

# IGNITING the SPARK for a Stellar New Year!

Embrace the idea of a fresh start.

See page 3



Michael R. Lyon, MD

“Excessive weight gain is probably the driver of most of the health problems in our society today, such as cardiovascular health problems, diabetes, and pre-diabetes. These problems will improve dramatically with as little as 5% weight loss.”

DR. MICHAEL LYON is the Medical Director at the Obesity Medicine and Diabetes Institute, and a UBC faculty member with over 30 years of practice. He is Board Certified in Obesity Medicine through the American Board of Obesity Medicine.



Beat inflation with our **SHRINKINFLATION SALE!**

**Unbelievable Deal!**  
High-Potency  
Vitamin D3  
2500 IU

**ONLY**  
**10<sup>97</sup>**

360 softgels



HIGH ABSORPTION  
Quick Dissolve  
High Energy

**B12** **ONLY**  
1000 mcg **9<sup>97</sup>**

180 subtabs



Canada's  
#1 most effective  
Quercetin

**ONLY** **29<sup>97</sup>**

60 softgels



**MARINE COLLAGEN**  
Helps reduce fine lines  
and wrinkles quickly  
**Incredible Price!**

**26<sup>97</sup>**

powder

While quantities last.

**FLYER SALE ENDS JAN 31, 2022.**

**40**  **NUTTERS**  
EVERYDAY NATURALS  
*Years*  
**OF SMALL TOWN HEALTHY**  
*Since 1982*



# You can do better in 2022!



From french fry fan

“Children have been shaped to be the perfect consumers by the big food industry especially through marketing and the creation of foods that are very compelling to them. Children are vulnerable to strong flavours and options that are not necessarily good for them.

They can't discern what's good and what's not good... Over the years, we have created a health catastrophe that affects us all, not just the children – because children, of course, become the grown-ups and leaders of tomorrow. They end up taking with them the health concerns they acquire as children, as their foundation is often very poor because of this food culture.”  
– MICHAEL LYON, MD

Go from food  
you love to  
food that  
loves you!

Find out more about the stellar protein and fish oils that made the grade on page 22.

to smoothie cutie!



## Treat Your Loved Ones to Great Health

Sure, everyone can eat junk food once in a while. Who doesn't love a tasty treat? But where is our focus the rest of the time? This year, it's time we remained focused on building a healthy heritage for our families. After all, the most wonderful thing we can do is look after each other, young and old.

And no matter how young or old you are, you can rest assured that the **products you consume have meaningful amounts of nutrients that are verified clean and free of contaminants. In this flyer, each product – every batch – has been ISURA tested to ensure 100% potency and purity.**

We know that when it comes to your loved ones, you'd expect nothing less. So treat them to a nutritious healthy start, and an added layer of protection, with nutrients and supplements their bodies really need.

They might just love you for it!

### DELICIOUS NUTRITIOUS!

Sea-licious is the only fish oil that you can add to a smoothie without negatively affecting the taste – in fact, we think it improves it!



# Losing weight isn't hard

## Interview with Dr. Michael Lyon

Watch the full interview live  
at [youtube.com/realeasy](https://youtube.com/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.

### Q What was the spark that inspired you to become a doctor?

**ML:** I was quite heavy and unhealthy as a kid. I eventually got pneumonia, nearly died, and lost a lot of weight. That sparked in me an interest in health. I started reading books that I got from health food stores and turned my life around. It was the health food store that set me on the right path. That inspired me to become a medical doctor.

### Q And what have you learned from those who need help the most?

**ML:** It's been a quest of mine to look at the science behind weight problems – not to stereotype people and say, “Oh, they're lazy,” or, “they're silly or foolish,” or whatever. I know that it's much more complicated than that. 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. When you really listen to someone's story with compassion, you understand that it isn't a simple matter. You can't just pick the magic diet and you're fixed. That's why I love what we do at the clinic.

### Q There are all kinds of weight-loss programs out there. What are your thoughts about that?

**ML:** You cannot outrun your fork. When you exercise, you burn a few calories, but if you're not careful, you're going to eat more than what you burn. And as you get older, your body resists weight loss through exercise. All my life, I've had struggles with my weight. I've tried so many different methods – some pretty extreme.

### Q So what do you recommend?

**ML:** 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. I'll never try any other way. I keep my weight off by making careful choices every day, practising portion control, and not snacking into the evening – all these things are important for me. But I lose weight by going on meal replacements. It's actually super easy.

### Q How does the weight loss happen?

**ML:** About a week into using meal replacements consistently, your hunger really minimizes. You feel quite satisfied, and that's partly because when you consume a meal replacement, it's food that's processed to get rid of all the extra calories. All of it is nutrition. So it has all the protein you need, all the vitamins, minerals, and fatty acids, as well as fibre. These meal replacements give pure nutrition in a meal that only has 225–250 calories.



