

JANUARY 2024

# Surge ahead

YOU WERE MADE TO BE  
*recharged*

**PLUG into SOLUTIONS** SEE PAGE 4

We know and we care to get you what you need at the most affordable pricing possible.

**Incredible savings in this flyer!**

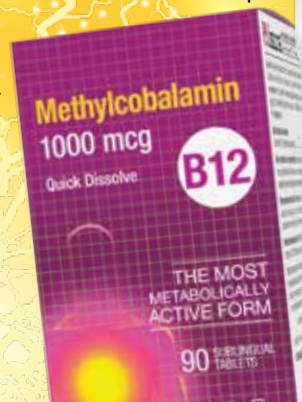
**HUGE Savings!**

One of the best forms of magnesium for mental clarity, calm, and muscle recovery

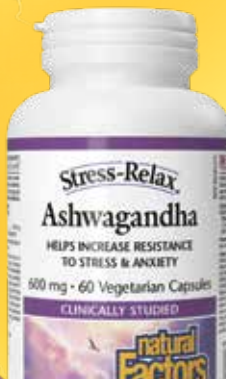


**29<sup>97</sup>**  
250 vcaps

**6<sup>97</sup>**  
90 subtabs



**13<sup>47</sup>**  
30 vcaps  
**22<sup>97</sup>**  
60 vcaps



**7<sup>47</sup>**  
180 softgels  
**13<sup>97</sup>**  
360 softgels  
**18<sup>47</sup>**  
500 softgels



**HOT DEAL**

**25<sup>47</sup>**  
120 softgels  
CoQ10 **100 mg**  
**24<sup>97</sup>**  
60 softgels  
CoQ10 **200 mg**  
**45<sup>47</sup>**  
120 softgels  
CoQ10 **200 mg**



  
**NUTTERS**  
EVERYDAY NATURALS



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

**49<sup>97</sup>**  
81 g powder

**SALE ends January 31, 2024. While quantities last!**  
Not all products are available in all retail locations.



# I wanna know what love is!

The band **Foreigner** has a famous song in which they sing, “I wanna know what love is. I want you to show me...”



**Have there been times when you had a desire to do something wonderful for someone, but didn't act on it?**

Did you yearn to be charitable toward another person, but the opportunity passed you by?

The other day, I was at a gas station, and saw an elderly woman. She was digging bottles out of garbage containers, and I could see that she couldn't walk that well. So I asked myself, “Where would she sleep that night?” I had a little bit of cash in my pocket, and thought, “I should go and give her some money to help her out.” It didn't matter what she would use it for, I knew she needed it. So I said to myself, “Well, why don't you go give it to her?” But when I turned and looked again, she was already gone. I was too late.

Sadly, we're living in a world where we are losing the understanding of doing something. Doing good for others has become an inconvenience.

It's true that love is an emotion. You can love all sorts of things: long walks, pizza, and your spouse. But is love simply an emotion – just a feeling about something? No. The best form of love involves actually doing something. There is feeling behind it, but love is ultimately doing something because you understand the circumstances of others and you really care. The doing is how you express love, how you show it.

So when we look back at Foreigner's song lyrics, it's obvious the writer knows the truth: real love is shown by doing something.

I have come to really learn and believe that there is more happiness in giving than there is in receiving. Giving can be more than money or food: it could be an encouraging word or spending time with someone. And in return, we gain so much more. That's love, and it's the opposite of what's tearing things apart in our world.

We need peace and understanding, and we need to show love to one another – the kind of love and kindness that children show to everyone. Don't ever think we don't have time for it.

We have time for all sorts of things in life. We have tendencies to love things that are selfish, that benefit only us. We're imperfect! But give yourself a chance to be a giver rather than a taker. Give yourself a break from taking, and you'll feel good on the inside. And hey, feeling good on the inside, shows on the outside.

This year, let's start with a clean slate. Let's take a break from things that are toxic and focus on what can help us feel good on the inside.

