

Rejuvenate this Spring

Energize & revitalize

Solutions to live your best life!
Feel younger, stronger, and
rejuvenated. *See page 4–9.*

Get a high-nutrition meal replacement drink
Wow! Only \$2.50 per serving *See page 19.*



**You see PRICES going up,
but we are BRINGING
THEM DOWN!**

**INCREDIBLE
PRICE**

20⁹⁷

120 softgels/100 mg

**2007 FLYER
PRICE WAS
40.97**



GREAT PRICE

18⁴⁷

60 softgels

**2008 FLYER
PRICE WAS
27.47**



GREAT PRICE

12⁴⁷

60 softgels

**2012 FLYER
PRICE WAS
17.97**



NUTTERS
EVERYDAY NATURALS

See page 11 for more details.

SALE ends May 31, 2023. While quantities last!



The sun rejuvenates *everyone!*

Without the sun, life on Earth would not exist.

Sunlight is essential for human health and longevity; without it, there would be no life on Earth. More importantly, energy from the sun is converted to energy by plants; in turn, our bodies convert plant food into energy within us. It rejuvenates our life!



Rejuvenate *your life!*

Today, the desire for longer life is stronger than ever. There are proven ways to increase the energy in our body and mind.

Did you know?

Not consuming enough protein can make us feel tired. Protein is converted into fuel that helps repair and build tissues. Because it is absorbed more slowly than carbohydrates, protein is a more sustainable, longer-lasting energy source.

Find out more in the following pages.

THE POWERHOUSE OF *Energy &* life-*Vibrancy* long

What are mitochondria?

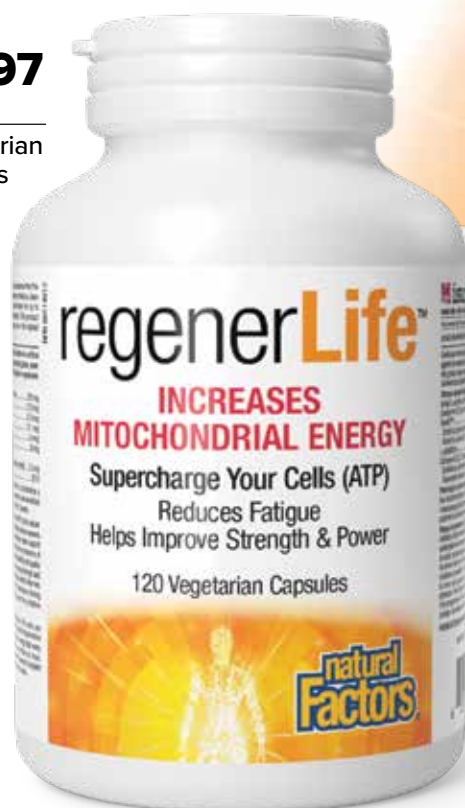
They are like very tiny powerplants that produce energy in every living cell in our bodies.

On average, every cell has 1,500 mitochondria.

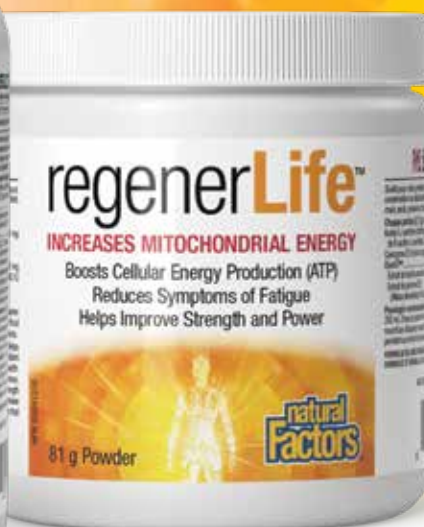
Can you imagine that for their extremely small size, it's been said that they produce, gram for gram, 10,000–50,000 times more energy than the sun?

42⁹⁷

120 vegetarian capsules



Turn on Your Mitochondria



49⁹⁷

81 g powder

Give your life a *surge*

Do we know why we age and why some people age faster?

Aging is caused by so many processes, but DNA damage and mitochondrial dysfunction are the leading causes. Pivotal to healthy biological aging is a natural compound called NAD⁺. NAD⁺ is a molecule that is the linchpin for proper mitochondrial function. By middle age, the body's NAD⁺ levels have plummeted to half their youthful levels. This results in fatigue, cognitive decline, and muscle loss.