# Thousands have been using RealEasy Meal Replacements since last spring.

## Here are a few of their testimonials.

**“I thought it would be hard, but it was real 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. I have just increased my step count and added some hikes a couple times a week. I stopped craving snacks and felt like I had more energy. 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.

**“If it worked for me, I am certain it will work for you!** My blood sugar is now normal, my blood pressure is excellent, and I feel great! 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.

**“Tastes great!** RealEasy reduces my cravings a lot, keeps me full for at least 4–5 hours. Very easy and fast to prepare. I lost a lot in weight and sizes, which keeps me motivated to continue. I feel happier and healthier mentally and physically.” – F. A.

**“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.

**“I believe in this product – it’s changed my life!** I was very skeptical about trying this product... I tried a lot of products in the past. I’m 45 years old now, and boy I swear by this product... Thank you!” – C. K.

**“My cravings for sweets went away.** I am glad I purchased this product. It really fills you up. I didn’t have any desire to snack between meals and the cravings for sweets went away after using this product for 1 week. I can add fruit or not, and it still tastes delicious. By following the directions and drinking a full glass of water after 1 hour, you are satisfied until the next meal about 4 hours later. I would purchase again.” – B. N.



Learn more at [naturalfactors.com/en-ca/products/realeasy-with-pgx](https://naturalfactors.com/en-ca/products/realeasy-with-pgx)

# It’s just RealEasy!

## GAETANO MORELLO, ND



Gaetano Morello, ND, recommends “using a meal replacement every morning for breakfast and for trimming down. Patients feel more energy and clarity, and an overall feeling of well-being is often reported. It truly is what can be called a game changer!”

RealEasy Meal Replacements are clinically proven to be a completely safe, natural, and highly effective way to achieve and maintain your weight-loss goals. RealEasy Meal Replacement shakes will greatly diminish appetite, so you will eat less, making weight loss almost effortless.

- Average weight loss of 15.6 lb over a 2–3 month period
- Average decrease in waist circumference by 3–4 inches
- Reduces cravings and curbs appetite
- Balances and helps regulate blood sugar

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.



**VEGAN**  
**49<sup>97</sup>**

powder  
Vanilla and  
Chocolate  
flavours

**WHEY**

Vanilla,  
Chocolate, and  
Strawberry  
flavours

## KATE RHÉAUME, ND

## It’s simple to trim down



One of the simplest and most powerful ways to support your heart health is to trim down, even if just a little! Losing a mere 5% of body weight – 10 lb from a 200 lb person – can make a major difference in metabolic health. This kind of change strikes at the core of the “pre-existing conditions” we’ve heard so much about. Studies show that even such a relatively small reduction in weight can provoke a positive change in lipid profiles such as HDL and triglycerides, as well as blood pressure. These factors support metabolic health to keep us out of the hospital.

Quality and longer sleep are other benefits linked to modest weight loss, with bonus mood benefits accompanying better slumber. Trimming down is also a boon to blood sugar, as it is associated with better glycemic control.

The key is weight loss that is easy and sustainable. Diets come and go, and the weight may return. Balancing blood sugar heals the insulin imbalance that drives belly fat, cravings, and hanger... the weight loss simply follows!

**“The best way to prevent a heart attack is to live like you’ve already had one.” – Dr. Julian Whitaker**



# The real easy exercises that make a difference

A healthy diet and exercise, with help from RealEasy with PGX® Meal Replacements, can help you achieve your weight-loss goals. Losing weight can reinvigorate you, giving you added energy to stick to a healthy exercise routine.

Experts agree: exercise can strengthen the immune system, reduce stress, prevent weight gain, improve sleep, and increase mobility. To help you reach your goals, here's an easy-to-follow set of four exercises. They target multiple muscle groups while activating your core, delivering big gains in a short time period.

Be sure to check with a doctor before starting any exercise program.

## WHAT YOU'LL NEED

A few dumbbells and an exercise mat. Choose weights that challenge you toward the end of your workout.

## WARM-UP

Get your routine going with upper and lower body stretches, followed by some jumping jacks.



## 1 One-Arm Dumbbell Row

10–12 REPS

Start with feet shoulder-width apart. With one foot forward, push your hips back while bending the opposite knee. Keep your back and neck straight. Pull the dumbbell up toward your chest, elbows toward the ceiling. Squeeze your shoulder blade toward the end, and pause for 2 seconds. Slowly extend your arm back down and repeat. Alternate with your other side.