Knowledge is power; you can recharge your understanding of your own health when you know why. Read articles, listen to podcasts, and watch videos aimed at elevating your health.



# “Secrets known to rejuvenate us”

— Mark Hyman, MD

In addition to understanding deficiency diseases like scurvy or rickets, most people don't know the role of nutrients in our basic biochemical processes. Trillions and trillions of chemical reactions occur in your body every second. Every single one requires a helper or enzyme, and each enzyme requires its own helper or coenzyme. Vitamins and minerals are the coenzymes essential to grease the wheels of our vast metabolic pathways.

Dr. Hyman is a practicing family physician, the founder and director of The UltraWellness Center, and a fourteen-times *The New York Times* bestselling author.



## NMN rejuvenates your mitochondria

Numerous studies have demonstrated that boosting NAD+ levels can reverse mitochondrial dysfunction and improve insulin sensitivity. NAD+ helps convert nutrients from food into energy. One of the most effective ways to boost NAD+ levels is by supplementing with nicotinamide mononucleotide, also known as NMN. NMN is a precursor to NAD+, and is rapidly absorbed and converted to NAD+. NMN is shown to be superior to another NAD+ precursor called nicotinamide riboside (NR).

Depending on your health status, goals, and willingness to up your nutritional support, the following are supplements that are important for mitochondrial function, energy production, detoxification, and reducing inflammation.

The Regenerlife formula includes the targeted nutrients together in convenient capsule or powder form:

- **Acetyl-L-carnitine**
- **Coenzyme Q10**
- **L-glutathione**
- **Superoxide dismutase (SOD)**
- A specialized **ATP formula** to support mitochondrial function and reduce oxidative stress and inflammation.



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

**49<sup>97</sup>**  
81 g powder

## Give your life a SURGE

NAD+ is a molecule that is the linchpin for mitochondrial function. But by middle age, the body's NAD+ levels have plummeted to half their youthful levels. This results in fatigue, cognitive decline, and muscle loss.

### Spark your mitochondria back to life with NMN

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, activated form of vitamin B3. NMN is rapidly absorbed and converted to NAD+, the molecule that helps optimize our mitochondrial function!



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

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

**NEW**



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

**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.

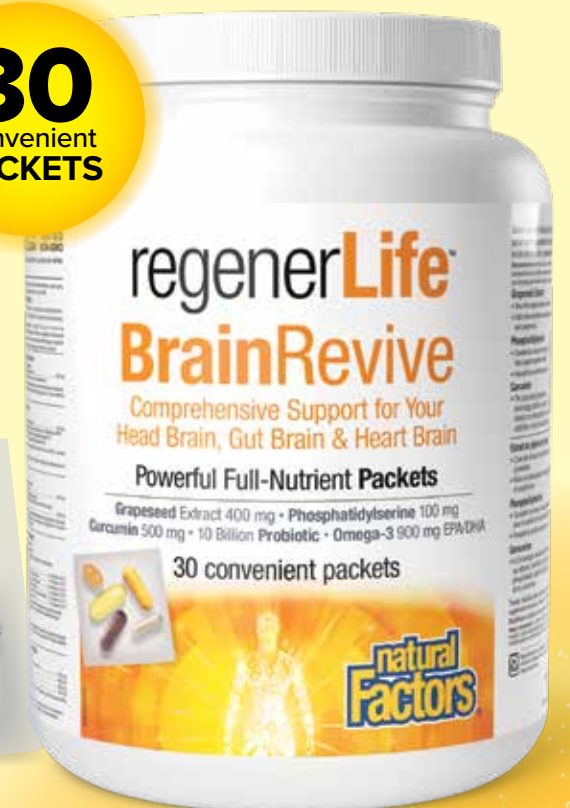
**Save 35–40% over buying separately**

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!

