Rejuvenate your life & feel great!

I love this product... it contains CoQ10, acetyl-L-carnitine, and other key compounds for enhanced mitochondrial function.

Michael T. Murray, ND
An author and expert in nutrition, dietary supplements, and nutritional products. He has published more than 30 books, including The Encyclopedia of Natural Medicine with millions sold.

“I put this in my smoothie every morning.”

Mark Hyman, MD
15 times The New York Times best-selling author, family physician, and international leader in the field of functional medicine.

LISTEN TO Dr. Murray and Dr. Hyman’s PODCAST EPISODE 27

Imagine our strength is in Being Calm

Time to STOCK UP on Vitamin D3

TWO for 29.97
500 softgels

TWO for 9.97
60 gummies

TWO for 22.97
2500 IU

SPECIAL 2-PACK

39.97
120 + 250 vegetarian capsules

SALE ends September 29, 2023. While quantities last!
Our Earth is designed perfectly! The biosphere, from the tiniest microbes to the amazing sun, whose infinite energy powers the plants to grow food for all, is the worldwide sum of all ecosystems.

Then there are humans. Our actions, together with our imperfections, are starting to overtake and disrupt the Earth’s ability to adjust for our well-being.

We need to do things differently!

It’s essential to reduce the damage that overwhelms the function of our perfect Earth. Through collective effort, responsible stewardship, and sustainable practices, we can strive to align our actions with the perfect workings of the Earth.

Make a difference in your own life by starting with the best multivitamin ever, Whole Earth & Sea, produced using ingredients from certified 100% organic Factors Farms®. Our crops are fertilized with compost and nitrogen-rich sea plants, and are meticulously cared for by hand.

Extremely delicate growing methods allow biodiversity with insects and birds all in their intricate ways, setting an example of how we can do things differently.

Abov™ better than organic growing methods on our beautiful farms.

What about us?

Our Earth Works Perfectly!
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?

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+.

Rejuvenate YOUR ENERGY
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.

Save 35–40% over buying separately
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!

EXCLUSIVELY available in natural supplement stores. • Ask natural health food store employees for these flyer products.
Restorative sleep for the whole night

"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!"

Gets you to sleep quicker, better, and longer

Omega-3 Ultra Strength
High Absorption with the Enteripure® Difference

If you’re looking for the highest amount of omega-3, our new 2200 mg Omega-3+D is perfect for you. It provides powerful omega-3 along with vitamin D3 for your health. These superior softgels deliver concentrated omega-3s to your intestines using revolutionary Enteripure technology, which infuses 100% natural plant material with enteric properties into the outer softgel for advanced absorption.

Maximize your Omega-3s

High-absorption Liposomal C

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.

High-strength antioxidant support

If you’re looking for the highest amount of omega-3, our new 2200 mg Omega-3+D is perfect for you. It provides powerful omega-3 along with vitamin D3 for your health. These superior softgels deliver concentrated omega-3s to your intestines using revolutionary Enteripure technology, which infuses 100% natural plant material with enteric properties into the outer softgel for advanced absorption.

Magnesium for the brain

Cognitive support

Contains a highly absorbable form of magnesium L-threonate that has been proven to increase magnesium levels in nerve cells and the brain because of its unique ability to cross the blood-brain barrier. This form not only provides the muscle, bone, and metabolism benefits you know and love from your current magnesium supplement, but also helps support cognitive function!

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.

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

**HIGH ALPHA WHEY PROTEIN**
Meal Replacement with 5 g of LOW FODMAP Reliefibre

This delicious meal replacement delivers 25 g of the highest-quality high alpha whey protein, along with 5 g of low-FODMAP fibre per serving to keep you satisfied between meals. Available in chocolate and vanilla powder options for ultimate flexibility.

**Berberine – helps normalize your blood sugar**

If you’re working on maintaining your blood sugar or cholesterol levels, you need to know about an enzyme called AMPK: your body’s metabolic master switch. When this switch is activated, you supercharge your body’s ability to metabolize blood sugar and cholesterol. How can you “turn on” this switch? One way is with berberine. Our berberine provides a clinically studied amount of 500 mg per softgel.

**Taurine supplementation – helps slow key markers of aging**

Taurine plays a vital role in brain, heart, and nervous system function. A new study has found that taurine naturally decreases with age and that supplementing with taurine slowed key markers of aging such as increased DNA damage, impaired mitochondrial function, and telomerase deficiency.

**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.

- Relieves muscle cramping and tension
- Gentle on the stomach, easy to absorb

**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

**Whole Body Optimizer**

Supports the body’s natural inflammatory response

- Supports cognitive health and brain function
- Maintains and supports cardiovascular health

**Joint Optimizer**

Helps relieve joint pain caused by osteoarthritis

- Provides short-term relief from lower back pain
- Offers temporary relief from minor pain caused by overexertion

**Amazing relief for pain and inflammation**

**THERACURMIN: #1 ABSORBED FORM OF CURCUMIN**

- Double Strength
  - 60 vegetarian capsules
- NEW
  - 120 vegetarian capsules

**NEW**

**NEW**

**NEW**

**NEW**

**NEW**

**EXCLUSIVELY available in natural supplement stores. • Ask natural health food store employees for these flyer products.**
Leia is 3½ 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 began 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.”

ADD SEA-LICIOUS to your protein drink and to your child’s for an amazing flavour boost!

The vision of the Plant a Seed Foundation is to provide children with opportunities to explore and engage with the wonders of the natural world. Through educational programs in classrooms, school gardens, farm visits, and outdoor activities, we inspire children to actively participate in and connect with nature. Our goal is to empower children to become enthusiastic participants in nurturing and appreciating the beauty and importance of the natural environment.