## 2 Stiff Leg Deadlift

10–12 REPS

Stand with knees slightly bent, feet shoulder-width apart, resting dumbbells on your thighs. Using your hips as a hinge, bend slightly at your knees, let the dumbbells slowly move toward the ground, keeping your back straight. Keep weight on your heels, while pushing your hips back. Your upper body should be almost parallel to the floor, and the dumbbells should reach below the knees. To return, exhale, squeeze your glutes, and drive your hips back to the front, keeping your back straight. Be sure to keep a slight bend in your knees throughout.



## 3 Dumbbell Bench Press

10–12 REPS

Lie on your back, knees bent, and feet flat with your back flat against the floor. Elbows resting in a 90-degree angle on the floor and dumbbells held in the air, slowly push one dumbbell up toward the ceiling until your arm is extended and your elbow is straight. Hold, then repeat with your other arm until both dumbbells are adjacent to one another.



## 4 Reverse Lunges

10–12 REPS

Stand with feet shoulder-width apart, dumbbells by your side. Tighten your core, step back 3 feet with your left foot, placing the ball of the foot down with the left heel off the ground, and bend the left knee as you do while bending your right knee to about 90 degrees. As you move, the dumbbells should move down toward the floor. Although leaning slightly forward, your back should be straight. Return to standing by pushing through the heel of your right foot, keeping your back straight and core engaged. Alternate with the other side.



**CIRCUIT BREAK:** Take a 2-minute break between exercises. Once you're done with this circuit of 4 exercises, you can repeat the circuit 2–3 more times. When done with your circuits, be sure to cool down for 5 minutes with some stretches, deep breathing, and walking.

**And what could be more enjoyable than adding in a 15–30-minute walk outside? Nothing could be easier!**

# De-Stress Sleep Better

Sleep sooo much better, sooo much longer, and fall asleep faster!

## Fall asleep faster – stay asleep longer

**NEW Bi-Layer Melatonin** is a dual-action, timed-release, bi-layer tablet that quickly releases 5 mg of melatonin to help you fall asleep faster, and then steadily releases the remaining 5 mg to help you sleep through the night.

15<sup>97</sup>  
90 tablets



21<sup>97</sup>  
60 chewable tablets

**Calm nerves and promote restful sleep!**

**Delicious chewable tablets**

**Stress-Relax Tranquil Sleep** combines L-theanine, melatonin, and 5-HTP to calm nervousness, promoting a restful, deeper night's sleep.

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# STRENGTHEN your IMMUNE SYSTEM

## Are vaccines alone enough?

Preventative measures, such as good hygiene, social distancing, and covering coughs and sneezes, are always very important. However, studies show a lot of evidence that meaningful amounts of supplements, such as quercetin, vitamin D, zinc, and vitamin C can help the severity of colds and flu.

**EXCELLENT**  
**All-in-One**  
**IMMUNITY Startup Kit**  
with four key supplements  
ONE-MONTH SUPPLY for family and friends – everyone can benefit!



**19<sup>97</sup>**  
kit



### KAREN JENSEN, ND

“I always take **5000 mg of vitamin C** daily throughout the year. I add at least **500 mg of quercetin** and **50 mg of zinc** over the winter months to keep myself healthy. For my grandkids who are all under ten years old, I suggest taking 500 mg of vitamin C in the summer and 1000 mg of vitamin C with added zinc in the winter months.”

**17<sup>47</sup>**  
60 vcaps



**19<sup>97</sup>**  
60 tablets

**25<sup>97</sup>**  
90 tablets



**10<sup>97</sup>**  
60 vcaps

**13<sup>97</sup>**  
90 vcaps



### STEPHANIE RUBINO, ND

“Shorter days and colder temperatures mean there’s a risk for vitamin D deficiency. I always make sure to get optimal amounts of **vitamin D3** by improving my dietary intake with at least **2000 IU** each day.”

**WE ALL NEED VITAMIN D** – the most important winter supplement for family and friends!

**SALE**  
**11<sup>97</sup>**  
15 mL



**5<sup>47</sup>**  
180 softgels  
1000 IU

**8<sup>97</sup>**  
360 softgels  
1000 IU

**11<sup>97</sup>**  
500 softgels  
1000 IU



**INCREDIBLE PRICES!**



**SALE**  
**6<sup>97</sup>**  
180 softgels  
2500 IU

**10<sup>97</sup>**  
360 softgels  
2500 IU

**13<sup>97</sup>**  
500 softgels  
2500 IU



**SALE**  
**21<sup>97</sup>**  
210 tablets

**SALE**  
**6<sup>47</sup>**  
90 tablets



**13<sup>97</sup>**  
120 vcaps  
50 mg

**11<sup>97</sup>**  
120 vcaps  
25 mg



**SALE**  
**21<sup>97</sup>**  
60 vcaps



**SALE**  
**29<sup>97</sup>**  
60 liquid softgels



**SALE**  
**11<sup>97</sup>**  
90 softgels

**Super Immune Formula** has all key ingredients for your immunity in a softgel



**10<sup>97</sup>**  
50 mL  
**19<sup>97</sup>**  
100 mL

**19<sup>47</sup>**  
60 softgels  
**36<sup>47</sup>**  
120 softgels



**15<sup>97</sup>**  
30 mL  
**30<sup>47</sup>**  
60 mL

**8<sup>97</sup>**  
60 softgels  
**15<sup>47</sup>**  
120 softgels



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# DO YOU FEEL EXHAUSTED?