**67<sup>47</sup>**  
kit/30 packets

**30**  
convenient  
**PACKETS**

Phosphatidylserine  
Omega-3  
Grapeseed Extract  
Probiotic  
Curcumin



## 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.



# “Enhancing true energy”

– Michael T. Murray, ND

Dr. Murray has dedicated his life to educating physicians, patients, and the public on the power of nature. As a recognized leader in his field, he has been referred to as the “Voice of Natural Medicine.” Over the past 35 years, Dr. Murray has compiled 65,000 scientific studies. He also authored and co-authored over 40 books, including the *Textbook of Natural Medicine* for health care practitioners and *The Encyclopedia of Natural Medicine* for the public.



The most frequent health question I am asked is “How can I have more energy?” I understand why; after all, energy is the currency of life. It fuels our health and propels us through the day. And the more energy we have, generally, the better we feel.

We create energy from the food we eat and the oxygen we breathe with the help of mitochondria, the energy-producing compartments in the cells of our body. Mitochondria produces energy in the form of a chemical known as adenosine triphosphate (ATP). Remarkably, each day mitochondria produce an amount of ATP approximately equal to our body weight. Very little of this energy (ATP) is stored, and large amounts must be produced every minute of our lives. It is, in fact, ATP that gives us life.

Improving mitochondrial function and cellular ATP levels are the key goals for health, higher energy levels, improved cellular function, enhanced physical and mental power, and slowing down the aging process.

Mitochondrial function is like a dimmer switch. At low levels of mitochondrial function, most people barely have enough energy to make it through the day and are “dimwitted” or experience “brain fog.” In contrast, when your cells are flush with energy, so is your life. Everything is brighter, especially your mind.

## Enhancing mitochondrial function requires *three key goals*:

- Provide all essential nutrients and dietary cofactors
- Use specific dietary supplements as mitochondrial enhancers to protect and enhance mitochondrial function
- Reduce exposure to damaging factors, such as cigarettes, environmental toxins (pesticides, herbicides, heavy metals like lead, mercury, cadmium, etc.), and drugs (prescription, over-the-counter [OTC], and illicit)

Mitochondria require the basic building blocks of exceptional nutrition to function properly: adequate protein, the right fats, quality carbohydrate sources, vitamins, minerals, and good hydration.

They also require several special phytochemicals from plant foods, like flavonoids and carotenoids, for protection and enhanced function.

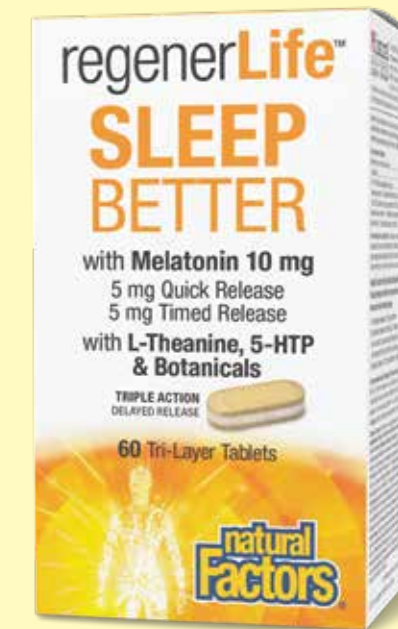
Similar to an orchestra, it is critical to have all these compounds in order to make beautiful music in the form of ATP. So, eat lots of plant foods, and take your multivitamin and mineral formula, and your omega-3 fatty acids.

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!

NMNSurge  
Quercetin  
LipoMicel Matrix  
Mitochondrial Formula  
Omega-3+D  
Ultra Strength



## 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! ”

18<sup>47</sup>  
60 tri-layer  
tablets



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

## 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.



55<sup>47</sup>  
90 liquid  
softgels



# Get Optimum *Energy*

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



**NEW**

**IN ONE  
DELICIOUS  
SCOOP**

**55<sup>97</sup>**

powder  
Vanilla and Chocolate

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.