What can we do to prevent that?

One of the most effective ways to prevent this decline is to supplement with nicotinamide mononucleotide, also known as **NMN**. NMN is a cutting-edge, anti-aging nutrient that is an alternative, activated form of vitamin B3. As a precursor, NMN is rapidly absorbed and converted to NAD⁺.

46⁹⁷

60 vegetarian capsules



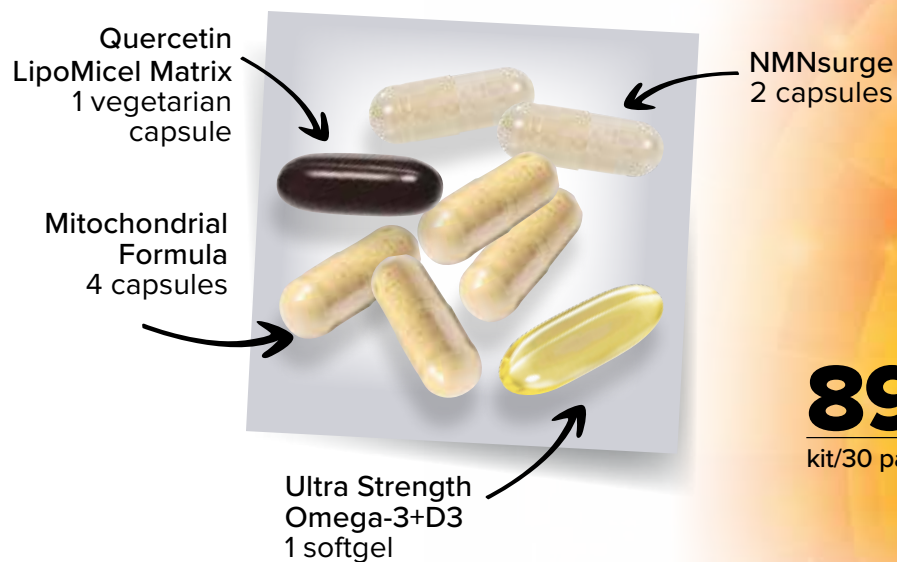
Rejuvenate *your energy*

The **RegenerLife** formulas help ignite mitochondria to produce more energy from the food we eat. A great start is using convenient all-in-one packets. They are the easiest and most economical way to rejuvenate our lives!

“ I have been using the powdered mitochondrial formula called RegenerLife... and I can honestly say that the positive impact it's had on my recovery from training is nothing short of amazing! I continue to use the formula, and now I am taking this longevity packet – and wow! I'm not sure what it is, but it might be the NMN that gives the extra boost. – Y.F. ”

These supplements are perfect for people experiencing the long-term impact of viruses and brain fog, as it can help them spark back to life!

Save 35–40%
over buying separately



89⁴⁷
kit/30 packets



Restorative sleep *for the whole night*

Gets you to sleep quicker, better, and longer

“I’ve had chronic sleep issues for years – no melatonin product has ever worked for me before – BUT since taking Sleep Better I’ve had night after night of solid sleep through the night. AMAZING! Thank you ever so much for bringing such an effective product to the market. – T.K.”

“I really notice the difference when taking Sleep Better. No waking in the middle of the night, plus no grogginess in the morning. This will be my go-to from now on.”

The testimonials keep coming in:

Sleep Better works better than the rest!

What makes our brilliant **tri-layer Sleep Better** tablet work so well? It’s specially formulated with 5 mg of **quick-release** melatonin and 5 mg of **delayed timed-release** melatonin so you stay asleep longer.

It also has the amino acids **L-theanine**, which helps reduce the amount of time it takes to fall asleep, and **5-HTP**, which can improve the deepest stage of REM sleep.

This tri-layer tablet also incorporates **passionflower**, **valerian**, and **hops**, safe and effective botanicals that naturally help calm the nervous system for a restful sleep.

Sleep the night away, and wake up feeling refreshed!



For additional information on these sleep aids, scan the QR code.