**KAREN JENSEN, ND**

“For optimal brain health, it is essential to take the time to learn the importance of lifestyle essentials, like diet and exercise, and the use of supplements to restore and maintain mental well-being.”

## COGNITIVE SUPPLEMENT COCKTAILS FOR MENTAL HEALTH

Chronic stress increases the stress hormone cortisol, which leads to inflammation, an underlying cause of many mental health disorders and chronic diseases.

Many mental health disorders and chronic diseases have listed stress as one of the leading causes. As a result, most people, if not all, would benefit from supporting the adaptive stress system.

One formula cannot provide the nutrition required to have a therapeutic effect for foundational brain health. Rather than taking five single-ingredient products, a “kit” called

Daily Brain provides an **easy, convenient, all-in-one daily packet.**

**DAILY BRAIN** formula contains phosphatidylserine, curcumin, omega-3 fatty acids, grapeseed extract, and probiotics.

**MEMORY BOOST** promotes mental clarity by enhancing both memory and function. This comprehensive formula contains seven brain-boosting nutrients, extracts, and antioxidants that work together to supply the brain with energy, protect neurons, and defend the brain against radical damage.

**BRILLIANT MIND** formula contains phosphatidylserine, phosphatidylcholine, omega-3 fatty acids, L-alpha-glycerophosphorylcholine (Alpha-GPC),

and green tea extract. This formula can be an excellent cognitive cocktail for those who are starting to experience memory issues.

**BRAIN FOG, LOW ENERGY, ALWAYS TIRED?**

Mitochondria are membrane-bound organelles present in almost all our cells. They are referred to as “the powerhouse” of our cells because they play a large role in providing us with most of the energy we need to go about our daily lives.

**REGENERLIFE** helps maintain cognitive health and brain function. This formula reduces symptoms of fatigue while improving strength and power.

**SALE**  
**54<sup>47</sup>**  
30 daily packs

**25<sup>97</sup>**  
120 vcaps

**25<sup>97</sup>**  
90 softgels

**81 g powder**



## MICHAEL T. MURRAY, ND



Michael T. Murray, ND is widely regarded as one of the world’s leading authorities on natural medicine. Dr. Murray has written over 30 books promoting health, including the best-selling *Encyclopedia of Natural Medicine*. For more information, go to [DoctorMurray.com](http://DoctorMurray.com)

Most recent scientific investigations on quercetin have focused on its potential to fight infection by **boosting immune function**, as well as exerting some **antiviral effects**.

# QUERCETIN IS QUICKLY BECOMING AN ESSENTIAL SUPPLEMENT. WHY?

## Nature’s Answer for Protection Against Viral Infections

As scientists around the globe search for ways to address virus infections, such as cold and flu, there is a high level of excitement for numerous natural products that might offer some benefit. One in particular is quercetin, a plant pigment in the flavonoid family. Available as a dietary supplement, quercetin is also found in many fruits, especially citrus, apples, and berries; green leafy vegetables; seeds and nuts; green tea and other medicinal plants; dark chocolate; and red wine.

## What are the health benefits of quercetin?

Quercetin exerts significant health benefits as an important dietary antioxidant and anti-inflammatory compound. These effects are critical in protecting cells that line the surfaces of the body and blood vessels. This benefit is important for respiratory tract health, especially for the health of the small sac-like alveoli in the lungs where oxygen is transferred into the blood. The alveoli are lined by a single layer of specialized cells that quercetin has long been known to protect.

Most recent scientific investigations on quercetin have focused on its potential to fight infection by boosting immune function, as well as exerting some antiviral effects. Quercetin can enhance white blood cell activity and help mobilize these cells to areas of infection.

In regard to direct antiviral action in human cell cultures, quercetin has been shown to block the infectivity of a variety of viruses by inhibiting multiple processes in the virus life cycle. A human clinical trial in athletes suggested these effects translate to quercetin reducing upper respiratory viral infections. In the study, 40 trained male cyclists were given either quercetin or a placebo daily for three weeks. As in other studies, quercetin improved physical performance (by 57%). This was expected, but the unexpected finding was that it also reduced upper respiratory tract congestion and other symptoms. In fact, only one of the 20 cyclists given quercetin developed cold symptoms, while nine of 20 in the placebo group displayed respiratory tract symptoms.