# Maximize your *Omega-3s*

**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.

with  
**vitamin  
D3  
1000 IU**

**34<sup>97</sup>**

90 softgels  
with vitamin D3

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

150 softgels  
with vitamin D3



Targeted delivery  
to the intestines

Protects the fish oil  
from the stomach's  
harsh environment

No fishy aftertaste  
or fishy burp

Concentrated levels  
of omega-3s

**31<sup>97</sup>**

90 softgels

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

150 softgels

## Acetyl L-Carnitine

**Boosts physical and  
mental energy**

Regenerlife Acetyl-L-Carnitine contains the biologically active form of L-carnitine, an amino acid that helps reduce fatigue and supports cognitive function in aging populations. Acetyl-L-carnitine can cross the blood-brain barrier, where there are important cellular processes related to energy production within the body.

**17<sup>97</sup>**

90 vcaps

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

120 vcaps

**NEW**



## Magnesium for the brain

**Cognitive support**

This product 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 from your current magnesium supplement, but also helps support cognitive function.

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

90 vcaps

**NEW**



## 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.

**16<sup>47</sup>**

120 softgels



**HOT  
DEAL**

## High-strength antioxidant support

**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.

**37<sup>97</sup>**

60 vcaps







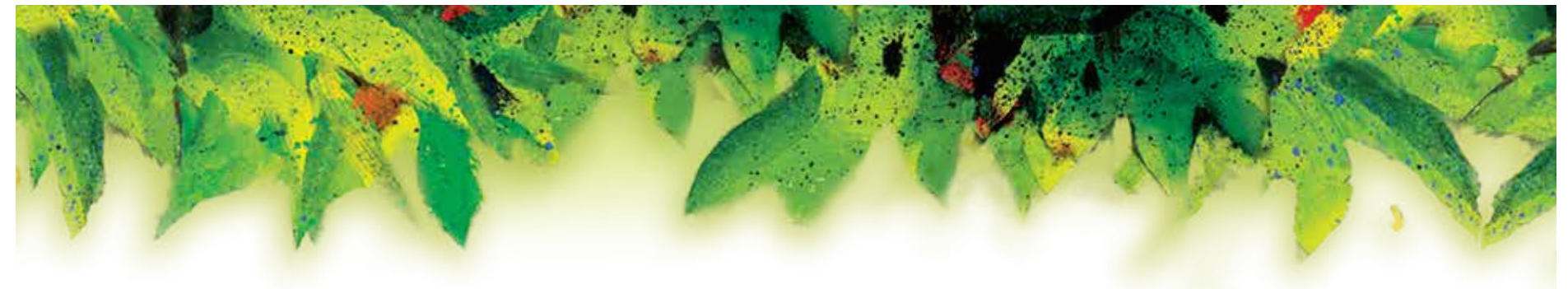
Why is such care given to our farms? Because we believe the earth is perfectly designed, full of biodiversity and regenerative power.

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.



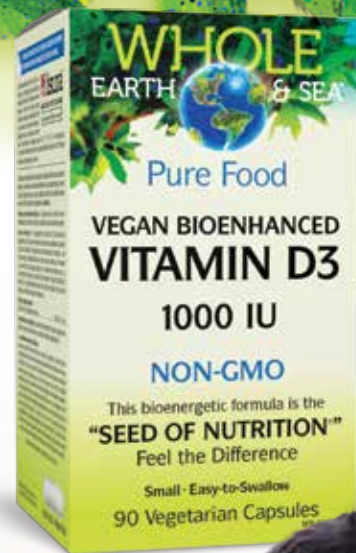
**ABOV™**  
Agriculture BEYOND  
organic verified

Ours is a regenerative approach that we call **ABOV – Agriculture Beyond Organic Verified**. It's a process of care that we've been focused on for more than 50 years.

Whole Earth & Sea products follow the principles of ABOV. They're made with raw, 100% organic, sustainably grown ingredients right from our farms. Your support of Whole Earth & Sea benefits the health of the planet. In the end, we all need to rise above. Because it's only from above that we can see just how beautiful the whole Earth and sea really can be.