18⁴⁷
60 tri-layer tablets



Maximize your *Omega-3*

Omega-3 Ultra Strength

High Absorption

with the Enteripure® difference

Revolutionary Enteripure technology infuses 100% natural plant material with enteric properties into the outer softgel for advanced absorption and assimilation. For those who want to maximize their omega-3, you'll love our new 2200 mg omega-3+D, which offers ultra-strength omega-3 combined with vitamin D3. These superior softgels deliver concentrated omega-3s to your intestines for advanced absorption.

with
vitamin
D3
1000 IU

34⁹⁷

90 softgels
with vitamin D3

54⁹⁷

150 softgels
with vitamin D3



Targeted delivery
to the intestines

Protects the fish oils
from the stomach's
harsh environment

No fishy aftertaste
or fishy burp

Concentrated levels
of omega-3s



31⁹⁷

90 softgels

49⁹⁷

150 softgels

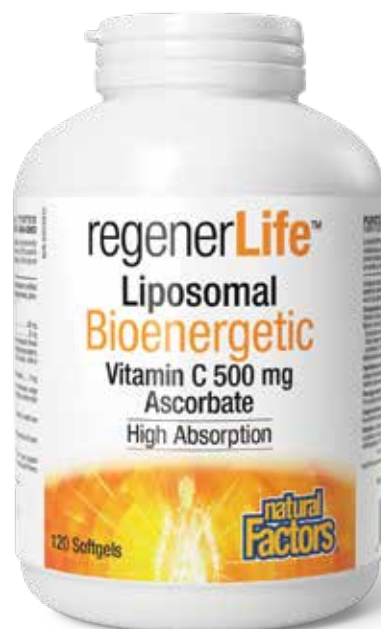
Breakthrough technology delivers rejuvenation

A powerful, high-absorption antioxidant

Vitamin C is a powerful antioxidant that helps with healthy aging and brain protection. Our **Liposomal Bioenergetic Vitamin C** uses a superior high-absorption liposomal technology. To make it easier on your stomach, it's in a biologically active ascorbate form, which is buffered with alkalizing calcium.

14⁹⁷

120 softgels

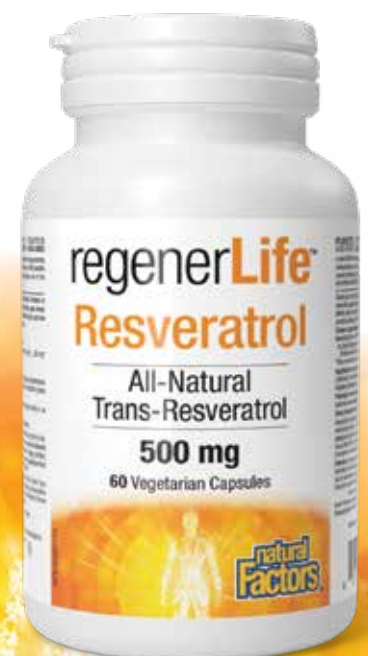


Cellular regeneration from the food we eat

Resveratrol is found naturally in "superfoods" like red wine, cocoa, and blueberries. It's a powerful antioxidant that regenerates the body at the cellular level. Because of its anti-inflammatory activity, resveratrol has been shown to offer brain and cardiovascular protection, and can protect nerve cells from damage.