## Quercetin and viral infections

For several reasons, quercetin became a candidate as a true ally against viral infections. Initially, many nutritionally oriented physicians began recommending quercetin for its ability to

possibly enhance the antiviral effects of the ionic form of zinc. When zinc is unbound to other molecules, that is, when it is in a free ionic state, it exerts significant action in blocking viruses from replicating by inhibiting an enzyme produced by the virus known as replicase. This enzyme is

## The micellar LipoMicel quercetin is up to 10 times better absorbed than regular quercetin.

what a virus uses in order to replicate itself within human cells. Quercetin is known to act in creating a channel, known as an ionophore, which allows free ionic zinc to enter the infected cell and block viral replication. Quercetin is also complementary to vitamin C. The science on quercetin’s anti-coronavirus activity has evolved further,

showing additional specific actions useful against viral infections. One of the key aspects of the infectivity of some viruses is the presence of specialized proteins on the spikes, found on its surface, that allow it to bind to and then penetrate host cells to cause infection. Quercetin exerts significant inhibition on the binding of specific spike proteins in docking to human cells. Quercetin has also been shown to directly neutralize viral proteins that are critical in the replication of superbugs. It exerts multiple sites of inhibition of the virus.

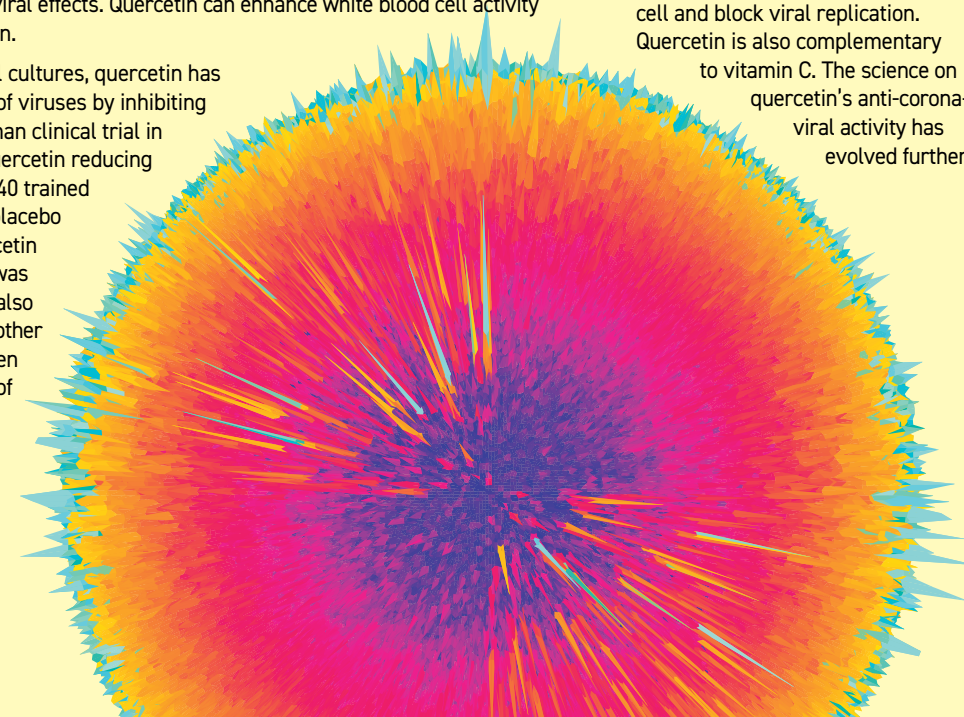
These preliminary findings need to be tested in clinical studies. There are currently three clinical trials underway monitoring patients hospitalized with severe virus infections. Unfortunately, there are no current studies using quercetin as a preventive measure.

## How to get the best results with quercetin

Regular quercetin is not absorbed very well. Fortunately, there are specialized forms of quercetin that show enhanced absorption. For example, one popular form creates “micellar” quercetin. In this form, quercetin is encased in fatty acids to form a protected inner compartment. The micellar quercetin is more soluble and up to 10 times better absorbed than regular quercetin.

The dosage recommendation as part of a nutritional supplement program to support immune function for this form is 250 mg once or twice daily.

Quercetin is very safe, and no side effects have been reported. However, quercetin may increase the absorption of some drugs, including chemotherapy agents and high blood pressure medications. If you are taking any drugs in these classes, use the lower dosage of 250 mg once daily.





# Protective Measures for IMMUNE SUPPORT and Aging Immune System

## Breakthrough in ABSORPTION TECHNOLOGY

Until now, one of the biggest challenges with quercetin 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 10x 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

**15<sup>97</sup>**

30 liquid  
softgels

**54<sup>97</sup>**

120 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 peer-reviewed Canadian journal\*, the LipoMicel formulation achieves significantly higher blood concentrations of quercetin 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



**VERIFIED  
CLEAN**  **NON  
GMO** 

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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.



