

Whole Earth & Sea Our regenerative farms surge into spring

When we rejuvenate the earth, the earth rejuvenates us. When we listen and work in harmony with nature, life thrives!

That's why for more than 30 years, we have been practising regenerative methods on over 1,000 acres of our certified organic farmland. These methods naturally revitalize the soil, promote ecological balance, and enhance the lives of all living organisms that are part of it.



From our bioenergetic farms, we harvest the most nutrient-dense components of our crops. Using our proprietary EnviroSimplex[®] process, we then create highly concentrated extracts, and stabilized plant minerals and enzymes.

Because of our commitment to these holistic restorative techniques, Factors Farms[®] meet the ABOV certified standard for better regenerative, bioprotective practices.





SCAN for furthe information on ABOV.



THE HORSES – Using our resources to buy horses Our horses contribute to the preservation of our beautiful Earth by promoting bio-diversity, reducing carbon emissions, controlling weeds, and improving soil fertility.

length of the farm close to the creek.





THE FROGS – Ground control

Frogs are permanent residents on our farm, and to benefit them, we have dug several ponds along the During the spring, countless tiny black tadpoles undergo a transformation into small froglets.

As the ground heats up, these froglets leave the pond nurseries, and literally cover the farm, maturing and serving as an invaluable part of our "pest control" team.

THE BIRDS – Air control

There are dozens of bird species nesting in and around our farms. The allocation of wild areas and corridors



around the creek assures safe nesting grounds for many bird species. As part of the living, diverse farm ecosystem, they also form a unique airborne pest control crew.

Among the unique and interesting bird species making our farms their home is the Cliff Swallow. This species nests in huge colonies on our farm, mainly under bridges, which provide safe and permanent nesting areas.

THE POLLINATORS

Our regenerative, bio-protective farming practices also encourage the healthy population of natural pollinators (butterflies, bees, beetles, bumblebees, flies, hummingbirds, and some others), whose powerful pollination activity leads to increased yields of cultivated crops and improved biodiversity of the wild species present.



Wonderful Whole Earth & Sea

We grow & work with our hands. This is where our multivitamins start!

Why is such care given to our farms? Because we believe the earth is perfectly designed, full of biodiversity and regenerative power.

Our love of what makes the earth so beautiful is in the seed we start with. It takes commitment to responsible stewardship, sustainable farming practices, and the cultivation of the biodiversity around us. To do all that, we grow and work with our hands.

More than simply organic, our farms utilize extremely delicate growing methods that promote the greatest biodiversity with insects, birds, and even amphibians. Our farms are where we hand-fertilize each of our crops with compost and nitrogen-rich sea plants, and tend to our crops by hand.

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 over 800 possible contaminants. ISURA's rigorous testing includes hundreds of quality procedures using state-of-theart technology. It provides you with the confidence that the product is ISURA verified clean, one of the highest testing standards in the world.



15 mL



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



Multivitamins & Minerals Super Special Price!

SALE **29**⁹⁷ any of the multis 60 sizes

any of the multis 120 sizes

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

Preventable, not inevitable Yes, you can prevent dementia and Alzheimer's!



Q: How big of a problem is Alzheimer's and dementia?

A: 43% of the world's population have disabilities to do with the brain and mental health. It's not

just a problem for elderly people. IQ is dropping about 7% each generation. The youngest age of a non-genetic Alzheimer's diagnosis is 19.

Q: Is Alzheimer's inevitable?

A: No! Alzheimer's is not a natural part of the aging process. Less than 1% is in the genes.

For 99% of us, Alzheimer's is preventable. Dementia is preventable.

Q: What can we do to prevent it?

A: You can basically dementia-proof yourself. We know how to prevent this disease, and it's related to what you eat and how you live.

Q: I'm in my mid-60s. Is it too late for me to change?

A: No, not at all! You are the architect of your brain's future health.

Researcher Patrick Holford says these are the most evidence-based solutions to help prevent Alzheimer's and dementia:

abilities.

build brain cells.

(49)



How is your *cognitive health?*

TEST YOUR COGNITIVE FUNCTION NOW! It's completely free.

Watch Patrick Holford's threeminute video and then take the simple cognitive function test.