**Vegan Bioenhanced VITAMIN D3 1000 IU**

**16<sup>47</sup>**  
90 vcaps



## 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

**62<sup>97</sup>**  
powder

## FERMENTED PROTEIN & GREENS

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

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



**66<sup>97</sup>**  
powder

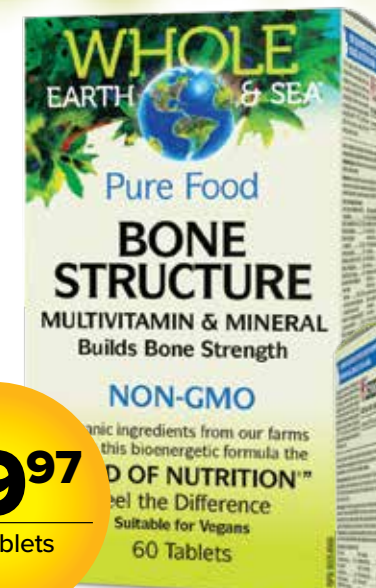


## AMAZING ENERGY AND IMMUNITY FORMULA

### Super Mushroom

Six organic immune-boosting mushrooms with beta-glucan.

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



## BONE STRUCTURE Multivitamin & Mineral

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

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



## ALL-SEASON IMMUNE SUPPORT

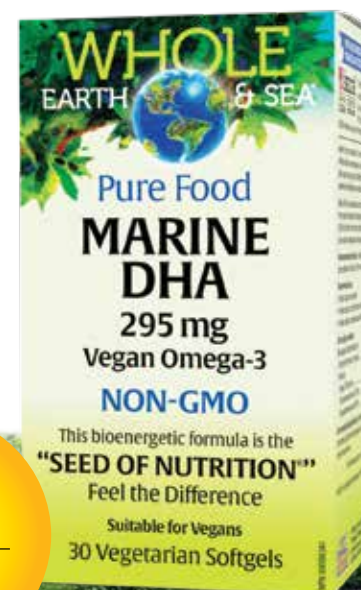
Helps relieve and shorten the duration of common colds.

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

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

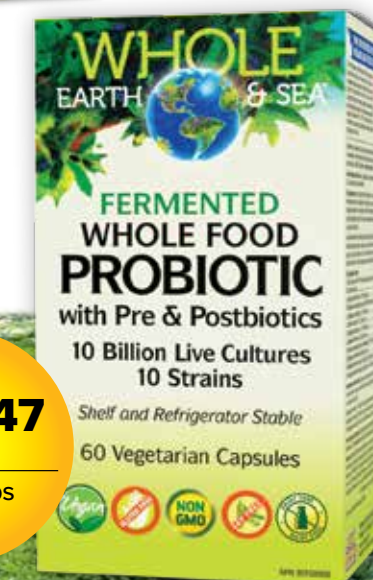
### Marine DHA Vegan Omega-3 100% fish-free omega-3s

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.



**18<sup>97</sup>**  
30 vegetarian softgels

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



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





# Our children fill our lives with joy!

They require the utmost care, and it's truly wonderful to care for them.

## Leia's favourites!

Look for **Big Friends Multivitamins** with meaningful amounts of vitamins & minerals

**SALE**  
**12<sup>97</sup>**  
60 chew tabs



### 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 provides her growing body with the wholefood nutrition it needs."

**44<sup>97</sup>**  
powder

### ECHINACEA Fresh Herb Tincture

Clinically proven and certified organic echinacea

- Delicious natural berry flavour
- Helps shorten the duration of colds and flu
- 100% natural



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

**17<sup>97</sup>**  
50 mL liquid

**14<sup>97</sup>**  
**BOX**  
While supplies last!





# For Our Children's Health

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



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



**9<sup>47</sup>**  
60 gummies



**9<sup>97</sup>**  
250 chew tabs



**8<sup>97</sup>**  
15 mL



**7<sup>47</sup>**  
90 chew tabs



**7<sup>97</sup>**  
60 chew tabs



**10<sup>97</sup>**  
60 chew tabs



**25<sup>47</sup>**  
250 mL

**39<sup>97</sup>**  
500 mL

**ADD  
SEA-LICIOUS**  
to your protein  
drink. It makes  
it so smooth  
and delicious –  
it's amazing!

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



NEW



NEW

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

**Wow! Multis  
for mom & me!**

These new  
beautiful multis  
are specially  
formulated  
for moms and  
moms-to-be!