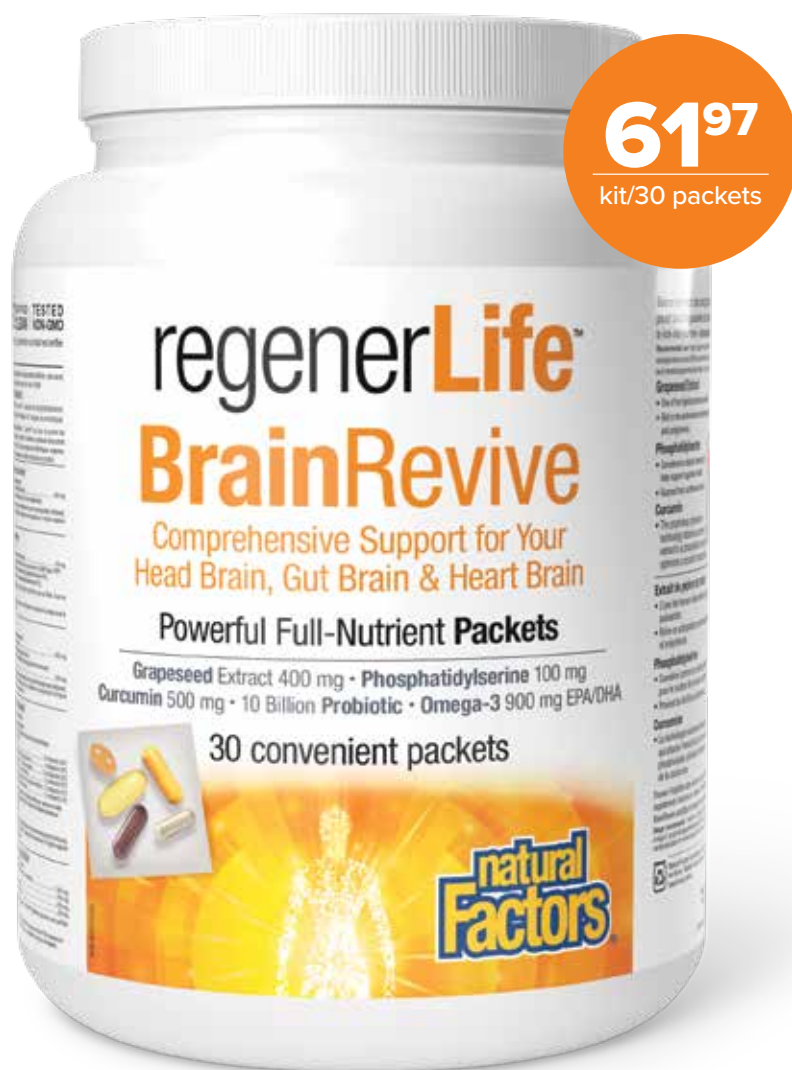
37⁹⁷

60 vegetarian
capsules



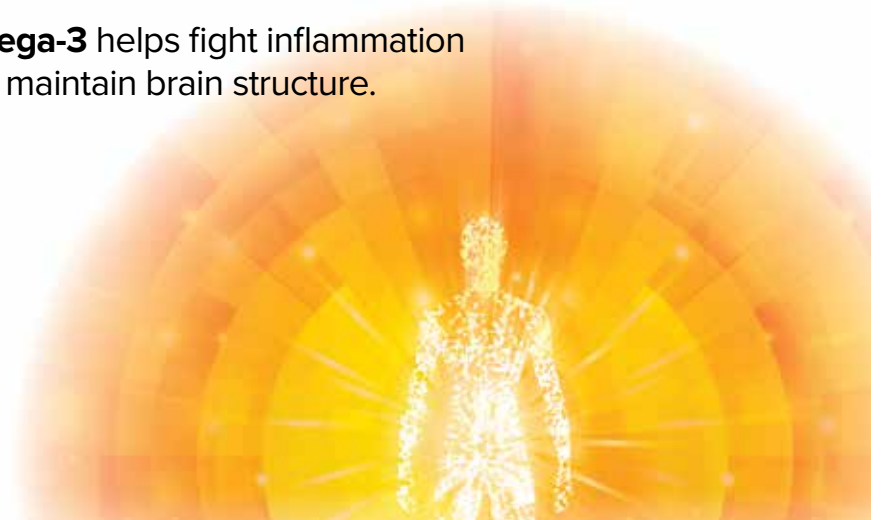
Energize your brain

A powerful, full-nutrient supplement kit
for your brain



Your brain cells demand more energy and nutritional support than any other cells in your body. This kit helps naturally ignite brain mitochondria to produce energy from the food we eat in convenient, all-in-one packets.

- **Phosphatidylserine** helps nerve cells communicate. It improves memory function and the ability to focus.
- **Grapeseed extract and curcumin** regulate and reduce inflammation and cognitive decline.
- **Probiotics** improve the health of your “second brain,” the gut, which can boost neurotransmitter production. These neurotransmitters boost mood and cognitive function.
- **Omega-3** helps fight inflammation and maintain brain structure.



TIRED OF HEARING PRICES ARE GOING UP?

*Well, we looked back over
15 years, and WOW!*
– our flyer sale prices today are the
same or even better!