From a simple seed, planted in the ground with a little water, nutrients from the soil, and a whole lot of energy from the sun, comes the **wholesome nutrition**



# WHOLE EARTH & SEA®

**Factors Farms® are certified 100% organic.**

Our crops are fertilized with compost and nitrogen-rich sea plants, and are meticulously cared for by hand.

*Yes, you can really see and feel the difference!*

**Super Specials!**

**34<sup>97</sup>** 60 tablets **65<sup>97</sup>** 120 tablets

**TRUSTED CHOICES**

WHOLE EARTH & SEA AVAILABLE ONLY IN NATURAL FOOD STORES

*exclusively* AQN

**This is the vision that created the greatest multi-vitamins ever.**

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# Start the year with the best WHOLE EARTH & SEA supplements



**52<sup>97</sup>** Greens  
**59<sup>97</sup>** Protein & Greens

**You'll love the flavour and how you'll feel using this 100% FERMENTED, ORGANIC PRODUCT.**

**FERMENTED PROTEIN & GREENS** goes far beyond standard greens and protein products. This innovative formula gives you all the nutrition in our **organic greens superfood formula along with 21 g of the cleanest possible plant-based VEGAN PROTEINS.**

These unique food supplements harness the power of natural fermentation to create highly bioavailable nutrition from Whole Earth & Sea.

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

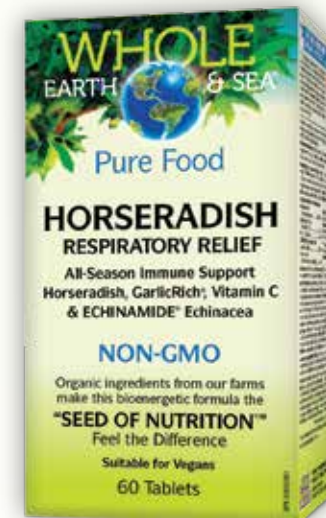
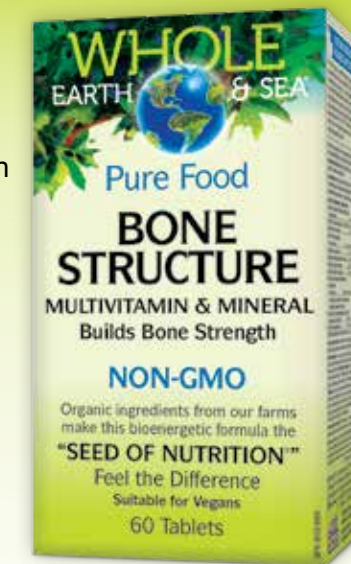
**FERMENTED GREENS** is the **ONLY 100% fermented and 100% organic greens formula.** Our new enzymized greens is non-GMO and vegan friendly, **providing 6 g of quality fermented plant protein** in every serving. This exceptional formula also includes fermented grasses, fruits, vegetables, and micronized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

Available in Organic Chocolate, Organic Tropical, and Unflavoured.

## BONE STRUCTURE Multivitamin & Mineral

Build and strengthen bones with this calcium-rich wholefood formula with active vitamin and mineral complexes for maximum absorption.

**SALE**  
**27<sup>47</sup>**  
60 tablets



## Horseradish Respiratory Relief

Reduces cold symptoms by clearing congestion and mucus production

**SALE**  
**17<sup>97</sup>**  
60 tablets

## TRUSTED CHOICES

WHOLE EARTH & SEA AVAILABLE  
ONLY IN NATURAL FOOD STORES

*exclusively* AQN

# Protect your GUT and IMMUNE SYSTEM with the power of fermented wholefood probiotics!

**10 strains** – the greater the diversity of probiotics and the number of bacteria, the better the balance and development of healthy gut flora

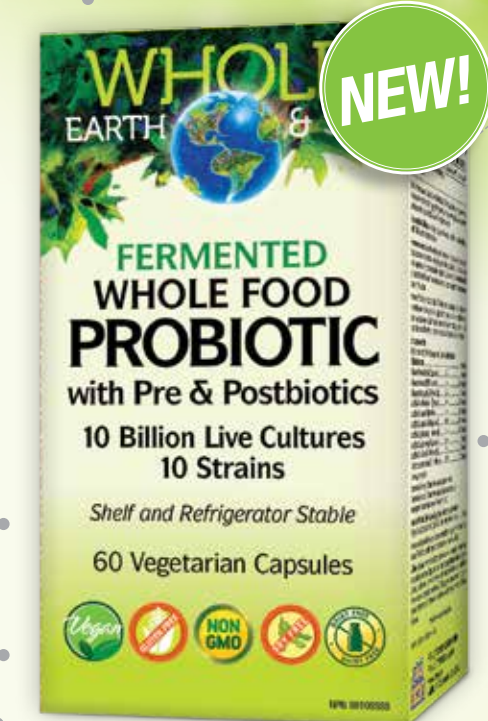
**10 billion** live cells

**Vegan** formula

**Shelf-stable** formula

Supports healthy digestion and **reduces the frequency of gastrointestinal disturbances**, such as constipation, irregularity, gas, and bloating