LIPOMICEL®:

The most clinically studied supplements on the market with the highest absorption, efficacy, and safety!

Brain Fog

LipoMicel is a unique solution for compounds that are hard to absorb. It consists of both water- and fat-soluble portions. Compounds encapsulated in this LipoMicel form can then overcome barriers in the gastric system and enter the bloodstream much more effectively than other delivery forms.

The result? This means you can have higher concentrations of a compound, and thus higher therapeutic **efficacy**. This also means you can get the same results with a lower dose. Best of all, LipoMicel is composed of natural food-grade ingredients that are safe and gentle on the body.



35<sup>97</sup>

60 softgels

67<sup>47</sup>

120 softgels



29<sup>97</sup>

60 softgels

43<sup>47</sup>

90 softgels



16<sup>47</sup>

180 softgels

27<sup>97</sup>

360 softgels



15<sup>97</sup>

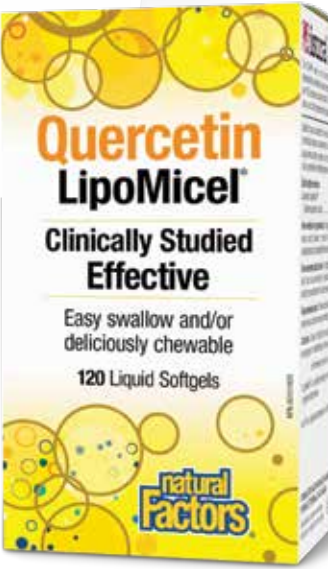
30 softgels

29<sup>97</sup>

60 softgels

53<sup>97</sup>

120 softgels



12<sup>47</sup>

210 subtabs

11<sup>97</sup>

60 subtabs

BANISH brain fog with the super vitamin B12!

Brain fog can affect anyone, but if your memory and concentration are unusually sluggish, it could be because of vitamin B12 deficiency.

Vitamin B12 helps keep nerve and brain cells healthy. Low B12 levels can leave you feeling exhausted, and make your thinking “fuzzy.”

Vitamin B12 supplements can help restore mental clarity and eliminate fatigue. While certain foods contain vitamin B12, the bioavailability of vitamin B12 from supplements is approximately 50% higher than that from dietary sources. It’s important to note that plants do not naturally produce vitamin B12, so individuals following a vegan diet should also consider incorporating B12 supplements into their daily regimen.

Need more help clearing the fog?

Regular deep sleep can help restore mental clarity. Make time to de-stress and disconnect to prepare for sleep. If getting adequate sleep is still a challenge, check out some of the natural **melatonin** sleep aids that are on page 24.

Certain natural supplements can also promote cognitive health.

Research suggests that **vitamin D** often referred to as the “sunshine vitamin,” has a positive effect in improving mood and reducing brain fog (see pages 18 and 23).

**Omega-3 fatty acids** also support brain health, potentially enhancing memory and attention function as well as improve mood

(see pages 9 and 16).

Finally, studies on **magnesium** suggest that individuals who take magnesium supplements are more likely to perform better on cognitive function tests including attention and memory (see pages 1 and 8).



Revitalize, restore, and protect your

# Skin FROM WITHIN.



NATASHA PAROUTIS,  
Nutritionist

Why collagen? Unfortunately as we age, collagen density and dermal thickness decrease, and this lack of collagen cues

“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.

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.”

