerals, and enzymes. Perfect for supporting healthy digestion, nurturing your gut, and providing a natural source of hydration! Our aloe juices contain 200 biologically active compounds working together to help support your wellness goals

946ml plastic bottle Sale Price \$10.99

Natural CALM
CANADA



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 \$49.99

SUKU
VITAMINS



COMPLETE KIDS MULTI

Your kids will want to take their vitamins with this powerful blend of 14 essential vitamins and minerals in a delicious sugar-free, plant-based gummy your kids will love. The Complete Kids Multi is a source of key nutrients to support biological functions for the maintenance of good health. Each serving also contains prebiotics and bioactive B vitamins. Made in Canada. 🍁

60 gummies Sale Price \$19.99

RenewLife



WOMEN'S EXTRA CARE PROBIOTIC

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.

BONUS SIZE 72 v-caps Sale Price \$79.99



UDO'S 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.

- Unrefined and freshly pressed in a state-of-the-art, low heat, low light, and oxygen-free environment to optimize freshness and provide maximum nutritional value
- Made exclusively with 100% sustainable, plant-based ingredients
- Non-GMO + Organic + Vegan + Keto-Friendly



250ml Sale Price \$18.99

500ml Sale Price \$32.99

941ml Sale Price \$48.99

+DHA 250ml Sale Price \$19.99

+DHA 500ml Sale Price \$38.99

90 v-caps Sale Price \$23.99

180 v-caps Sale Price \$42.99

WILD ROSE
SINCE • DEPUIS
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 \$59.99

Gentle D-Tox Kit Sale Price \$59.99

Liver D-Tox Kit Sale Price \$44.99



LION'S MANE

Sharpen Your Mental Edge Naturally

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



60 v-caps Sale Price \$33.99

120 v-caps Sale Price \$63.99



PVL ISOGOLD



Protein Isolate with added Probiotic DE111 for optimal gut health and immune system support
Available in:

Vanilla Milkshake	Iced Mocha Cappuccino
Triple Milk Chocolate	Banana Cream
Ice Cream Cookie Sandwich	Natural Vanilla
Strawberry Milkshake	Natural Chocolate
Peanut Butter Chocolate Smash	

2lb Sale Price \$54.99

PVL EAA COMPLETE



Full Ratio- Correct Essential Amino Acids
The ultimate building block for muscle tissue, supporting increased protein synthesis, protecting from muscle loss, and repairing muscle damage supporting faster recovery rate from exercise and injury.

Available in:

Gold Medal Grape	Sweet Iced Tea
Orange Krush'd	Icy Blue Storm
Tropical Punch	

369g Sale Price \$34.99

PVL PROH2O:



The Ultimate in Hydration – elevated levels of all necessary electrolytes in a ratio correct formula that is free from all artificial colours, dyes and flavoring keeping this optimal supplement absolutely all natural and a must for any age, gender and athlete. Nothing hydrates better than ProH2o.

Available in: Orange Krush'd
Arctic Berry
Berry Blast

255g Sale Price \$29.99

PVL CREATINE MONOHYDRATE



Available in 300g or 1000g – being the #1 most studied supplement of all time....creatine is not only for building muscle – the benefits for brain and cognitive function have extensive studies showing absolutely everyone can benefit from its usage. Safe and suggested for all ages.

300g Sale Price \$27.99
1000g Sale Price \$54.99

PVL GLUTAMINE:



Being most known for decreasing muscle soreness duration after training – Glutamine has extensive studies showing it has even more benefit in gut health and immune system function and support. Available in 2 flavours and 2 sizes.....Safe and suggested for all ages.

Blueraspberry, Orange, Unflavoured 400g Sale Price \$27.99
1200g Sale Price \$49.99

PVL DOMIN8:



Take your workouts to the next level with the perfect product offering not only superior blood flow – but optimizing neuro sensitivity as well with its nootropic ingredient supporting boosted mental focus and no crash afterwards. Don't just participate – DOMIN8

Available in: Arctic Blue Slush, Peach Mango Punch, Tropical Knockout • Orange Krush'd, Gold Medal Grape

520g Sale Price \$39.99



PLATINUM PRO BCAA



- Workout supplement
- Athletic support
- Assists in the building of lean muscle [tissue/mass] when combined with regular [weight/resistance] training and a healthy balanced diet
- Source of Branched Chain Amino Acids

90 v-caps Sale Price \$15.99
BUY 1 GET 1 FREE!