2012 FLYER
PRICE
14⁹⁷

360 softgels

6⁹⁷

180 softgels

NOW!
11⁹⁷

360 softgels
1000 IU

14⁹⁷

500 softgels



2015 FLYER
PRICE
WAS **20⁴⁷**

60 vegetarian capsules

NOW!
20⁴⁷

60 vegetarian
capsules

40⁴⁷

120 vegetarian
capsules



2015 FLYER
PRICE
WAS **37⁴⁷**

60 vegetarian capsules

NOW!
37⁴⁷

60 vegetarian
capsules

24⁴⁷

30 vegetarian
capsules

75⁹⁷

120 vegetarian
capsules



VITAMIN D3
2500 IU

4⁹⁷

90 softgels

8⁹⁷

180 softgels

14⁴⁷

360 softgels

16⁴⁷

500 softgels

2013 FLYER
PRICE
WAS **7⁴⁷**

60 softgels

NOW!
5⁴⁷

90 subtabs
5 mg

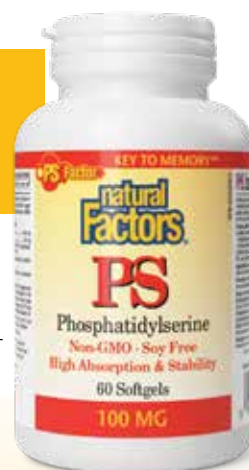
10⁴⁷

180 subtabs
5 mg



2007
PRICE
MATCH

40⁴⁷
60 softgels



13⁹⁷

60 mini-gels

24⁴⁷

120 mini-gels



2012 FLYER
PRICE
WAS **17⁹⁷**

60 softgels

NOW!
12⁴⁷

60 softgels

22⁴⁷

120 softgels



2008 FLYER
PRICE
WAS **27⁴⁷**

60 softgels/20 mg

NOW!
18⁴⁷

60 softgels



NOW!
31⁴⁷

120 softgels

2008 FLYER
PRICE
WAS **49⁹⁷**

120 softgels/100 mg

Incredible price!

Every cell in your body needs CoQ10 to produce energy!

Just like a spark plug in a car, CoQ10 ignites the cell's oxygen to produce energy. If our cells don't burn oxygen properly, free radicals are formed and our body will eventually break down. CoQ10 helps rejuvenate our energy as we age, boosts cardiovascular health, and is a powerful tool in the fight against cognitive decline.

2007 FLYER
PRICE
WAS **40⁹⁷**

120 softgels/100 mg

NOW!
20⁹⁷

120 softgels
100 mg



2007 FLYER
PRICE
WAS **93⁹⁷**

120 softgels/200 mg

NOW!
39⁴⁷

120 softgels

2007 FLYER
PRICE
WAS **93⁹⁷**

60 softgels/400 mg

NOW!
39⁴⁷

60 softgels
400 mg

Leia is 3¹/₂ years old and still loving Big Friends

Leia's best protein drink to start her day

Kids are the best copycats!

One of the best ways children learn is by imitating you! Children begin to mimic their parents' food choices at a very young age. Therefore, it's important to set a healthy eating example as soon as possible!

Leia's mom says: "Before two years old, my daughter developed a real love for protein shakes because she wanted to copy what I was doing every morning. Leia loves Kids All-In-One Daily Shake Mix because it tastes delicious! I love it because it's 100% organic and vegan. It gives her the wholefood nutrition her growing body needs."



Leia loves her protein drink

...and her protein drink loves her

**Sea-licious makes
a drink even
more healthy
and delicious!**

**Add the most important
proper dose of omega-3
for healthy mood and
brain function**

Omegas play an important role in the development, function, and regulation of the brain, neurological processes, cognition, and mood.

Rejuvenate Your Kids with Proper Vitamin Support

11⁹⁷

60 chewable
tablets

What is proper nutrition?

In spite of what you may have read, the vast majority of so-called “healthy gummies” are what we call “candy-trition.” There are zero-potency vitamins and minerals in these gummies – they’re just candies. Only a few gummy products can provide the correct supplement dosage to ensure your kids get the health boost they need.

6⁴⁷

90 chewable
tablets

**It's the correct dosage that
makes the difference!**



22⁴⁷

60 g powder

7⁴⁷

60 chewable
tablets

10⁴⁷

60 chewable
tablets



**Add Sea-licious
to your or your
child's protein
drink for an
amazing flavour
boost!**

24⁹⁷

250 mL

39⁴⁷

500 mL

100% Premium Organic COCONUT OIL!