54<sup>97</sup>

855 g powder



46<sup>47</sup>

135 g powder



49<sup>97</sup>

500 g powder  
Available in Orange,  
Pomegranate, and  
Unflavoured



49<sup>47</sup>

180 tablets



## WISE ADVICE

“Regularly add  
**COLLAGEN**  
to your diet.”

— JULIE REIL, MD and Beauty Expert



“When it comes to feeling good and looking good, I am going to share my secret weapon... it is called **Total Body Collagen**. I take it with a vitamin C supplement in the morning for my hair, skin, nails, and bones, and it couldn’t be

easier. With **Total Body Collagen**, my hair is thicker and healthier and I lose less hair in the shower and in my brush. Fine lines and wrinkles on my face are getting better as I age and my skin looks and feels more hydrated. My nails are stronger with fewer ridges and grow much faster. As an added bonus, Total Body Collagen supports my bone matrix for healthy teeth and bone density.”

Is collagen good for men? Absolutely!

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.



36<sup>97</sup>

267 g powder

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



A REAL EASY GOAL for 2024

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

## Meal replacements with PGX® – the most successful NATURAL weight-loss intervention!

A recent study found that people who consumed RealEasy Meal Replacements with PGX and high-quality protein twice daily lost 7% (~14 lbs) of their initial body weight in just **12 weeks**.

RealEasy **outperformed** weight-loss drugs like **Ozempic** and **Wegovy**, which only achieved a 6% reduction over the same period. But unlike chemical drugs, RealEasy naturally boosts metabolism and helps you feel full.

There's no need for meal planning, cooking, and clean-up. And who doesn't like saving money? One serving of RealEasy is the equivalent of one meal, but only costs about \$3.50 per serving.

### The key benefits of RealEasy meal replacements:

- Delivers all key vitamins and minerals plus high-quality protein and fibre
- Increases muscle strength and energy levels
- Balances blood sugar and lipids
- Stops hunger and sugar cravings
- Improves gut health, sleep, and mental health
- Fast and sustainable weight loss



NEW  
WEIGHT  
LOSS  
STUDY

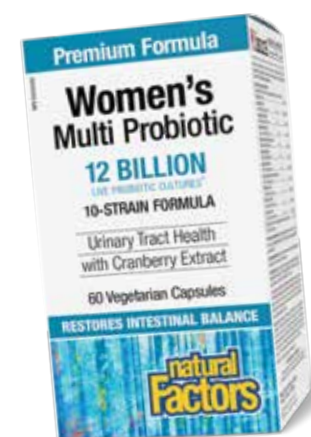


ONLY  
\$3.50  
per serving

ONE SHAKE  
equals  
22 g OF  
PROTEIN



54<sup>97</sup>  
powder  
Available in vegan  
and whey options



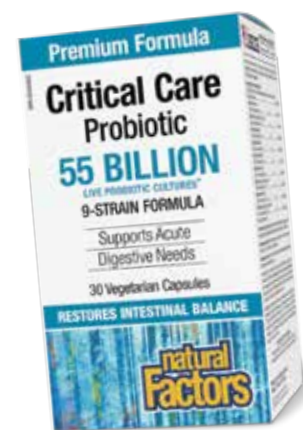
**Women's Multi Probiotic with Cranberry**  
A source of probiotics providing live microorganisms to enhance intestinal, vaginal, and urinary tract flora.

23<sup>97</sup> 44<sup>47</sup>  
60 vcaps 120 vcaps

**Ultimate Multi Probiotic**  
Provides live microorganisms that temporarily modify gut flora, helping to maintain natural intestinal balance and improve digestion.



22<sup>47</sup> 41<sup>47</sup>  
60 vcaps 120 vcaps



**Critical Care Probiotic**  
55 Billion live probiotic cultures  
Provides maximum support for acute digestive health needs. Combats antibiotic-associated digestive discomfort.

