## SESTORE REPLENISH

500 g powder

STYONGE than ever... REST

Let's STRESS LESS,
TRIM DOWN, BUILD UP,
and MOVE AHEAD
better than ever.
We deserve this!



TOTAL BODY

FIRST EVER
COLLAGEN
Meal Replacement



60 vegetarian

While quantities last!

capsules

**SALE STARTS EARLY MAY 2022** 





# Big Friends— The greatest kindness parents

can give their children is setting an example of healthy nutrition.

**KARLENE KARST, BSc Nutrition** 

"My kids love them! As a nutritionist and busy mom of three, smoothies are my favourite way to start our day. They're an easy way to meet daily nutritional requirements. Most kids tend to be small eaters, so boosting nutrition with a delicious smoothie is a great way to sneak in those extras, and make every bite

count. Kids All-In-One shake – approved by kids and moms – is 100% organic and vegan, even

the flavours and sweeteners. That's unique!"

Plant-Powered Kids All-In-One Daily Shake Mix **VEGAN • ORGANIC** Organic Vegan Protein and Organic Greens

Adding a little Sea-licious makes it more delicious!

Leia's mother shared that at two years old, her daughter developed a real love for protein shakes because every morning she saw her mom making and drinking her shakes - she wanted the same!



and Kids Cotton OMEGA-3 OMEGA-3

in delicious flavours Tangerine Lime, Raspberry Lemonade, Tropical Colada,

> Candy. While quantities last!

> > 250 mL

500 mL

## Sea-licious -

Fish oils have come a long way from the days of rancid-tasting cod liver oil. When I was formulating Sea-licious, I decided that the most honest and discerning taste testers I could find were my two boys, who were four and two years old at the time. Along with their group of friends, spoon in hand, I would let them try the flavours and listen to their feedback. If you can get a child to say "yumm" to any flavours of fish oil, then you have a winner! Over the last 10 years I have had countless moms share the most adorable and heart-warming stories of their kids standing at the fridge, asking for more Sea-licious. To these little taste buds, it smells and feels like a treat.

delicious

Give your active, growing children delicious, meaningful nutrition with Big Friends

If you feel your child isn't getting what they need from their diet, consider adding some foundational supplements, such as a multivitamin and minerals, vitamin C, vitamin D (especially during the winter months), and an omega-3. These will go a long way in helping boost their immune system and support brain development.

Big Friends supplements are hypoallergenic, containing no animal products, artificial colours, preservatives, dairy, starch, wheat, or yeast - just a complete range of high-quality vitamins and minerals.















## You can't outrun your fork

A must-hear interview with Dr. MICHAEL LYON, world expert on how easy it is to trim down for life...

## **WATCH THE FULL INTERVIEW AT** https://l.ead.me/realeasy

Michael Lyon, MD is the Medical Director at the Obesity Medicine and Diabetes Institute, a UBC faculty member with over 30 years of practice, and a published researcher in the fields of nutrition, appetite, and blood sugar regulation. He is Board Certified in Obesity Medicine through the American Board of Obesity Medicine.

## **DR. LYON** highlights

"People can grow up in environments that are very harsh. Maybe they have medical issues that have led to weight problems, or they're on drugs that lead to weight gain."

### **DR. LYON** highlights

"The simplest and healthiest way to lose weight is to follow a partial meal replacement diet. There are hundreds of research projects looking at this approach. Very simple, very healthy. I use meal replacements myself, and I've discovered that's the only way to lose weight realistically for me now."

# Losing weight is real easy.

JULIA SOLNIER, PhD reports on the results of the latest completed study using RealEasy Meal Replacement with PGX, where participants took part in a 12-week weight-loss program. Participants could choose to use either a whey or vegan protein-based meal replacement. All

participants who completed the 12-week program achieved excellent results with an AVERAGE WEIGHT LOSS OF 7%.