PATRICK HOLFORD



Prevention is the best for retention

• **OMEGA-3:** A lack of omega-3 predicts your risk for dementia. The more omega-3 you have, literally the more brain you have, and the better your cognitive

B VITAMINS: The higher your homocysteine, the greater the rate of brain shrinkage. Homocysteine is only produced in the body if you lack B vitamins. These nutrients are required for a vital process called "methylation," which, among other things, is essential to

• PHOSPHOLIPIDS:

Phospholipids (including phosphatidylserine and phosphatidylcholine) are essential for the brain. They get attached to an omega-3 fat, for example DHA, to build brain-cell membranes.

- REDUCE SUGAR: New studies show that too much glucose, and especially fructose, over time starves the brain of energy, leading to both memory loss and brain shrinkage.
- ANTIOXIDANTS: The brain is exquisitely in need of antioxidants. If you have a higher intake of antioxidants, you can more or less halve your risk of Alzheimer's.

UPGRADE YOUR BRAIN

8 steps to optimise your brain for better mood. memory and sleep

'A POWERFUL SOLUTION TO MODERN DAY BRAIN DECLINE' Dr David Perlmutter, Neurologist.

NEW BOOK FROM PATRICK HOLFORD, author + director of The Alzheimer's **Prevention Project**



The cognitive test

helps determine the things you're doing right, what to improve, and your biggest risk factors for memory loss and dementia.

Researcher and author Patrick Holford makes it very clear that omega-3, phospholipids (phosphatidylserine and phosphatidylcholine), as well as a coenzymated B complex can help prevent Alzheimer's.

Rejuvenate your life!

It's easy to forget to take your supplements. Our convenient packets take away the guesswork.

CogniSave Protect your memory

- Omega-3 Ultra Strength
- Omega Plus 3-6-9
- Active B Complex

87⁹⁷

- Phosphatidylserine 100 mg
- Phosphatidylcholine 420 mg

regenerlife

COGNISAVE[®]

Memory Retention Formula

All-In-One Packets

All you need for memory longevity

Phosphatidyl-choline Complex Ultra Strength 3-6-9 Phosphatidyl

30 convenient packets



Energize your brain

- Grapeseed Extract 400 mg
- Phosphatidylserine 100 mg
- Curcumin 500 mg

62⁹⁷

- 10 Billion Probiotic
- Omega-3 900 mg EPA/DHA

regenerlife

BrainRevive

Comprehensive Support for Your

Head Brain, Gut Brain & Heart Brain

Powerful Full-Nutrient Packets

30 convenient packets

Grapeseed Extract 400 mg • Phosphatidylserine 100 mg umin 500 mg • 10 Billion Probiotic • Omega-3 900 mg EPADHA

Longevity Ignite your mitochondria Mitochondrial Energy

- NMNsurge
- Quercetin LipoMicel Matrix
- Omega-3+D Ultra Strength

8947

regenerlite Wellness Optimization

Mitochondrial Support All-In-One Packets NMNsurge | Omega-3+D | Quercetin regenerlife Nicotinamide Mononucleotide



function.



active form of

90 vcaps

stamina and



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

A true Canadian health pioneer

The founder of Alpha Health Products continues to inspire

For over 50 years, **Siegfried Gursche** was a true force of nature in Canada's natural health industry. He wrote health and nutrition books, manufactured herbal remedies and supplements, advocated for consumers' rights to purchase health products, brought flax oil to Canada, and started Alive magazine to educate the public about natural health products. Through his work, millions of people have been influenced to prioritize health prevention.

Siegfried's last passion project was Alpha Health Products. At the time, the public was largely unaware of the health benefits of coconut oil. Not only did he embark on a mission to educate people about the value of the oil, but he also began a mission to teach them about the value of Fair Trade and getting products ethically sourced - a concept that was quite new at the time.



Today, Alpha preserves Siegfried's legacy by continuing to provide high-quality, sustainable, Fair Trade "good fats, from good sources."