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



**DME
Highest
Grade
Coconut Oil**

19⁹⁷

475 mL

69⁹⁷

1.75 L



**Organic
MCT
OIL**

19⁹⁷

500 mL

29⁹⁷

1 L



15⁹⁷

800 mL

26⁹⁷

1.5 L

9⁹⁷

500 mL

18⁹⁷

1 L



Most Rejuvenating **Multivitamin** for you & the planet

For *any* of our Whole Earth & Sea multis
All 60 sizes **29⁹⁷** and all 120 sizes **57⁹⁷**



You can really *feel the difference!*

Our rejuvenation plan *for your body*



52⁹⁷

Greens

Available in Organic Chocolate, Organic Tropical, and Unflavoured



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.** This exceptional non-GMO, vegan-friendly, green superfood formula provides **6 g of quality fermented plant protein** in every serving along with fermented grasses, fruits, vegetables, and micronized medicinal mushrooms to support an active, healthy, and sustainable lifestyle.

“Why 100% Fermented 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.”

59⁹⁷

Protein & Greens

Available in Organic Chocolate, Unflavoured, Organic Vanilla Chai, and Organic Tropical flavours

21⁹⁷

125 g powder

32⁹⁷

188 g powder

32⁹⁷

175 g powder

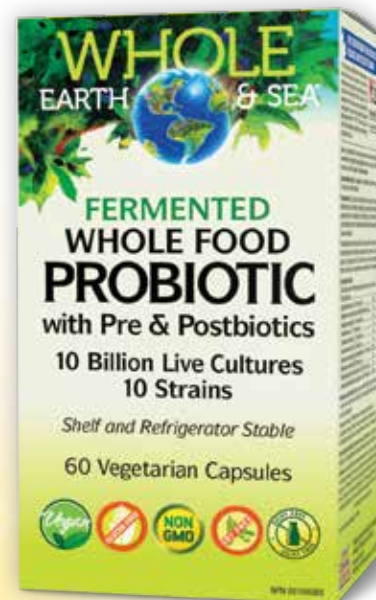


Protect your gut and immune system with the power of fermented wholefood probiotics!

SALE

24⁹⁷

60 vegetarian capsules



wholeearthsea.com

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

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

“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-sourced** (cattle), 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.

NEW!
49⁹⁷
855 g powder

43⁹⁷
135 g powder

SALE
47⁹⁷
500 g powder

39⁹⁷
60 vegetarian capsules

47⁹⁷
180 tablets

WISE ADVICE

“Regularly add collagen to your diet.”

Why?

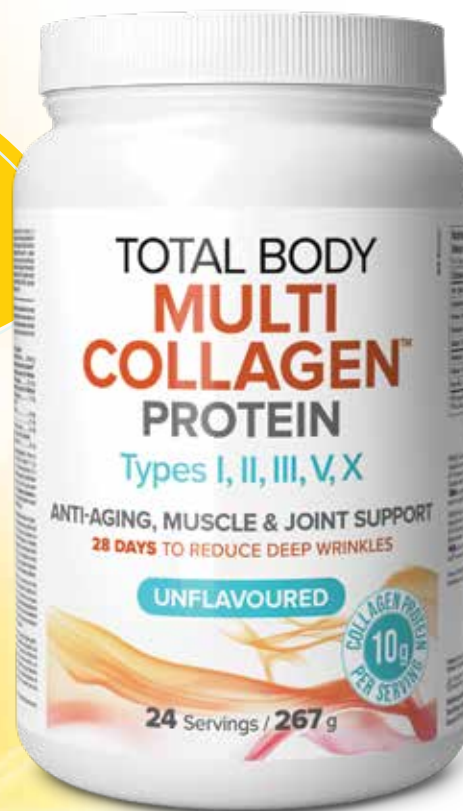
— JULIE REIL, MD
and Beauty Expert

“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.”



NEW
Multi
Collagen

34⁹⁷
267 g powder



Is collagen
good for men?
Absolutely.

**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.

Taking a plant-based protein drink once or twice a day can make a huge impact for *Health & Planet* – R.G.

