



2025

HARVEST^{the} savings

Providing Canadians with
Premium Health Supplements Since 1965



**VITALITY
HEALTH FOODS**
YOUR HEALTH IS OUR PRIORITY

Flora introduces a comprehensive 3-part program featuring the remarkable **Flor•Essence® Herbal Tea Blend** for deep, whole-body purification, along with **Pro•Essence®**, a formula that supports enhanced toxin elimination through the urinary system, and **Floralax® II**, a fibre supplement that provides optimal elimination through regular bowel movements.

The **Flor•Essence® 7-Day Purification Program** is the safe and effective way to cleanse your body for balance and well-being!

36⁷⁹

**Flor•Essence® 7-Day
Purification Program**

Kit



Rethink your cleanse with Flor•Essence®

Forget harsh, extreme cleanses and turn to Flor•Essence® for gentle daily support.

- Flor•Essence® is a safe and effective full-body cleanse
- It supports your organs in detoxifying your whole body
- It is the original, all-natural, trusted 8-herb formula
- Gluten-free, non-GMO, organic and vegan

31⁹⁹

**Flor•Essence® Herbal
Cleanse**
500 mL

31⁹⁹

**Flor•Essence® with
Turkey Tail & Turmeric**
500 mL

50⁷⁹

**Flor•Essence® with
Turkey Tail & Turmeric**
941 mL

50⁷⁹

**Flor•Essence® Herbal
Cleanse**
941 mL



SALE PRICES IN EFFECT November 3 - 28, 2025



Flora Liquid Tonics + Capsules

Made in Canada 

No Artificial Colours or Flavours

In a delicious base of fruit juices

Vegan + Dairy-Free + Yeast & Gluten-Free

Ingredients sourced from USA, Canada and Europe



Iron+ with B-Vitamin Complex

Plant-based, kosher, vegan, gluten-free, yeast-free, liquid iron and B vitamin formula

Reclaim Your Energy

If you're tired all the time, you could be low in iron. **Flora Iron+™** is an innovative formula that features liquid ferrous gluconate — a form of iron clinically proven to quickly and significantly raise iron levels. It supports energy production and helps to prevent iron deficiency anemia and associated tiredness and fatigue.

- Liquid, plant-based, non-constipating, and highly absorbable iron.
- Fortified with B6, B12, folic acid & vitamin C for red blood cell support.
- Uses soluble ferrous gluconate for optimal absorption.
- Helps prevent iron deficiency anemia, supports energy, and is pregnancy-friendly.

19⁹⁹
Iron+ Liquid
240 mL

31¹⁹
Iron+ Liquid
445 mL

19¹⁹
Iron+ with
B-Vitamin
Complex
60 caps



Ferritin+® Delayed-Release Iron Supplement

The Easiest Way to Build Iron

Energy You Can Count On!

Ferritin+® is a plant-based delayed-released iron suppoement that efficiently absorbs into your system, helping you maintain healthy iron levels -without the stomach upset.

- Gentle, non-constipating iron that's easy on the stomach.
- Unique absorption mechanism delivers iron efficiently.
- Only 1 capsule per day, providing 20 mg elemental iron.
- Helps prevent iron deficiency anemia, fatigue, and supports red blood cell formation.

29⁹⁹
Ferritin+® Delayed-Release Iron Supplement (Bottle)
30 vegan caps

53⁹⁹
Ferritin+® Delayed-Release Iron Supplement (Bottle)
60 vegan caps



SALE PRICES IN EFFECT November 3 - 28, 2025

Daily & Kid's Multi Essentials+ Liquid Formulas

Easily absorbed, liquid, multi-vitamin and mineral formula

Delicious Vitamin & Mineral Formula!

Flora's **Daily Multi Essentials+** and **Kid's Multi Essentials+** are rich in antioxidants vitamins A, C and E, and include a full range of B vitamins for energy production. This comprehensive formula also includes a full 400 IU of immune-supporting vitamin D, calcium, and an herbal blend of antioxidant astaxanthin, immune-supporting elderberry, digestion-promoting anise, calming chamomile, and rose hips for extra vitamin C. It comes in a tasty fruit juice and whole food base that's easy to drink straight or mix into smoothies or juice.