One critical aspect for successful weight loss is to maintain satiety while following a low-calorie diet. In this study, 98% of participants reported a greater feeling of satiety, including reduced appetite/hunger and food cravings, after drinking **RealEasy shakes.** Besides that, 81% of study participants observed positive effects on their gut health, such as improved digestion and stool frequency; with more

It's real easy to control your fork



than 85% of participants reporting positive side effects on sleep quality and duration, mental health, including higher **energy levels, and improved skin health.** When study participants were asked for their experiences with RealEasy, they described the meal replacements as an easy solution to lose weight and maintain the weight loss, and as a convenient program to continue. Having two meals per day of RealEasy with PGX can provide satiety, control hunger, while replacing unhealthy, heavy carb-laden foods. Various ideas and tips have been shared as to how to customize the shakes and give them an extra special flavour. Among the favourite ingredients, which were added for variety, are fruits such as berries or bananas, as well as coffee.



## Reduce just 5% of your body weight and get huge health benefits for life.

Study participants who tried many different (unsuccessful) diets over the years, called the RealEasy program a transition from "diet" to "life" resulting in a big change of eating habits.

The RealEasy meal replacements are filled with optimal amounts of macro- and micronutrients, and provide

a high-quality protein source, such as whey concentrate and isolate. Whey protein is quickly absorbed by the body and contains a higher range of the branched-chain amino acids (BCAAs) leucine, isoleucine, and valine, which are particularly helpful for weight loss without losing muscle mass.

Strawberry flavours

VEGAN

Vanilla and Chocolate flavours

Whey protein, especially whey isolate, offers significant benefits even for individuals with lactose intolerance or lactose sensitivity. Another main component in the RealEasy shakes is PGX. PGX is not only a promising candidate for weight management/loss, but also for reducing obesity-associated risk factors, such as diabetes and high cholesterol, as shown in many studies.



# Spring back support your joints

## **FAST RELIEF FOR** CHRONIC JOINT PAIN!

· Use OsteoMove with painreducing InflamRelief™ to protect knees and joints, and get moving.



**59**<sup>97</sup> 240 tablets

PRICE! Osteo Move EXTRA STRENGTH Joint Care InflamRelief Complex

#### **CURCUMINRICH THERACURMIN** is ideal for anyone who:

- Suffers from chronic inflammation
- Is looking for relief from pain caused by inflammatory conditions
- Has concerns about age-related cognitive decline, especially Alzheimer's

60 vegetarian capsules

120 vegetarian



90 vegetarian

#### **NEM NATURAL EGGSHELL MEMBRANE**

relieves joint pain and improves range of motion within 7–10 days. Helps protect and repair cartilage, and improves joint lubrication.

60 vegetarian



CurcuminRich

DOUBLE STRENGTH

Theracurmin<sup>®</sup>

60 Vegetarian Capsules

Incredible JOINT PAIN relief!



**CELADRIN** achieves maximum efficacy for joint mobility and health by managing the entire range of inflammation from painful joints (osteoarthritis, tendonitis, bursitis, muscle, and deep tissue pain) to psoriasis.

Excellent to combine with OsteoMove for maximum pain relief.

EXCLUSIVELY available in natural supplement stores • Ask natural health food store employees for these flyer products.





1000 mg per dose

**Advanced High-Absorption Technology** in easy swallow softgels



## **Protective Measures for IMMUNE SUPPORT** and Aging Immune System

## **Breakthrough in ABSORPTION TECHNOLOGY**

Until now, one of the biggest challenges with guercetin has been its lack of water solubility. We have overcome this challenge with our latest technology: a unique liquid micelle matrix. This groundbreaking process solubilizes quercetin into liquid, allowing it to be absorbed up to 10 times better than regular quercetin.