PLATINUM NUTRI NAC



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

150 v-caps Sale Price \$31.99

PLATINUM NATTOKINASE



According to famous and well respected doctors Nattokinase will benefit in:

- Breaking Down Blood Clots (Thrombosis)
- Arterial Cleansing
- Varicose Veins
- Improved Blood Circulation
- Relieve Nasal Inflammation
- Blood Pressure

100mg 75 drv-caps Sale Price \$33.99

NUTRI PROBIOTIC



Is your digestive system crying for help?
Let the advanced Nutri Probiotic formula help rescue you from poor digestion.

60 v-caps Sale Price \$36.99
120 v-caps Sale Price \$55.99



MULLEIN



St. Francis Mullein liquid is extracted from only fresh source mullein leaves and is perfect for anyone concerned with reducing mucous congestion due to allergies or bronchitis. Mixes easily with water and is absorbed quickly by the body.

50ml Sale Price \$16.99
100ml Sale Price \$26.99
250ml Sale Price \$52.99



Stress Relax 100% Natural GABA

- Helps to temporarily promote relaxation
- Helps support some memory aspects of cognitive function (e.g., delayed recall and visual-spatial perception) in older adults
- Non-habit forming
- Naturally sourced PharmaGABA



100mg 60 chewable tabs **Sale Price \$23.99**
100mg 120 chewable tabs **Sale Price \$40.99**
100mg 90 v-caps **Sale Price \$29.99**
250mg 60 v-caps **Sale Price \$46.99**

Stress Relax Magnesium Citrate 300 mg



- Calms the symptoms of anxiety and stress
- Relaxes skeletal muscles, smooths muscles, and the GI tract
- Improves sleep quality when taken in the evening
- Helps restore healthy levels of magnesium and balances calcium intake
- Supports the heart, energy production, and muscle and nerve function

Tropical Fruit 250g Powder **Sale Price \$20.99**
Berry 250g Powder **Sale Price \$20.99**

Stress Relax 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**

Stress Relax Peaceful Zzz 250 mg



- Helps support better sleep quality
- Supports a healthy mood balance
- Helps reduce cortisol levels, a biomarker of stress
- Non-melatonin formula
- Plant-based and clinically researched

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

Stress Relax Mind Retreat®



- Helps to temporarily promote relaxation
- Traditionally used in herbal medicine as a sleep aid (during times of mental stress)
- Contains PharmaGABA, which is superior to synthetic GABA

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

Stress Relax Serenity Formula® with Ashwagandha 125 mg Sensoril™



- Helps to temporarily relieve symptoms of mental, physical, and emotional stress
- Used in herbal medicine to help improve mental and physical performance after periods of exertion
- Traditionally used in herbal medicine to help relieve general debility and aid recovery
- Helps reduce cortisol and C-reactive protein levels, the biomarkers of physical stress
- Supports cardiovascular health
- Provides antioxidants

60 v-caps **Sale Price \$16.99**
120 v-caps **Sale Price \$29.99**

Stress Relax Ashwagandha 600 mg



- 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 \$21.99**

Stress Relax Saffron Extract 100% Pure 28 mg



- 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**

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 \$24.99**

Stress Relax 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 up refreshed and alert
- Induces relaxation and lowers the body's stress response
- Chewable tablets have a great-tasting tropical fruit flavour



Tropical Fruit 60 chew tabs **Sale Price \$21.99**
Tropical Fruit 120 chew tabs **Sale Price \$41.99**
90 enteric coated softgels **Sale Price \$31.99**

Stress Relax 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 PharmaGABA
- Contains 100% magnesium bisglycinate – gentle on the stomach with improved absorption
- Non-habit forming and suitable for vegetarians and vegans

90 v-caps **Sale Price \$29.99**
120g **Sale Price \$30.99**

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 60 chewable tabs **Sale Price \$19.99**
100 mg 120 chewable tabs **Sale Price \$38.99**
125 mg 60 v-caps **Sale Price \$21.99**