**SALE**  
**24<sup>97</sup>**  
60 vcaps



Select **wholefood ingredients** from our **organic farms**

**Fermented prebiotic matrix** – broccoli, carrot, kale, parsley, and spinach serve as the perfect nourishing culture medium to ensure the survival of the strongest bacteria

With **added scFOS prebiotic** to promote the growth and activity of the specific strains in this formula

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.

[wholeearthsea.com](http://wholeearthsea.com)

## 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.



**21<sup>97</sup>**  
125 g powder

**32<sup>97</sup>**  
188 g powder

**32<sup>97</sup>**  
175 g powder



# BEAUTY for your WHOLE BODY

## Experience the total body benefits of Total Body Collagen

- Helps reduce fine lines and wrinkles within four weeks
- Increases skin hydration and firmness
- Offers joint and bone support
- Sourced from pasture-raised, grass-fed cattle and wild-caught fish

## TOTAL BODY COLLAGEN

features essential nutrients that promote healthy skin, muscles, and connective tissue.

Collagen can't be absorbed well unless it's hydrolyzed. **Total Body Collagen** and **Total Body Marine Collagen** contain highly absorbable, non-GMO, hydrolyzed collagen. But we go a step further to ensure optimal absorption; our collagen complex has a unique amino acid structure that generates collagen production much quicker. The result is a considerably higher production of dermal collagen.

Collagen is the most abundant protein in our body; however, our collagen supply begins to decline with age. This is often the source of joint and bone degradation that can lead to arthritis, osteoarthritis, and osteoporosis. Available in both bovine and marine sources, Total Body Collagen combines high-absorption collagen, along with hyaluronic acid, biotin, and vitamin C to help regenerate cartilage. It also increases the elasticity of joints, tendons, and ligaments.

**SALE**  
**43<sup>97</sup>**

135 g powder

**SALE**  
**47<sup>97</sup>**

180 tablets  
or 500 g powder

**NEW!**



# WomenSense

## #1 recommended by physicians

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

## Tired of feeling tired?

**Extreme tiredness, weight gain, and just feeling wiped out — these are common symptoms of an underactive thyroid.**

Recent studies indicate that 1 in 3 Canadians have a thyroid disorder. Hypothyroidism (underactive or low thyroid function) is the most common thyroid disorder. It is often more common in older women, however most women who are approaching menopause will experience symptoms of low thyroid.

Symptoms include fatigue; weight gain; cold hands and feet; moodiness; puffy face; thin, brittle nails; dry hair and hair loss; headaches; low libido; dry, scaly skin; and constipation.

ThyroSense does not replace your prescription thyroid medication, but can help deal with the symptoms. It is a proven natural combination of important nutrients including L-tyrosine, ashwagandha, guggul, pantothenic acid, copper, manganese, and iodine that can help enhance thyroid function. ThyroSense also helps the body metabolize carbohydrates, fats, and proteins.

## Is it hot in here, or is it just me?

Sure, we may joke about hot flashes, mood swings, and basically feeling like we are losing our minds. But there is nothing funny about what you're feeling when experiencing menopause symptoms.

The 10–15 years leading up to menopause (one year without a period) are called perimenopause. During this time millions of women experience hormone fluctuations that lead to sleepless nights, mood swings, irritability, headaches, brain fog, hot flashes, and intense night sweats – symptoms that can rob you of joy for the things you usually love. Some may feel they have no choice but to try antidepressants, sleeping pills, or bio-identical hormones just to feel normal again. Fortunately however, you can get back to being yourself again with natural herbal and nutritional supplements.

I recommend MenoSense to my patients. MenoSense contains the natural ingredients black cohosh, chasteberry, gamma-oryzanol, hesperidin, and dong quai that will help balance fluctuating hormone levels and ease the transition through menopause.