## Why blood vessel protection is more important than ever

Emerging research suggests that some viruses may cause blood vessel damage, often in response to the body's inflammatory response. This causes a great deal of stress to the immune system. The unique antioxidant effect of quercetin supports healthy blood vessels by reducing the oxidative damage to vessel walls. Such protection even extends to the capillaries, which supply nutrients and oxygen to every cell in the body.

SALE **PRICE** 29<sup>97</sup>

> 60 liquid softgels

softaels

softgels

Quercetin LipoMicel\*Matrix Unique technology creates a liquid micelle matrix 60 Liquid Softgels

\*Journal of Natural Health Product Research 2021, Vol. 3, Issue. 2, pp. 1–8. NHPPublications.com

#### **Quercetin LipoMicel Matrix —** A novel delivery system to enhance bioavailability of quercetin

Based on study results published in a peerreviewed Canadian journal\*, the LipoMicel formulation achieves significantly higher blood concentrations of guercetin and provides up to 10 times higher absorption than regular quercetin. Quercetin LipoMicel represents an efficient delivery system for enhancing the absorption of quercetin in the body, and thus promotes its wide-ranging health benefits. To date, the low-absorption rate of quercetin in the body has been one of the greatest challenges to overcome. For this reason, Quercetin LipoMicel has been designed to improve the uptake of quercetin and boost its therapeutic potential.

All flyer products are **ISURA** verified



The ISURA seal is your assurance that the product is independently verified as clean and safe, and has been tested for up to 800 possible contaminants. ISURA's rigorous testing includes hundreds of quality procedures using state-of-the-art technology It provides you with the confidence that the product is ISURA verified clean, one of the highest testing standards in the world.

The system of blood vessels in the human body measures over 96,000 km! They are responsible for delivering oxygen and nutrients to every cell and can be found in every square inch of the body

# Making a DIFFERENCE...

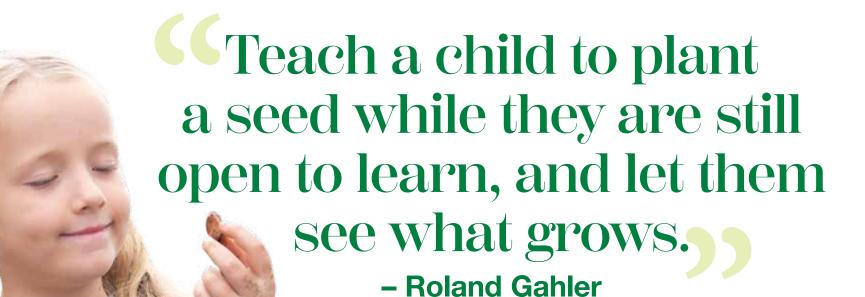
We are committed to the health and imagination of children who all deserve a chance to dream and reach their full potential. Learning the beauty of how Earth supports and sustains our lives is important for children to understand. How can we all support this? Start with the seed and how it germinates and grows. It's so simple – at least it appears that way to us. Great simplicity creates amazing results.







Follow us or become a member at seewhatgrows.org



Our children are beautiful seeds that can grow wonderful personalities if we encourage their imagination, the dreams of how things work, and the possibilities of what they can do in life. If our children can understand the importance of working with the Earth and not against it, how incredibly can things change!

That's the hope of **Plant a Seed**& See What Grows Foundation®

- educating through schools, communities, and families. You can make a difference, like our key sponsor Whole Earth & Sea supplements – wholeearthsea.com All support is welcome.



## Wonderful Whole Earth & Sea...

The fabulous work of our sun, earth, and sea sustains all our lives and is easy to understand.

Natural Science of Whole Earth & Sea

We've learned, like so many others, that our earth is incredible and to work with it, not against it. We understand how it saves and supports our healthy life and we are all aware that we need to stop disrupting it - as only man can.

On our farms we work with the natural cycles of the earth. Our lands are 100% certified organic non-GMO. Our crops are fertilized with compost and nitrogen-rich sea plants and are meticulously cared for by hand. No synthetic pesticides at all are used -EVER! Just how things were done from the beginning of the Earth.

