## Fall into Relaxation

SAVE

Magnesium **Stress Release** 90 veg caps

\$27.19





Magnesium Sleep + GABA & Melatonin 120 veg caps

\$22.39



\$26.39







Adrenal-Pro Recharge **Yourself** 120 veg caps

\$31.99



Available at participating natural health retailers. Scan here for details.





# Inhale *calm*, exhale *stress*.

Breathe easy with these supportive formulas for stress management and sleep. Featuring nutrients to promote mood balance, relaxation, better sleep, and improved energy.

## 5-HTP 100 with **B6 & Magnesium**

60 veg caps

Promotes healthy mood balance and sleep.

## L-Theanine with Magnesium 90 veg caps

Soothes anxiety and promotes productivity.





### **GABA 500** 120 veg caps

Promotes relaxation while maintaining alertness.

**|\$19.99** 

## **Healthy Mood** 90 veg caps

Promotes healthy mood balance and boosts relaxation.

\$35.99

## **BioActive B** Liquid 500ml

Supports energy, liver health, and metabolism.

\$23.99

### **BioActive B** 90 veg caps

Supports energy, liver health, and metabolism.

\$31.99

# Prepare for drift off.

## Did you know?

Melatonin plays a key role in boosting natural killer (NK) cell activity, which strengthens your ability to fight off infection and ward off illness.

## **Liposomal Melatonin** (Nutty Chocolate) Liquid

225ml

Fast-actng and long-lasting sleep support.

\$32.79

Magnesium **Bis-Glycinate 300 Ultra Gentle Liquid** 500ml

Promotes better sleep and mental calm.

\$24.79





## Sleep-Restore **Ashwagandha** 90 veg caps

Eases stress and improves sleep quality.

\$27.99

## Sleep-Reset Melatonin 90 veg caps

Regulates the sleep cycle and helps prevent jet lag.

\$23.99

## Magnesium **Bis-Glycinate 200** Gentle

120 veg caps Promotes better sleep and mental calm.

## Ignite your immunity.

Adapting to the changing seasons can take its toll on the body, especially in the fall. Our immune products keep your system primed for the cold & flu season.

These powerful **multi formulas** are packed with essential nutrients to keep your immune system

For daily immune support, try Immuno Multi. To boost your immune health through cold and flu season, add Immuno Berry into your daily routine. And if you're feeling the sniffles coming on, reach for Cold-Pro to stop illness in its tracks.

**CanPrev** 

Immuno



**CanPrev** Cold-Pro

\$33.59

**Immuno Berry** 

Promotes sweating and

provides quick relief for

upper respiratory infections.

90 veg caps



Cold-Pro **Immune Formula** 90 veg caps

Immuno Multi

90 veg caps

\$31.99

Everyday multi with

added immune support.

Strengthens defence against bacterial and viral infections.

\$22.39



Supports healthy immune function and antioxidant levels.

\$13.59



Zinc 50 **Ultra Immune** + Vitamin C 120 veg caps

With added vitamin C to support immune function.

\$19.19

Liposomal **Curcumin 100** (Peach) Liquid 225ml

**CanPrev** 

Curcumin 100

Reduces inflammation and lowers stress response.

## Vitamin C 1000mg 240 veg caps

Speeds up tissue repair and strengthens immunity

**Pro-Biotik 15B** 60 veg caps

Encourages regularity and supports digestive health.

\$27.19







## Strengthen immunity from within.

## Are you getting enough vitamin D?

A lack of sun exposure during the colder months is a main reason why 1 in 3 Canadians are deficient in this critical nutrient. By supplementing with D3, you can keep your immune system strong all winter.

## Support strong bones.

Vitamin K may not be as well-known as vitamin D, but it's just as important. Vitamin K2 specifically plays a crucial role in bone health by effectively transporting calcium to bones and teeth.

## Better together!

Vitamins D3 and K2 are often paired up due their ability to work together. D3 assists with absorbing calcium from the intestinal tract, while K2 guides the calcium into the bone where it belongs.



D3 & K2 Liquid / Softgels 15ml / 120 softgels

Co-factors in the maintenance of bone, teeth, and immune health.

\$19.99 / \$22.39



D3 2500 IU 120 softgels

Helps to build and maintain bone health.

\$12.79



**K2** 120 softgels

Essential for shuttling D3 into bones.

\$20.79

## with hydrotherapy.

Contrast showering involves alternating between hot and cold water, which creates a host of amazing benefits for your immune health and body as a whole.

Rinse and repeat for 20 minutes,

# One berry to rule them all.

Historically, elderberry is known as "the medicine chest of the country people", and has been used to cure just about anything!

In Europe, the elderberry was used to reduce fevers, aid digestion, and soothe inflammation, while Indigenous people used the berries to ward off colds, treat skin issues. and alleviate joint pain.

**SCanPrev** 

lack Elderberry Extract + Vitamin Helps Relieve Cold & Flu Sympton

**Elderberry** 





**Elderberry C** (Berry Burst) Liquid 500ml

Relieves cold and flu symptoms and provides immune support.

\$23.19



Relieves cold and flu symptoms and provides immune support.

\$29.59



## **Berry Burst Chia Pudding**

This Layered Berry Burst Chia Pudding featuring Elderberry C Liquid and Capsules is rich in immune-boosting antioxidants, phenolic acid, flavonols, anthocyanins, healthy fats, and fibre to support your immune health.



Scan here



## 3 minutes hot, 1 minute cold

finishing with cold.

Prices shown are effective from November 1 to 30, 2023.



## **Curcumin Unlocked** 60 veg caps

Reduces inflammation and provides antioxidants.

\$27.99

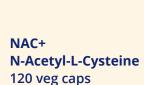










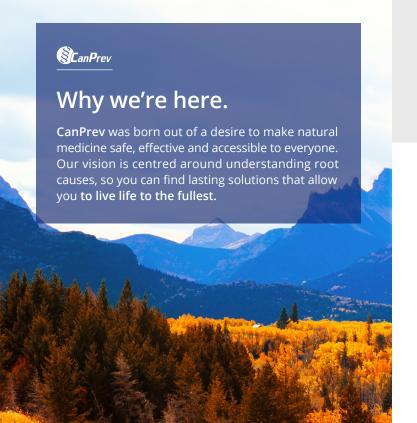


See 6

Supports respiratory health and liver detox.

\$20.99

Prices shown are effective from November 1 to 30, 2023.



### **CONTACT US**

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