Organic Red Palm Oil Organic MCT Oil Why do Alpha Flaxseed and MCT oils come in tins? A nutritious cooking oil that's orangutan-Smoothest, highest-quality, 100% Organic Some oils are very sensitive to friendly and sustainably sourced in Ecuador MCT from 100% coconut oil sunlight, which can cause oxidative damage. Our tins not only block out Provides energy for workouts, • Unrefined and cold-filtered light - they're also aluminum-free, • High in vitamins A and E weight managemen BPA-free, and easy to pour from. Sustainably grown and harvested • Available in 500 mL and 1 L **Organic Flaxseed Oil 12**⁹⁷ Organic, Canadian-grown flaxseed rich Keto Oil Alpha in omega-3 fatty acids 2147 Alpha 250 mL 847 Unrefined, cold-pressed Alpha ORGANIC **19**⁹⁷ Rich in lignans ORGANIC 500 ml • Mild tasting, solvent-free 475 mL FLAX **31**97 Keto Oil OIL 500 mL OIL BLEND SEED OIL VELANCE D'HURLES CETO UNREFINED - COLD-PRESSED **29**⁹⁷ Great for Salad Dressings Dips & Smoothies Mixi pour vos sinaignites mentes of frappet aur full NON RAFFINEE - PRESSEE À FROID HUILE DE LIN aleo & Keto I Paléo et Cété 6.5 g Omegas 3 8 6 EDIUM CHAIN TRIGLYCERIDES Alpha HUILE DE TCH ORGANIC Keto Oil DME' Made with Canadian Flax Seets issue avec des graines de lin canad RED PALM OIL 250 ml. (8.5 az fl) 1L COCONUT OIL isura **21**⁴⁷ 500 ml 500 mL (16.9 oz fl) Flaxseed Oi 475 mL LUTEN-FREE - SANS GLUT





TOTAL BODY COLLAGEN The power to revitalize, restore, and protect our total body from the inside out.

"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." – Julie Reil, MD and Beauty Expert

Enhancing *beauty* from the inside out.

Koope's **European skin** care comes to Canada

Happy and healthy skin with super-clean cleansers and moisturizers

Your skin comes under daily assault from many pollutants and toxins. It's time for some self-care. Koope makes skin care effective while being simple and easy, so you can do more with less!

Founded on simplicity

In her 30s, esthetician Nadia Badowski suffered a severe reaction to a luxury skincare brand. She was treated for chronic urticaria (hives) on her face for nearly a year, then set out on a mission to create a skincare brand that was effective, easy to understand, and doesn't include common sensitizers (allergens) and ingredients that may be toxic for your skin and health. She created Koope from the belief that skin care shouldn't be complicated to be effective.

As a child trafficking survivor, Nadia is passionate about and champions the cause of individuals affected by sex trafficking. In addition to raising awareness, Koope donates to select charities that help rescue and support survivors.



What is skinimalism?

Skinimalism is simplified skin care. It's a minimalist approach that uses less products to achieve more naturally healthy skin. It's also easy to understand for any level of skin care knowledge. All your skin needs are a cleanser and a moisturizer.

None of the nasty stuff

Europe bans more than 1,500 toxic ingredients that are not banned in the USA or Canada. Koope products are formulated in Europe and follow this golden standard of "clean."



50 mL

LIGHTWEIGHT MOISTU Best for all skin types acneic skin

For light, sheer hydrat

- Sheer, long-lasting h
- · Helps protect the skin's barrier
- Reduces shine and sensitivity

lituit.ez/150mi€

Mik Cleanser

KOPP



"I see no reason" to create products that have anything but good-for-you

ingredients and no common sensitizers. You don't need a million products to have happy and healthy skin, I promise."

– Nadia Badowski, founder

• Sensitive-skin-friendly: Koope excludes 36 common sensitizers and is fragrance-free

• PETA-approved vegan and cruelty-free

• Cause-driven: For every product sold a donation is made to anti-sex-trafficking initiatives

	den
OPE	KOOF KOOPE
Nr. er inne ar for solar for and for and for an article for articl	Middleweight Moisturizer Mathematics Moisturizer Mathematics Mathe
	29 97 50 mL
RIZER	MIDDLEWEIGHT MOISTURIZER
and oily,	Best for all skin types
ion lydration	 Balanced, protective all-day hydrat Long-lasting, balanced hydration Environmental protection

• Helps with signs of an unbalanced microbiome



MILK CLEANSER

For a creamy, nourishing cleanse

- Ultra-rich texture
- Smooth and creamy
- Softens and nourishes

Milk Cleanser is ideal for all skin types, but especially for individuals with dry, dehydrated, damaged, or mature skin.



50 mL

HEAVYWEIGHT MOISTURIZER

Best for dry, very dry, damaged, or mature skin

Intense hydration without feeling heavy

- Deep hydration that lasts all day and night
- Strengthens the skin's barrier and fights free radicals
- Helps boost elastin and hyaluronic acid production







For a deep but gentle cleanse

- Lightweight deep cleansing
- Soothes and softens

 Gentle and non-sensitizing Gel Cleanser is ideal for all skin types, but especially for individuals with oily or acneic

skin, or for removing makeup.