- Full-spectrum multivitamin & mineral formula with B vitamins for energy.
- Contains 400 IU of immune-supporting vitamin D3 per dose.
- Includes calcium & magnesium in highly absorbable citrate form.
- Antioxidant blend (astaxanthin, elderberry, acerola) for extra protection.



Made in Canada

20⁷⁹

Kid's Multi Essentials+ Liquid Formula
226 mL

31⁹⁹

Daily Multi Essentials+ Liquid Formula
445 mL

Bone Health+ with Calcium, Magnesium, and Vitamins D & K

Comprehensive bone health formula

Drink Your Way to Better Bone Health

Flora's **Bone Health+** is a sophisticated bone health formula that features a 2.5:1 ratio of calcium to magnesium in a bioavailable liquid form. Vegan vitamin D3, vitamin K2, deep sea minerals, and a standardized silica mineral extract from spring horsetail have been added to create a truly comprehensive formula that supports bone mineralization and ensures calcium is deposited where it should be. The liquid form makes it easy to digest and has a delicious fruit juice base!



- Balanced 2.5:1 calcium to magnesium ratio for bone support.
- Includes vegan vitamin D3 and vitamin K2 to help maintain bone density.
- Provides trace minerals from ocean concentrate plus silicon from horsetail.
- Helps prevent bone loss/osteoporosis when part of a healthy diet.



Made in Canada

38³⁹

Bone Health+
473 mL

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Efamol

Rich in a skin-loving fatty acid called Gamma Linolenic Acid (GLA), Efamol® Evening Primrose Oil has been clinically shown to improve skin moisture and elasticity, make skin firmer and smoother, and treat dry, itchy skin caused by eczema.

Proven, Pure & Perfected

Trusted by women for over 40 years

Tried & Tested*

87%

Felt skin
looked & felt
less dry

85%

Felt skin was
softer

84%

Felt skin was
smoother

*Cue Consumer Research UK 2020: 77 participants (women aged 18-65) completed a skin perception survey before and after a 3 month period of taking 6 x 500 mg capsules of Efamol® Evening Primrose Oil.



22⁹⁹

Efamol®
500 mg
90 softgels

38⁷⁹

Efamol®
500 mg
180 softgels

33³⁹

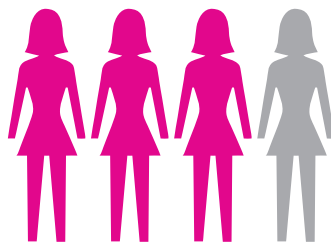
Efamol®
1000 mg
90 softgels

55⁹⁹

Efamol®
1000 mg
180 softgels

VagiCare

VagiCare probiotic is a vaginal suppository that helps treat and prevent vaginal infections naturally. It has been shown to effectively aid in treatment and reduce the chance of recurrent infections. VagiCare replenishes probiotics that secrete lactic acid and hydrogen peroxide, helping to normalize vaginal microflora.



**“ 3 out of 4
women will get a
vaginal infection. ”**

Naturally treats and prevents vaginal infections including the following symptoms:

- Vaginal discharge
- Itching
- Odour
- Redness
- Burning
- Painful intercourse
- Dryness



**FIND US
IN THE
COOLER**



**VagiCare
Probiotic
Suppository**
Vaginal Capsules
with Applicator

31¹⁹

**CLINICALLY PROVEN + GLUTEN-FREE
+ NON-GMO**



SALE PRICES IN EFFECT November 3 - 28, 2025

Digestive Enzymes

Goodbye Gut Ache

Flora's enzyme blends support the body's digestion of natural and processed foods throughout the entire digestive tract, improving nutrient absorption and relieving symptoms like gas, bloating, heartburn, acid reflux, and indigestion.

These comprehensive formulas are designed to help better digest and absorb nutrients from protein, fats, carbohydrates and more.