1 Great benefits for you!

A 100% full-spectrum organic vegan protein

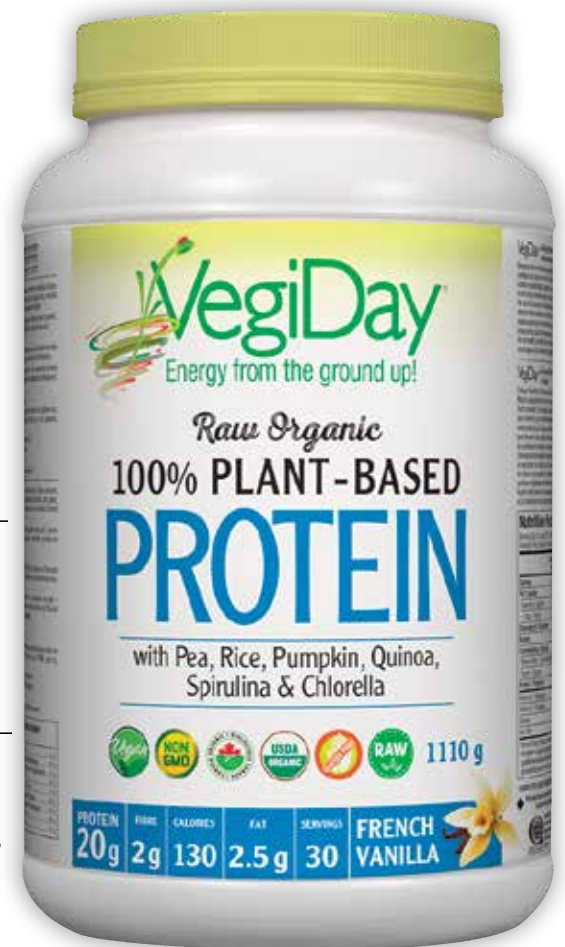
VegiDay 100% plant-based protein contains a blend of six vegan proteins plus a full spectrum of essential amino acids. No other vegan protein compares. Wow! What energy and health benefits for only **\$2.50 per meal**.

43⁹⁷

powder
Unflavoured

49⁹⁷

powder
French Vanilla,
Decadent Chocolate,
Very Berry



2 Huge benefits for the planet!

Meat and dairy production are fuelling the climate crisis, eating plant-based meals gives some relief to the planet.

If you ate **one meatless meal a day** for **one year**, you would:



SAVE
1,600
KILOMETRES
of greenhouse
gas emissions



SAVE
25,000
GALLONS
of water

VEGAN DIET
carbon footprint
55%
LOWER
than a meat-lover's

Everything you need IN ONE DELICIOUS SCOOP



Our 100% Organic VEGAN PROTEIN
& ALL IN ONE NUTRITIONAL SHAKE

100% organic – Even the flavours and sweeteners!



All of this
nutrition in
one drink –
for a fraction
of the cost



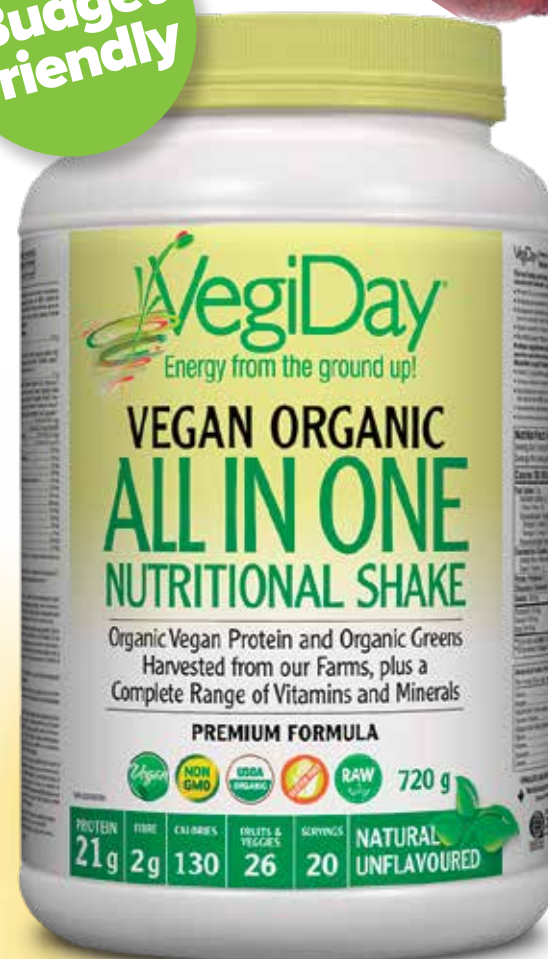
ONLY
\$2.50
per serving

ONE
NUTRITIONAL
SHAKE equals
21 g OF
PROTEIN

49⁹⁷

powder
French Vanilla,
Decadent Chocolate,
and Unflavoured

Budget
friendly



What difference can your meals make?

Livestock is a real hog on land use:
it takes up 83% of farmland, but provides
only 18% of calories and 37% of protein.



30–40% of the world's fish
caught are fed to livestock.

Pigs consume more fish globally
than humans in the U.S.