GET GLOWING SKIN with

If you have a *choice*, go with what's Preferred

Good health is your choice

Preferred Nutrition is formulated by doctors and nutritional experts who care about your health. Your health matters, and we're dedicated to helping you reach your full potential. Our vitamins and supplements are held to the highest standards, are recommended by health care practitioners, and bring more choice to Canadian families.





NEW

3147

120 capsules

GLUTAMINE to REPAIR

Glutamine is a post-workout **recovery aid.** It assists in muscle tissue repair after prolonged exercise, but also supports the digestive and immune systems. This is critical because exercise can weaken these systems and induce "leaky gut" and risk of infection.



AFFECTS **Reliefibre stops gut discomfort**

and IBS symptoms FODMAPs in other popular fibres such as inulin, bran, and wheat can irritate your gut and

are bad for irritable bowel syndrome (IBS).

Reliefibre is gentle on your stomach. • Monash University Low It's a proven prebiotic fibre that helps relieve symptoms associated with IBS, including bloating, gas, diarrhea, and constipation. It mixes easily in hot or cold liquids, and doesn't result in the thick, goopy consistency of acacia fibre or other products on the market.

Reliefibre dissolves rapidly in water and doesn't thicken.

- FODMAP Certified[™]
- 100% organic, non-GMO. gluten-free
- Dissolves rapidly in liquid and doesn't thicken
- Available in Tropical Flavour or Unflavoured

IBS Relief Biotic: This multi-strain formula features 7 billion live probiotic cultures of probiotics shown to relieve symptoms of IBS, and helps restore intestinal flora.

Premium Formula **IBS Relief** Biotic

7 BILLION

A-STRAIN FORMULA

Clinically Tested &

Effective for IBS

30 Vegetarian Capsules

NO REFRIGERATION REQUIR

20⁹⁷

30 vcaps



UNFLAVOURED **39**⁹⁷

> Unflavoured 200 g powder Tropical 268 g powder





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

WOW GET THE ULTIMATE ENERGY & PERFORMANCE

KATE RHÉAUME, ND



"It's been a tough couple of years for everyone, but we can't stop living - it's time to restart living! Don't let stress and hormonal imbalances wear you down and interfere with your well-being or intimate relationships. Desire is complex, but we can reclaim

our energy, vitality, and spark. Here's a primer to happy hormones in these easy steps:

4397

150 vcaps

Balance estrogen

At any age, for men or women, an imbalance between helpful and harmful forms of estrogen can make us lose that loving feeling. Too many of the wrong

types of estrogen can squelch engine-revving testosterone, leaving us with no drive. Reduce estrogen dominance with ingredients like milk thistle, indole-3carbinol, and green tea extract.

Nourish the adrenals

Nothing kills the mood faster than being exhausted. Burnout robs us of the excitement provided by the neurotransmitter dopamine, draining pleasure from any activity, even the simple act of touching.

Adaptogens like Siberian ginseng, ashwagandha, and rhodiola improve mental and physical performance after periods of exertion, restoring our joie de vivre."

> **40**⁴⁷ 210 vcaps

WOMENSENSE

AdrenaSense

adrenal formula

Helps recover after mental and

physical stress and exertion

non gmo · gluten free



FOR BOTH

PERFORMANCE

Take advantage of plantbased medicines that support sexual health

Herbal helpers include Malaysian ginseng, a.k.a. tongkat ali (Eurycoma longifolia), known for its ability to boost testosterone, and damiana (Turnera diffusa), a legendary aphrodisiac. Niacin (vitamin B3) improves circulation, enhancing blood flow to tissues.

MALE ENERGY

This formula protects testosterone from conversion to estrogen, restores hormone balance, and reduces symptoms of declining testosterone. This formula rejuvenates energy and vitality in men over age 35.



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

WOMENSENSE

EstroSense

hormone balancing therapy

Helps support and promote healthy estrogen balance

non gmo · gluten free

150 VEGETARIAN CAPSULES

GAETANO MORELLO, ND





"In my 30 years of clinical practice, I have rarely had a day when a male patient hasn't asked me about maintaining youthful vitality. After the age of 35, men often experience a decline in testosterone levels and

an increase in estrogen production.

SALE **17**⁴⁷ 90 vcaps

32⁹⁷ 180 vcaps

60 vcaps

Although lower testosterone is often dismissed as part of the normal aging process, this decline can affect energy, performance, muscle mass and fat distribution, hair growth, and even emotional and cognitive well-being. Ensuring a good intake of essential nutrients needed for testosterone production can help support male reproductive health, energy metabolism, and hormone health in men, whatever their age."