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
120 v-caps

Sale Price \$23.99
Sale Price \$42.99

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 eurypeptides. 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% eurypeptides, 40% glycosaponins, and 1% eurycomanone
- Delivered in easy-to-take vegetarian capsules



60 v-caps

Sale Price \$29.99

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® ANTI-STRESS



- Stress relief from natural ingredients
- Relieves nervousness and promotes calmness, as used in herbal medicine
- Promotes healthy sleep
- Enhances memory, as used in Ayurvedic medicine
- Helps normalize the body's response to stress
- Contains the antioxidants quercetin and rhodiola

120 v-caps

Sale Price \$29.99

ULTIMATE® 100% WHEY PROTEIN ISOLATE POWDER

Ultimate 100% Whey Protein Isolate is a high-performance whey protein derived from grass-fed cows. It contains 25 g of protein per serving, including 6 g of branched-chain amino acids (BCAAs). This clean, non-GMO isolate is free of hormones and antibiotics, purified through nanofiltration, and available in delicious chocolate and vanilla flavours, and unflavoured.

- Assists in building lean muscle mass when combined with regular resistance training and a healthy balanced diet
- Source of amino acids involved in muscle protein synthesis
- Excellent source of protein, which helps build strong muscles and build and repair body tissues for the maintenance of good health
- Workout support/supplement
- Low cholesterol, low sodium, low sugar, and low fat



Vanilla 787g
Chocolate 812g
Unflavoured 739g

Sale Price \$59.99
Sale Price \$59.99
Sale Price \$59.99

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
180 v-caps

Sale Price \$37.99
Sale Price \$64.99

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
180 v-caps

Sale Price \$46.99
Sale Price \$83.99

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
90 v-caps
180 v-caps

Sale Price \$51.99
Sale Price \$18.99
Sale Price \$35.99

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 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
120 v-caps

Sale Price \$29.99
Sale Price \$55.99



OREGANO-8 COLD AND FLU



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. It contains 40 mg of oil of oregano, known for its strong anti-microbial and anti-bacterial properties. The power of oil of oregano is multiplied through the combination of garlic, goldenseal, elderberry, vitamin C, zinc, cayenne and grape seed extract.

- Helps relieve symptoms of colds
- Strengthens immune system
- Fast-acting relief
- Omega Absorb™ delivery system

30 v-caps Sale Price \$27.99

60 v-caps Sale Price \$47.99

NAC 8.5X



NAC 8.5x suspends 600 mg of N-Acetyl-L-Cysteine in a blend of healthy oils including curcumin, flaxseed and MCTs (Medium Chain Triglycerides) in a single softgel. NAC is an unstable ingredient; however when it is suspended in healthy oils it is protected and provides

- 8.5x greater bioavailability.
- 8.5x greater bioavailability in healthy oils
- Source of antioxidant
- Protect cells from oxidative stress
- Precursor to glutathione synthesis
- Helps relieve symptoms of chronic bronchitis
- Omega Absorb™ delivery system

120 Softgels Sale Price \$41.99

PEACEFUL MIND



Peaceful Mind™ combines Ashwagandha, Rhodiola, and GABA with L-Theanine that work synergistically together to provide relief from nervousness and stress, increase resistance to symptoms of stress and mild anxiety and promote relaxation.

- Fast-acting, short-term solution to stress and mild anxiety
- KSM-66® Ashwagandha
- Vegetarian-friendly
- Omega Absorb™ delivery system

30 v-caps Sale Price \$19.99

60 v-caps Sale Price \$35.99



ADVANCED B COMPLEX



- Active forms of B-vitamins your body can readily use
- Balanced ratios and clinically-supported doses
- Support for metabolism and red blood cell production
- Doesn't cause niacin "flush"

90 caps Sale Price \$44.99

180 caps Sale Price \$64.99

ZINC-COPPER BALANCE



- Supports healthy bones, hair, nails, and skin by protecting connective tissues
- Addresses zinc deficiency while reducing the risk of excess zinc impairing copper
- Helps to maintain immune function

100 caps Sale Price \$33.99



*on regular priced items only

SAMBUCUS

Nature's Way Sambucus Cold and Flu Syrup and Gummies are traditionally used in herbal medicine to help relieve symptoms of colds and flus including coughs and sore throats. This delicious syrup contains a concentrated black elderberry extract to help relieve symptoms related to colds and flus. Available for both Kid's and Adult's.