Become a Friend of the Foundation: Take the pledge at seewhatgrows.org

LEISA

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

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The Children’s SURPRISE BOX with the #1 Chewable Multivitamins for all ages

Big Friends supplements contain no artificial colours, preservatives, gluten, or wheat – just a complete range of high-quality vitamins and minerals.

REJUVENATE YOUR KIDS with Big Friends!

Leia is goofing around and having fun with the Fun Box

EXCLUSIVELY available in natural supplement stores. • Ask natural health food store employees for these flyer products.
From our 100% organic farms, our harvest is used to create these wonderful wholefood multis.

$2.00 from each sale of Whole Earth & Sea products are donated to the Plant a Seed & See What Grows Foundation, which supports teaching children not to just observe, but also be participants. Your support to broaden their education through the Plant a Seed Foundation is really appreciated! Good health to you!

You can really make a difference!

Women's / Women’s 50+ / Women’s Prenatal
Men’s / Men’s 50+
Multivitamin & Mineral
Made with farm-fresh, organic, and sustainably grown non-GMO ingredients

Plant a Seed
& See What
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You can really make a difference!
VERIFIED
CLEAN
TESTED
NON-GMO

AMAZING ENERGY AND IMMUNITY FORMULA
Super Mushroom
Six organic immune-boosting mushrooms with beta-glucan.

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.

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

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.

Available in Organic Chocolate, Organic Tropical, and Unflavoured

FERMENTED PROTEIN & GREENS

FERMENTED PROTEIN

6297
powder

FERTMENTED GREENS

6697
powder

IMPAGIN GETTING ALL THE BENEFITS OF OMEGA-3 WITHOUT ANY FISH
Marine DHA
Vegan Omega-3
100% fish-free omega-3s

Our Marine DHA is a sustainable algal oil source of DHA that supports eye health and brain function. This omega-3 has no fishy smell or aftertaste and is an excellent vegan alternative to fish oil supplements.

Available in Organic Chocolate, Organic Tropical, and Unflavoured

ALL SEASON IMMUNE SUPPORT

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

IMAGINE GETTING ALL THE BENEFITS OF OMEGA-3 WITHOUT ANY FISH

Marine DHA
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BONE STRUCTURE
Multivitamin & Mineral
Build and strengthen bones with this calcium-rich wholefood formula with active vitamin and mineral complexes for maximum absorption.

HORSEDAISH RESPIRATORY RELIEF

Helps relieve and shorten the duration of common colds
Revitalize, restore, and protect your Skin FROM WITHIN.

"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 marine-based collagen supplement, always look for one that is extracted from wild-caught and sustainably sourced fish, like whitefish.

"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."

"Regularly add COLLAGEN to your diet.”

— JULIE REIL, MD and Beauty Expert

Does it help reduce the signs of aging?
Yes, collagen hydrates our skin, reducing wrinkles and giving us that plump, youthful glow, and healthy hair and skin.

NEW! 18 19

WHISKEY BUSSEN
NATASHA PAROUTIS, Nutritionist

43.97
125 g powder

47.97
500 g powder

47.97
180 tablets

49.97
855 g powder

NEW! 34.97
267 g powder

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

Three are better than one. Get the greatest results if you use all three!

Can you get your vitality back?

Some may dismiss these things as part of the normal aging process, but it is possible to rejuvenate your vitality. Often, effective nutrient supplementation can be the missing piece to reaching your optimal, energized, and revitalized life!

Rejuvenate Your Energy!

Maca has historically been used to address low energy, vitality, libido, and resistance to stress. Ultimate Maca Energy contains sun-dried and ethically sourced organic maca!

Anti-Stress

A natural formula to support your adrenal glands, balance cortisol levels, and keep stress under control.

Feel the real incredible calm!

BONUS BOTTLE

$34.97
210 vegetarian capsules

Ultimate Testosterone Boost

Formulated Specifically for Men's Optimal Health Reinventing Formula for Men Over 55

Ultimate Performance with Tongkat Ali

Rejuvenate Your Energy!

Maca has historically been used to address low energy, vitality, libido, and resistance to stress. Ultimate Maca Energy contains sun-dried and ethically sourced organic maca!
Meal replacements with PGX® – the most successful NATURAL weight-loss intervention!

A recent international study reveals that participants who consumed RealEasy meal replacements with PGX and high-quality protein twice daily lost an average of 7% of their initial body weight in just 12 weeks. These findings demonstrate the superior effectiveness of meal replacements compared to weight-loss drugs like Ozempic or Wegovy, which only achieved a 6% weight reduction over the same period.

RealEasy meal replacements offer a nutrient-rich formula with optimal ratios of macro- and micronutrients, fibre, and high-quality protein. This powerful combination reduces cravings, improves gut health, and preserves muscle mass, positively impacting metabolic health and markers such as blood sugar and lipids. Unlike chemical drugs, RealEasy meal replacements naturally boost metabolism and promote overall well-being without disrupting the body’s functions or causing side effects.

The key metabolic benefits of RealEasy meal replacements:
- Delivers all key vitamins and minerals plus high-quality protein and fibre
- Increases muscle strength
- Boosts energy levels
- Stops hunger and sugar cravings
- Improves gut health
- Improves sleep and mental health
- Fast and sustainable weight loss

WHEY
Vanilla, Chocolate, and Strawberry flavours

VEGAN
Vanilla and Chocolate flavours

IN ONE DELICIOUS SCOOP
Our 100% Organic VEGAN PROTEIN
100% organic – even the flavours and sweeteners!

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.

A 100% full-spectrum organic Vegan Protein

Everything you need

Reduce just 5% of your body weight and get huge health benefits for life.
Emerging research suggests that some viruses may cause blood vessel damage, often as a result of 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.