TESTOSTERONE ULTIMATE. ULTIMATE. TESTOSTERONE MALE ENERG Formulated Specifically for Promotes Healthy Testosterone Men's Optimal Health Production in Men NON GMO · GLUTEN FREE NON-GMO - GLUTEN-FREE

60 VEGETARIAN CAPSULES

BOOST This formula features a full-spectrum extract of ashwagandha to provide significant improvement in testosterone. It also lowers stress levels, while supporting energy and performance.

60 vcaps

HELP KIDS GET READY FOR with **BIG FRIENDS**

Give your children delicious, meaningful amounts of vitamins and minerals.

> Leia's favourites!

1397

60 chew tabs

Kids need protection!

Help get your child's immune system ready with our back-to-school lineup. It's nice when we can give children a helping hand. Big Friends offers a potent line of immunity defence with great-tasting gummies and chewables - or you can mix our liquid formulations into your own foods and beverages.



Tens of thousands have discovered using RealEasy meal replacements "If it worked for me, brings huge health benefits I am certain it will work for you! My blood sugar is now normal, my blood pressure

MORE THAN JUST WEIGHT LOSS:

ONĽ

\$250

per serving

ONE SHAKE

equals to 22 g

52⁹⁷

powder

VEGAN

Vanilla and

chocolate flavours

WHEY

Vanilla, chocolate,

and strawberry flavours

OF PROTEIN

- Lower blood sugar
- Lower blood pressure
- Improved cardiovascular health
- Increased stamina

1000 · 100

offer a natural.

effective, and

that supports

overall health

and well-being."

Julia Solnier, PhD

"Meal replacements

affordable solution

An observational study comparing the effects of whey and vegan nee enects of whey and vegan meal replacements containing PolyGlycopleX[®] over 12-weeks in healthy adults Julia Solnier Ginical Research Unit, ISURA, Barnady, Canada variana ensemble Com, 1900 en contrant, Canada, Canada, an Roland Gahler vs Group of Netritional Companies, Burnaby, Canada, an

Simon Wood Fecally of Land and Food Systems, UBC, Varcouver, Cana.

CLINICAL WEIGHT LOSS Easy

Vegan Meal Replacement PGR is useful in weight reduction only at part of an energy reduced diet.

Kea

NEW

WEIGHT

LOSS

STUDY

HELPS YOU FEEL FULL LONGER BRINGS BLOOD SUGAR TO NORMAL LEVELS LOWERS CHOLESTEROL

CLINICAL WEIGHT LOSS keal

Whey Meal Replacement PGX is useful in weight reduction only as part of an energy reduced diet. HELPS YOU FEEL FULL LONGER

BINGS BLOOD SUGAR TO NORMAL LEVELS LOWERS CHOLESTEROL

22 g Protein 19 g Carbs 830 g Powder 25 g Protein 22 g Carbs 940 g Poudet

I simply mixed a meal replacement in a glass of water with my fork. It was so quick and easy! I dropped 25 lb." – B.G.

"I thought it would be hard, but it was real

is excellent, and I feel great!

easy. I've been doing the shakes for about 10 weeks, during which time I had a vacation, a family event, and even enjoyed a few wines on the patio in the summer. My blood sugar is now normal. After 10 weeks I am down 24 lb with 2 weeks left on the 12-week program." – C.G.

"Easy 17 lb lost in 3 months! With

RealEasy shakes and minimal exercise, I feel lighter and more energized and my belly fat is gone. I am now using RealEasy Meal Replacements as part of my daily meal regimen." – R.R.

²² EXCLUSIVELY available in natural supplement stores. • Ask natural health food store employees for these flyer products.



French vanilla, decadent chocolate.



powder Unflavoured





Everything you need IN ONE DELICIÓUS SCOOP

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

100% organic – even the flavours and sweeteners!

The nutrition of a full meal at HALF the cost

All In One Nutritional Shake contains our great vegan protein mix with vitamins, minerals, and greens formula from our farms.

Save your grocery dollars and time with the convenience of this energizing meal replacement.

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.



Only \$2.50 per serving. Save your grocery dollars.





20g 2g 130 2.5 g 30 VANILLA



100 2.5 g 30 UNFLAVOURE



powder Unflavoured



powder French vanilla. decadent chocolate



powder Very berry



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