LIQUID CALCIUM MAGNESIUM

- **HEALTHY BONES:** Combination formula that provides Calcium, Magnesium, Collagen, Manganese, Boron, Vitamin K2 and Vitamin D3.
- Helps in the maintenance of bones and teeth.
- Available in Strawberry Blueberry and Orange.
- Also available without K2 in Blueberry.



NUTRASEA OMEGA-3 AND NUTRAVEGE OMEGA-3



NutraSea and NutraVege – Potency, purity and great tasting omega-3 for you and your family! 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 Kids gummies.

GUMMIES

Nature's Way gummies offer a fun and tasty way to meet your daily health goals.

- 100% Vegetarian and gelatin free
- Fun and easy to take
- Real fruit taste!
- Gluten free
- 60 gummies
- Available in CranRx, Vitamin D3, Less Stress, Sleep Well, Magnesium or Zinc



MULTIVITAL MEN & WOMEN



Multivitamins, Minerals, Antioxidants and Phytonutrients. 60 Vegetable capsule 1 Per day.

60 v-caps Sale Price \$44.99

60 v-caps Sale Price \$44.99



ELDERBERRY C



- Supports immune function
- Helps to relieve fever in cases of common colds and flu
- Helps to relieve symptoms of colds and flu such as coughs, sore throat, and catarrh of the upper respiratory tract
- Helps support joint pain associated with conditions such as arthritis in adults
- Helps encourage healthy detoxification

500ml Sale Price \$24.99

MAGNESIUM SLEEP + GABA & MELATONIN



- This formulation is designed to help people relax, reset their circadian biological clocks, and get better sleep
- Therapeutic 125mg of magnesium bis-glycinate, 100mg of GABA (gamma-aminobutyric acid)
- 2.5mg of melatonin as natural sleep aids with every vegetable capsule
- No fillers or flavours

120 v-caps Sale Price \$21.99

ZINC 50 ULTRA IMMUNE



- 50mg of highly absorbable zinc bis-glycinate
- With 400mg of vitamin C
- Essential nutrients for ultra immune support

120 v-caps Sale Price \$21.99

MAGNESIUM BIS-GLYCINATE 200 GENTLE



- Preferred and highly absorbable bis-glycinate form
- Easy and gentle on the bowels
- 200mg of pure elemental per capsule
- Available in capsules, powder and liquid, in the dose that meets your needs

120 v-caps Sale Price \$25.99

LIPOSOMAL VITAMIN C 1000



- CanPrev Liposomals use a patented delivery system that swiftly and safely transports active nutrients direct-to-cell.
- Bio-friendly phospholipid bilayers protect nutrients in transit from digestive and enzymatic breakdown, while supporting quick sustained cellular uptake.
- With soy-free phospholipids sourced from sunflower and phosphatidylcholine.
- No artificial colours, flavours, preservatives or animal products. Delicious flavours.

450ml Sale Price \$37.99

MELATONIN - 3MG - SUSTAINED-RELEASE



- Helps increase sleep time in those suffering from sleep restriction
- Helps relieve fatigue associated with jet lag
- Helps reduce the time it takes to fall asleep
- 6-8 hour sustained-release

60 v-caps Sale Price \$13.99

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 \$23.99

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 \$31.99

IMMUNO MULTI



- Advanced daily multivitamin and multi-antioxidant
- 21 essential vitamins and minerals
- 10 powerful antioxidants
- The ideal core nutritional platform for all adults

90 v-caps Sale Price \$32.99

D3 & K2 - ORGANIC COCONUT OIL



- 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 v-caps Sale Price \$25.99



HERBATINT



- Vibrant, long-lasting color
- Free of Ammonia, resorcinol, parabens, alcohol and fragrance
- Odourless
- Dermatologically tested for sensitive skin
- Vegan, cruelty & gluten free
- B Corp certified