**34<sup>97</sup>**  
240 vcaps

**31<sup>97</sup>**  
240 vcaps

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# WOW GET THE ULTIMATE ENERGY & LIBIDO

## 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:

### 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-3-carbinol, and green tea extract.

**39<sup>97</sup>**

150 vcaps



### Nourish the adrenals.

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

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

**36<sup>97</sup>**

240 vcaps

# FOR BOTH HER & HIM

**SALE 36<sup>47</sup>**

90 vcaps

**64<sup>97</sup>**

180 vcaps



**SALE 13<sup>97</sup>**

90 vcaps

**26<sup>47</sup>**

180 vcaps

## ULTIMATE LIBIDO

**Take advantage of plant-based 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

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**

**SALE 22<sup>47</sup>**

60 vcaps

**39<sup>97</sup>**

120 vcaps



**SALE 18<sup>97</sup>**

60 vcaps

## 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.

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 BOOST

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



# Big Friends – #1 choice for my kids, and yours, too!



**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!”

Adding a little Sea-licious makes it more delicious!

With a rainbow of over 26 wholesome fruits, veggies, and herbs; plant-powered protein; and a complete range of vitamins and minerals, VegiDay’s Kids All-In-One Daily Shake gives kids the wholefood nutrition their growing bodies need – and it tastes great! It can be used as a light meal replacement or in between meals to fill any nutritional gaps. There are so many ways to make nutritious delicious!



**39<sup>97</sup>**  
powder



**11<sup>97</sup>**  
60 chewable tablets



All flavours available while quantities last.  
Tangerine Lime  
Raspberry Lemonade  
Tropical Colada  
Kids Cotton Candy

**24<sup>97</sup>**  
250 mL  
**39<sup>47</sup>**  
500 mL

**SALE 6<sup>47</sup>**  
90 chewable tablets



**SALE 7<sup>47</sup>**  
60 chewable tablets



**SALE 10<sup>47</sup>**  
60 chewable tablets



**SALE 10<sup>47</sup>**  
250 chewable tablets



**SALE 8<sup>47</sup>**  
15 mL

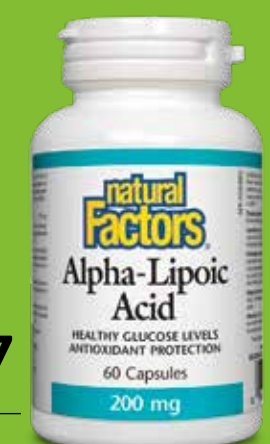


**SALE 22<sup>47</sup>**  
60 g



# Beat inflation with our SHRINKFLATION SALE

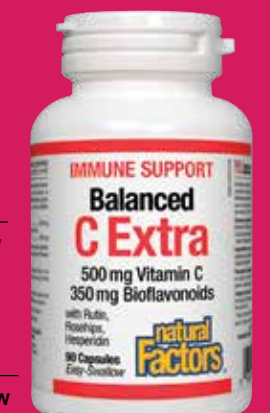
**SALE 12<sup>97</sup>**  
60 capsules



**SALE 12<sup>97</sup>**  
120 vcaps



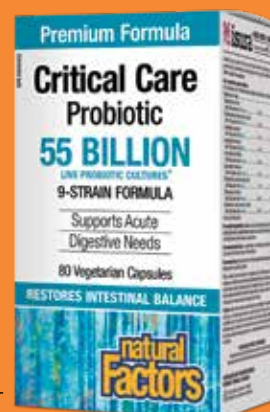
**SALE 10<sup>97</sup>**  
90 easy-swallow capsules  
**19<sup>47</sup>**  
180 easy-swallow capsules



**SALE 9<sup>47</sup>**  
90 tablets  
**17<sup>97</sup>**  
180 tablets



**SALE 53<sup>47</sup>**  
80 vcaps



**SALE 37<sup>97</sup>**  
90 vcaps



**SALE 28<sup>47</sup>**  
250 vcaps



**SALE 15<sup>47</sup>**  
120 capsules



**SALE 16<sup>47</sup>**  
60 softgels



**SALE 24<sup>47</sup>**  
150 softgels



**SALE 12<sup>47</sup>**  
180 tablets



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# Beat inflation with our **SHRINKFLATION SALE**

SALE

**14<sup>97</sup>**

60 softgels

**27<sup>97</sup>**

120 softgels



**SALE**  
**26<sup>97</sup>**

60 softgels

**49<sup>97</sup>**

120 softgels



**SALE**  
**49<sup>97</sup>**

60 softgels



**SALE**  
**75<sup>97</sup>**

120 softgels  
100 mg

**75<sup>97</sup>**

60 softgels  
200 mg



100% Premium  
Organic  
Coconut Oil!  
**INCREDIBLE  
DEAL!**

**18<sup>97</sup>**

500 mL

**27<sup>97</sup>**

1 L



**SALE**  
**43<sup>97</sup>**

360 softgels

**23<sup>47</sup>**

180 softgels



**29<sup>97</sup>**

120 caplets

SALE



**14<sup>97</sup>**

475 mL

**SALE**  
**12<sup>47</sup>**

30 mL

SALE



All flyer products are  
ISURA verified

**isura**<sup>®</sup>

VERIFIED  
CLEAN



NON  
GMO



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