Daily Maintenance Digestive Enzymes

Your everyday solution for general digestive health

KEY BENEFITS

- ✓ Balanced blend for starch, fat, sugar, protein & veggie digestion
- ✓ Promotes optimal nutrient, vitamin & mineral absorption
- ✓ Ideal for all adult age groups
- ✓ Best all-purpose recommendation when unsure of needs



15⁵⁹

Daily Maintenance
60 vegetarian caps

25⁵⁹

Daily Maintenance
120 vegetarian caps

Immediate Relief Digestive Enzymes

Targeted support for common intolerances

KEY BENEFITS

- ✓ Focused on starch and dairy digestion
- ✓ Contains **lactase** to help break down lactose
- ✓ Eases digestion of beans and legumes (Alpha-galactosidase)
- ✓ Convenient sizes available, including traveler-friendly options
- ✓ Ideal for younger individuals or those with occasional food sensitivities



10⁷⁹

Immediate Relief
21 vegetarian caps

19⁵⁹

Immediate Relief
60 vegetarian caps

26³⁹

Immediate Relief
90 vegetarian caps

34⁹⁹

Immediate Relief
120 vegetarian caps

Heartburn Relief

Flora•Antacid® provides fast, effective and natural relief from heartburn without side effects. It does not inhibit secretion of stomach acid like many heartburn medications so it will not interfere with digestion and absorption of nutrients, weaken the role stomach acid plays in immunity, or cause dependency.

Flora•Antacid® also provides calcium and magnesium for the health of bones and teeth, and is safe for use during pregnancy.

Refreshing Peppermint Flavour!



11¹⁹

Flora•Antacid®
30 chewable tablets

18³⁹

Flora•Antacid®
90 chewable tablets

30³⁹

Flora•Antacid®
180 chewable tablets



SALE PRICES IN EFFECT November 3 - 28, 2025



Immune-Boosting Essentials!

Flora's **Sambu® Elderberry Crystals** and **Sambu®Guard Elderberry+ Liquid Formula** can be taken daily or used to provide relief from cold and flu symptoms. Elderberry+ Liquid Formula is a delicious, organic blend of elderberry, echinacea and licorice with no added sugar. Elderberry Crystals are made from 100% organic elderberry juice powder. Just mix with water or your favourite beverage or smoothie for an immune-boosting punch. Flora's **Acerola Natural Vitamin C Powder** is packed with antioxidant vitamin C. In fact, each serving provides 14 times more vitamin C than an orange!



15⁹⁹

**Sambu Guard®
Elderberry+ Liquid
Formula Kids**
250 mL

15⁹⁹

**Sambu Guard®
Elderberry+ Liquid
Formula**
250 mL

28⁷⁹

**Sambu Guard®
Elderberry+ Liquid
Formula**
500 mL



Not all Seed Oils are Created Equal. Discover the *flora* difference.



The Truth is, Your Body Needs Essential Fats.

Modern diets often fall short on critical Omega-3 ALA and deliver damaged Omega-6 LA, leading to inflammation and health concerns. But what if there was a better way to get the essential fatty acids your brain, heart, skin, and metabolism truly need?

The Problem Isn't Seeds. It's How They're Processed.

Many "seed oils" you find are stripped of vital nutrients by harsh refining processes like extreme heating, bleaching, and chemical extraction. Even "cold-pressed" can hide hidden heat and solvents.

Unconventional Purity, Undeniable Goodness.

Flora oils are crafted by health pioneers, designed to deliver essential fatty acids in their most natural, undamaged form. Every step is focused on preserving nutritional integrity, from certified organic seeds to oxygen-free bottling.

The *flora* difference:

- **Quality Seeds:** Only the best Certified Organic, tested for purity and high omegas.
- **Custom-Pressed:** Small batch, cold expeller pressing protects delicate omega fats.
- **Gentle Process:** Simple filtering – no heat, no harsh refining, no preservatives, no solvents.
- **Plastic-Free:** Hormone-safe amber glass bottles protect from light and oxygen.
- **Superior Freshness:** Oxygen-free bottling environment prevents oxidation.

**Choose Oils That Nourish, Not Harm.
Choose Flora.**

Flora oils are designed for raw consumption. Do not fry.



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Exception(al) EFA Sources

There are obligatory vitamins, minerals, amino acids and fatty acids humans need - no exceptions! ALA omega 3 and LA omega 6 are the two **EFAs (essential fatty acids)**. Malnourished cells lacking EFAs can degenerate, miscommunicate, or fall apart. EFA deficiency may cause immune, cardiometabolic, hormonal, or skin problems, or inflammation, mood, cognition, or vision struggles. Seeds are the best source of EFAs, yet, 99% of seed oils **MUST** be avoided - due to toxic processing! Flora oils like Udo's Oil are the exception(al) EFA sources we all need; seed oil, minus the damaging, toxic processing.