The 100% organic, non-GMO nutrientrich plants grown on Natural Factors farms are harvested at their peak and immediately raw processed at our own facilities, using our proprietary EnviroSimplex® method to retain the vital bioenergetic vitamins, minerals, enzymes, phytonutrients, and antioxidants.

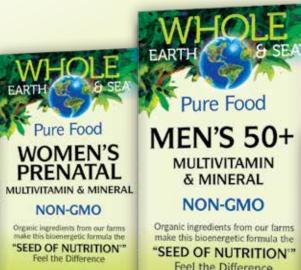
**Natural Factors** farms are certified 100% organic non-GMO. Our crops are fertilized with compost and nitrogenrich sea plants, and are meticulously cared for by hand. No synthetic pesticides (or even permissible organic pesticides) are used – EVER!



## Whole Earth & Sea Multis You can really feel the difference when you use them!







Feel the Difference Suitable for Vegans 60 Tablets

MEN'S NON-GMO

Organic ingredients from our farms make this bioenergetic formula the rganic ingredients from our fart "SEED OF NUTRITION" "SEED OF NUTRITION" Feel the Difference Suitable for Vegans Suitable for Vegans 60 Tablets



Organic ingredients from our farms make this bioenergetic formula the "SEED OF NUTRITION" Feel the Difference

WOMEN'S 50+

MULTIVITAMIN

& MINERAL

NON-GMO

Suitable for Vegans

60 Tablets

## Making a difference Whole Earth & Sea is carbon-neutral

## The evidence is piling up!

At Whole Earth & Sea, we produce clean, organic, raw-processed supplements of the highest quality possible. We don't just care about the quality of the ingredients that go into all our products, but we also recognize the importance of addressing our environmental impact and are committed to reducing

emissions wherever possible. That is why we are excited to announce that we are a certified carbon-neutral business!

> SUPERFOOD Power-up Mixers

100% Fermented • Organic

Try it for yourself and feel the difference!

These unique formulas harness the power of natural fermentation to deliver a broad spectrum of highly bioavailable nutrients. Enjoy Power-up Mixers on their own, or add to your shake, smoothie, or snack.

## **SOOTHE ME**

Sleep better by soothing your digestion, calming your mind, and lifting your mood.

### **BEETS ME**

Includes an incredible variety of plant nutrients, antioxidants, and fibre.

## **BOOST ME**

Helps the body adapt to stress, balance hormones, and enhance memory.

Even when you grow certified organic non-GMO plants, verify that there are no GMOs or other contaminants present. We excel at making sure that every possible test has been conducted to ensure you receive the safest, most beneficial products

In our state of the art laboratories. We use "mass spectrometry" to test for up to 800 substances.

Mass spectrometry can test at the molecular - even atomic - level. detecting environmental pollutants such as pesticides, herbicides. and fungicides, as well as heavy metals and other undesirable substances.

## Feel the difference!



125 g powder



**FERMENTED PROTEIN** & GREENS goes far beyond

standard greens and protein products. This innovative, organic greens, superfood formula gives you all the nutrition you need along with 21 g of the cleanest possible plant-based **VEGAN PROTEINS.** 

#### **FERMENTED GREENS**

is the ONLY 100% fermented and 100% organic greens formula. Our new enzymized Greens is non-GMO and vegan friendly, providing 6 g of quality fermented plant protein in every serving. This exceptional formula also includes fermented grasses, fruits, vegetables, and micronized medicinal mushrooms.

> **Protect your** gut and immune system with the

power of fermented wholefood probiotics! SALE

60 vegetarian

capsules

"Why Fermented 100% Organic Vegan Protein?

Whole Earth & Sea fermented proteins are so easy to digest. Get the most nutrition and improve your digestion with this spirulina and mushroom blend."