120ml/135ml (assorted colours) Sale Price \$19.99

MENOFORCE



- Helps relieve symptoms associated with menopause :
- Hot flashes / night sweats
- Enhances sleep quality and overall mood
- Improves concentration and relieves stress

30 tabs Sale Price \$23.99 90 tabs Sale Price \$56.99

PROSTATE 1



- Feel & perform your best!
One a day solution for enlarged prostate:
- Frequent, urgent urination
 - Weak urine flow
 - Low sex drive
 - Erectile and ejaculatory function

30 tabs Sale Price \$30.99 60 tabs Sale Price \$49.99

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 Sale Price \$16.99

Junior Tabs 90 tabs Sale Price \$17.99

100ml Sale Price \$27.99

Junior Tabs 180 tabs Sale Price \$27.99

Extra Tabs 30 tabs Sale Price \$17.99

Extra Hot Drink 100ml Sale Price \$13.99

Extra Tabs 120 tabs Sale Price \$45.99

Sore Throat Spray 30ml Sale Price \$14.99

DRY NOSE RELIEF SPRAY



- 100% natural, fast-acting relief and protection
- HYALURONIC ACID: Lubricates and softens
- SODIUM: Cleanses and protects
- CHAMOMILE: Soothes and reduces swelling

20ml Spray Sale Price \$16.99

SINNA TABS AND SPRAY



- Treats acute & chronic sinusitis
- Fast acting relief of sinus congestion / sinus headaches
- Soothes irritated, runny, stuffed nose
- Does not cause rebound congestion
- Contains no preservatives
- Safe in children 1+

20ml Spray Sale Price \$16.99

120 tabs Sale Price \$16.99



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**

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**



LIQUID IONIC MAGNESIUM & CALIMAG



Magnesium and Calcium 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 \$35.99

CaliMag Orange 500ml Sale Price \$35.99

Magnesium Raspberry 500ml Sale Price \$35.99

Magnesium Lemon 500ml Sale Price \$35.99



ASHWAGANDHA 400MG



A popular adaptogen herb that helps the body adapt to temporary normal stress and supports the immune system

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

SUPER ENZYMES



Comprehensive blend of enzymes to support healthy digestion

90 caps **Sale Price \$23.99**

180 caps **Sale Price \$44.99**



STRONG BONES



- Reduces the risk of developing osteoporosis for women and men
- Supports bone density for a strong skeletal system
- Formulated with bovine sourced, biologically active calcium as microcrystalline hydroxyapatite (MCHA)

180 v-caps **Sale Price \$54.99**

PURGE PARASITIS



- Formulated with 11 powerful, antiparasitic botanicals effective for a broad range of intestinal parasites
- Natural antiparasitic action featuring proven, species validated in an ISO 17025-accredited laboratory
- Includes black walnut, wormwood, garlic, oregano extract, clove, Oregon grape, ginger, aloe, quassia, sage, and grapefruit seed extract

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

VITAMIN C[®] IMMUNE ANTIOXIDANT COMPLEX



- The formula for better immune function critical for today's wellness landscape
- Formulated with 8 buffered forms of vitamin C and potent antioxidant extracts of quercetin, green tea, and more
- Maintains muscle function, tissue formation, and healthy skin

180 v-caps **Sale Price \$47.99**

WILD OMEGA 3 EPA 660 MG • DHA 330 MG



- Supports cognitive health, brain function, and mood balance
- Helps maintain cardiovascular health while lowering serum triglycerides
- Third-party tested in an ISO 17025-accredited laboratory for safety from heavy metal contamination

120 softgels **Sale Price \$44.99**



SIERRASIL JOINT FORMULA



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

180 caps **Sale Price \$59.99**

THE MARKETPLACE AT CALLINGWOOD, 6655 178 ST. 780-481-0157
 KINGSWAY MALL (NEXT TO HOMESENSE) 780-752-0786
 LONDONDERRY MALL 780-473-4268
 NORTHGATE CENTRE 780-476-6062
 HAWKSTONE PLAZA 18326 LESSARD RD 780-761-6555
 JASPER GATES SQ. (STONY PLAIN RD. & 149 ST.) 780-484-2380

MILLWOODS TOWN CENTRE (NEXT TO FOOD COURT) 780-757-8482
 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