17¹⁹
Udo's Oil®
250 mL



31¹⁹
Udo's Oil®
500 mL



47⁹⁹
Udo's Oil®
941 mL



19⁹⁹
Udo's Oil®
DHA
250 mL



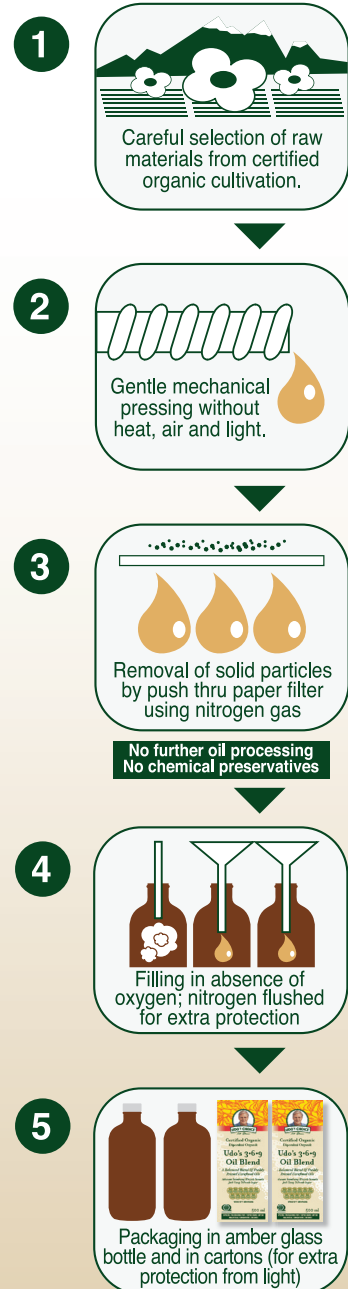
38⁴⁹
Udo's Oil®
DHA
500 mL



**Non-GMO +
Organic + Vegan**

Udo's Choice® Oil Production

Developed by Flora and Udo Erasmus to preserve the freshness and nutritional value of essential fatty acids (Omega 3, 6)



Protected from light, heat and oxygen from the manufacturing, storage, shipping and product display stage in the shop

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Support Your Cardiovascular Health

Nattokinase NSK-SD® is a potent natural enzyme extracted from a traditional Japanese food called natto (fermented soybean paste), which has been consumed in Japan for over 2,000 years. As an enzyme, Nattokinase supports cardiovascular health with its fibrinolytic activity: it breaks down and dissolves a substance in our blood called fibrin.



31⁹⁹

Nattokinase NSK-SD®
100 mg 2000 FU (Fibrin Units)
60 vegetarian caps



Resist Stress Naturally

Ashwagandha

Organically grown in Rajasthan, India, KSM-66 Ashwagandha® is the most researched ashwagandha extract in the world. As an adaptogen, it can help us better respond to a wide variety of daily stressors affecting mental and physical health.

KSM-66 Ashwagandha® is clinically proven to:

- Increase resistance to stress
- Support cognitive health, mental focus, and working memory
- Relieve restlessness or nervousness
- Support aerobic endurance
- Improve the quality of sleep

26³⁹

Ashwagandha with 300 mg KSM-66 Ashwagandha®
120 vegetarian caps



Natural Pet Care

BiologicVET®

BiologicVET's line of health products for pets is formulated to maximize their quality of life. Years of extensive development through nutrigenomics research are incorporated into every BiologicVET formula.

BioDIGEST® Probiotic & Prebiotic Gut Repair is formulated to support gut pH, immune, digestive and intestinal health

- Supports healthy appetite, digestion of food and bowel regularity
- Decreases antibiotic side effects and speeds recovery after infection
- Formulated with clinically proven, shelf-stable, plant-based, heat, oxygen and acid resistant *Pediococcus acidilactici* MA 18/5M probiotic
- With **BioFIBRE** for optimal absorption



20⁹⁹
BioDIGEST®
200 g



27¹⁹
BioDIGEST®
380 g



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