WHOLE FOOD PROBIOTIC with Pre & Postbiotics 10 Billion Live Cultures 10 Strains

Shelf and Refrigerator Stable

60 Vegetarian Capsules



wholeearthsea.com

# Redefining *beauty* is accomplished from the inside out Think COLLAGEN – our experts do!

"As a 30-something-year-old woman and nutritionist (who's not getting any younger), collagen has been one unique product that I had my eye on. Why collagen? Unfortunately as we age, collagen density and dermal thickness decrease, and this lack of collagen cues the all-too-familiar signs of skin aging. No wonder we're obsessed with trying to get more of it.

#### What some critics say are concerns:

Admittedly, collagen has been a hot topic and for good reason. We all want to look younger, so a product that touts any sort of beauty benefits will no doubt come under a lot of scrutiny. In recent years there has been a growing body of evidence and even larger review studies that collectively point

to the same conclusion – collagen supplements promote healthier looking skin, and decrease visible signs of aging, without any adverse side effects.

Another concern that has been shared is that there may be a risk of contaminants and heavy metals in collagen. Although there is merit to this, the truth is that not all collagen supplements are created equally. When choosing a collagen supplement that is bovine (cattle) sourced, it's best to look for a product that is pasture raised, grass fed, and steroidal-hormone- and antibiotic-free. When choosing a marine-based collagen supplement, always look for one that is extracted from wild-caught and sustainably sourced fish, like whitefish."



NATASHA
PAROUTIS,
Nutritionist



Why Total Body Collagen? Revitalize, restore, and protect your skin from within. Support your muscles, joints, and ligaments.

## All flyer products are ISURA verified



The ISURA seal is your assurance that the product is independently verified as clean and safe, and has been tested for up to 800 possible contaminants. ISURA's rigorous testing includes hundreds of quality procedures using state-of-th art technology. It provides you with the confidenthat the product is ISURA verified clean, one of thighest testing standards in the world.

# Why we all need collagen

- MICHAEL R. LYON, MD

"Collagen is one of the most amazing biological molecules. Collagen makes up 25–30% of the total protein in the human body, and every organ depends on collagen for structure and function. Collagen fibres are woven through every cell and organ forming a flexible and strong internal skeleton. Collagen is constantly being broken down by the microscopic trauma that occurs

with movement and exercise and it has to be constantly repaired and replenished.
Supplementing the diet with collagen has been shown to improve skin youthfulness, restore suppleness, reduce pain from aging muscles and joints, strengthen heart function, improve bone strength, and improve wound healing."

Total Body Collagen for muscles, ligaments, beautiful hair, skin, and nails.



The power of collagen to revitalize, restore, and protect our *total body* 

GAETANO MORELLO, ND – "It has been my clinical observation with thousands of patients that taking protein and collagen in the morning consistently creates positive outcomes in energy levels, cognitive and immune function, and overall general feeling of well-being. The last two pandemic years have been filled with added complications as both external and internal stressors reached peak levels. This is where nutrition becomes even more important and utilizing collagen as a protein source a great path forward. Clinical data has shown the importance of collagen in maintaining healthy skin and joints. As we age our bodies produce less collagen, correlating with the increase in fine lines, wrinkles, and joint pain. Clinical

studies show that increase in stress levels (and we are all stressed) stimulates elevation in cortisol, which degrades collagen. A consequence of this degradation is a reduction in the firmness of the skin (leading to an increase in fine lines and wrinkles) and a possible stiffening of joints. It would be logical to assume that a fortified collagen supplement (collagen lacks tryptophan, thus adding tryptophan creates a fortified collagen or a complete protein) would be a great nutritional answer to these issues that many of us face."



## WISE ADVICE

"Regularly add collagen to your diet." Why?