29<sup>97</sup> 59<sup>97</sup>  
30 vcaps 80 vcaps

## Stressed? No Energy?

Help improve your body's response to stress with AdrenaSense. It offers natural support for the adrenal glands, which can temporarily promote relaxation and recovery from mental and physical stress, along with physical performance.

21<sup>97</sup>  
90 vcaps



## Painful Periods? PMS?

EstroSense is an all-natural formula that helps balance hormone levels during PMS or menopause. An exciting new study reveals it helps detoxify unhealthy estrogens, showing promise in the fight against several diseases.

43<sup>97</sup>  
120 vcaps



## Calms nerves and promotes a restful sleep

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



22<sup>47</sup> 32<sup>47</sup>  
60 chew tabs 90 enteric-coated softgels  
42<sup>47</sup>  
120 chew tabs

**Mental Calmness**  
100% L-Theanine  
Promotes deep relaxation and mental clarity.

21<sup>47</sup>  
60 chew tabs



**Saffron Extract**  
100% Pure – improves mood, relieves stress, and supports relaxation.

24<sup>97</sup> 41<sup>97</sup> NEW SIZE!  
30 vcaps 60 vcaps





# Rejuvenate this winter

## OIL OF OREGANO HIGHEST CONCENTRATION!

This powerful antioxidant reduces inflammation related to allergies and respiratory tract disorders, such as coughs, bronchitis, and sinus conditions.

**9<sup>97</sup>**

30 softgels

**17<sup>47</sup>**

30 mL

**16<sup>97</sup>**

60 softgels

**32<sup>47</sup>**

60 mL



## ANTI-VIRAL YOUR FIRST LINE OF DEFENCE

Keep one step ahead of the cold season. Our patented organic ECHINAMIDE extract is clinically proven to fight infections of the upper respiratory tract.

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

60 softgels

**14<sup>47</sup>**

50 mL

**38<sup>47</sup>**

120 softgels

**25<sup>97</sup>**

100 mL



## BALANCED C EXTRA, THE DYNAMIC DUO!

**SALE**

**11<sup>47</sup>**

90 tablets

**SALE**

**12<sup>97</sup>**

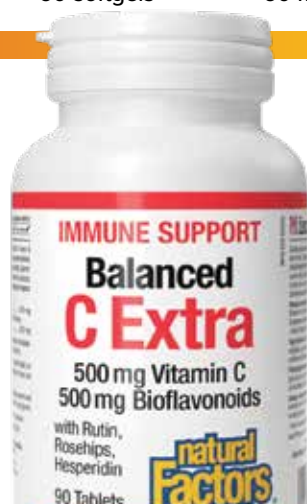
90 easy-swallow capsules

**21<sup>47</sup>**

180 tablets

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

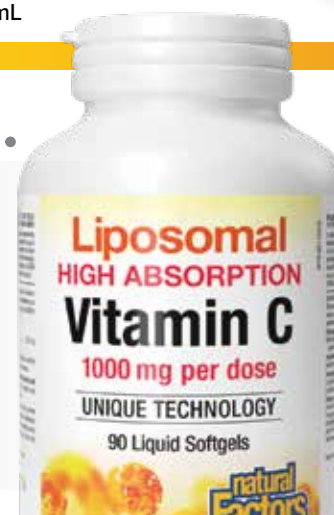
180 easy-swallow capsules



## ADVANCED HIGH-ABSORPTION

## LIPOSOMAL VITAMIN C

**1000 MG PER DOSE**  
in easy-to-swallow liquid softgels



**HOT  
DEAL**

**16<sup>97</sup>**

90 liquid softgels

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

180 liquid softgels

# GREAT VALUES · INFLATION FIGHTERS

## VITAMIN D 2500 IU

**SALE**

**7<sup>47</sup>**

180 softgels

**SALE**

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

360 softgels

**18<sup>47</sup>**

500 softgels



## VITAMIN D 1000 IU

**SALE**

**5<sup>97</sup>**

180 softgels

**SALE**

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

360 softgels

**14<sup>47</sup>**

500 softgels