Explore how minor changes could have substantial health benefits

Eating less meat is great for the planet’s health, but just how good is it for your health?

According to people who live in the Blue Zones, it’s really good. The Blue Zones are five areas of the world where people have much higher life expectancies – typically living to 100 or beyond. One common denominator? They tend to eat plant foods that are rich in fibre and protein. The foods that produced the the biggest gains in life expectancy were legumes, such as beans, chickpeas, peas, and lentils. Consider including a healthy protein or meal replacement shake not only to benefit the planet, but more importantly yourself.



Daily food intake in Blue Zones is about

95%

vegetables, fruits, grains, and legumes.



For more information on the Blue Zones, scan QR code.

Choosing the best Shake for You



	Total Body Meal Replacement	Total Body Collagen and Protein	Whole Earth & Sea Greens & Protein	VegiDay All-In-One Meal Replacement	VegiDay Protein	RealEasy Vegan Meal Replacement	RealEasy Whey Meal Replacement
Protein (per serving)	22 g	10 g	21 g	21 g	20 g	22 g	25 g
Vegan	N	N	Y	Y	Y	Y	N
Meal Replacement	Y	N	N	Y	N	N	N
Unique Feature	Collagen and PGX	Collagen I, II, III, V, X	Fermented Greens – easier to digest	Superfoods and Greens		PGX 2.5 g	PGX 5 g

Do you find yourself saying
“I don’t have the time
to take care of myself”

Find the time with RealEasy

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

A meal
replacement
a day
**KEEPS THE
REBOUND
AWAY**



SALE
49⁹⁷

powder

VEGAN

Vanilla and
Chocolate flavours

Restore your joint mobility

FAST RELIEF FOR CHRONIC JOINT PAIN!

- Use OsteoMove with pain-reducing InflammRelief™ to protect knees and joints, and get moving.

34⁹⁷
120 tablets

59⁹⁷
240 tablets

HOT PRICE!



CURCUMINRICH JOINT OPTIMIZER

- Helps relieve joint pain due to osteoarthritis
- Provides short-term relief from lower back pain
- Offers temporary relief from minor pain due to overexertion

22⁹⁷
60 vegetarian capsules



SALE
23⁹⁷
500 capsules



29⁹⁷
90 vegetarian capsules

NEM NATURAL EGG SHELL MEMBRANE

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

44⁹⁷
60 vegetarian capsules



NEW!
27⁹⁷
120 softgels

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.

Build back your calm

Magnesium Bisglycinate Nature's Serenity Mineral

• ESSENTIAL FOR ALL CELLS IN THE BODY •

Just as the magnesium in a soothing Epsom salt bath calms from the outside in, our Magnesium Bisglycinate works to calm from the inside out.

- Calms from the inside out
- Relieves muscle cramping and tension
- Gentle on the stomach, easy to absorb



29⁴⁷

250 vegetarian capsules

19⁴⁷

120 vegetarian capsules

18⁴⁷

120 g powder



LET DAILY TENSION MELT AWAY
with this relaxing balance of magnesium and L-theanine, a naturally calming amino acid found in green tea.

- L-theanine promotes a sense of calm and mental clarity
- Magnesium bisglycinate is gentle on the stomach and does not require stomach acid for absorption
- Relieves symptoms of daily stress
- Promotes healthy sleep



NEW

19⁹⁷

90 vegetarian capsules
Mag Bis 40 mg
L-theanine 250 mg

20⁹⁷

90 vegetarian capsules
Mag Bis 100 mg
L-theanine 125 mg

Magnesium calms the symptoms of anxiety and stress, so you can relax and sleep better!

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

Incredible news!

Study after study reveals that quercetin should be used **EVERY DAY** for huge reduction in cardiovascular inflammation.

	21⁹⁷ 60 tablets	29⁹⁷ 90 tablets	22⁹⁷ 60 vegetarian capsules	29⁹⁷ 90 vegetarian capsules		
15⁴⁷ 60 easy swallow capsules						15⁴⁷ 60 easy swallow capsules

38⁹⁷ 210 vegetarian capsules	33⁹⁷ 210 vegetarian capsules	39⁹⁷ 210 vegetarian capsules	39⁹⁷ 150 vegetarian capsules	NEW! 20⁴⁷ 60 g powder	21⁴⁷ 120 vegetarian capsules	12⁹⁷ 60 vegetarian capsules
						