- JULIE REIL, MD and Beauty Expert

"When it comes to feeling good and looking good, I am going to share my secret weapon... it is called **Total Body Collagen.** I take it with a vitamin C supplement in the morning for my hair, skin, nails, and bones, and it couldn't be easier. With **Total Body Collagen,** my hair is thicker and healthier and I lose less hair in the shower and in my brush. Fine lines and wrinkles on my face are getting better as I age and my skin looks and feels more hydrated. My nails are stronger with fewer ridges and grow much faster. As an added bonus, Total Body Collagen supports my bone matrix for healthy teeth and bone density."

## Is collagen good for men? Absolutely.



**26**<sup>97</sup>
99 g powder

## Does it help reduce the signs of aging?

Yes, collagen hydrates our skin, reducing wrinkles and giving us that plump youthful glow, healthy hair, and skin.

## WomenSense #1Recommended by Physicians

"WomenSense supplements (EstroSense and MenoSense) help my patients balance hormones while being clinically effective and clinically safe with ISURA® verified ingredients. I recommend these high-quality and affordable supplements without hesitation." - Julie Reil, MD



JULIE REIL, MD is an internationally recognized physician, health and nutrition advocate, speaker, and Women's Voice author. She developed Genityte® urinary incontinence procedure and the Triple Tone Treatment, and she is an expert in the field of urinary tract health. Dr. Reil founded the Shiloh Medical Clinic in Billings, Montana.

"As a medical doctor for 22 years I recommend WomenSense health supplements above all other supplements because they are affordable and safe, and they work."

39<sup>97</sup> 150 vegetarian

Stressed? No energy? Losing sleep? Improve stress symptoms with AdrenaSense

Low thyroid? Weight gain? Improve low thyroid symptoms with **ThyroSense** 

210 vegetariar

210 vegetarian capsules

"AdrenaSense is tailored for women to target hormone imbalance that

results from stress and life changes. I recommend it to my patients every day."

210 vegetarian

capsules

WOMENSENS

**Painful periods? PMS?** Improve hormone balance with **EstroSense** 

**Hot flashes? Night sweats?** Improve menopause symptoms with MenoSense

100% Premium Organic COCONUTC

Alpha MCT and DME oils are organic and sustainably sourced, and provide the highest quality and freshest coconut oils.

Keto- and paleo-friendly brain and body fuel, **Organic** MCT Oil provides energy for workouts and weight loss, and support for age-related cognitive decline. Perfect in smoothies or your morning coffee!

**DME Organic Virgin Coconut Oil** is certified fair trade and is hand pressed directly from fresh coconuts on family-owned farms in 90 minutes. Delicious and safe for cooking and baking!

**DME Highest** Grade **Coconut Oil** 

16<sup>97</sup>



**Organic** MCT OIL

18<sup>97</sup> 500 mL

Alpha ORGANIC ORGANIC SEED OIL UNREFINED - COLD PRESSED NON RAFFINÉE - PRESSÉE À FROIT HUILE DE LIN

NREFINED · COLD-PRESSED

6.5 g Omegas 3-6

NEW

ade with Canadian Flax Seeds





#### **Organic Red Palm Oil**

An excellent 100% vegetarian and sustainably sourced cooking oil.

**8**<sup>97</sup>

#### **Alpha Organic** Flaxseed Oil is

unrefined, cold-pressed, and made from certified organic Canadian flaxseeds. Flaxseed is one of the most concentrated vegan plant sources of omega-3 fatty acids and can help support

#### **VegiDay Organic Virgin Coconut Oil**

Certified organic, extra virgin, and cold-pressed, this oil is ideal for sautéing, stir-frying, or baking.



## FIGHT INFLATION with better deals!











SALE 4247
60 vegetarian capsules















Zinc Bisglycinate 25 mg - Pure BAPPORTS MAMAINE FLAKTION 120 Vigotarian Capacitis













2597
60 softgels
3797
90 softgels



## **Glutathione LipoMicel Matrix**

Unique technology up to three times higher absorption

- Clinically effective dose of 300 mg per softgel
- High-stability LipoMicel for maximum absorption