

GREEN SHEET SPECIALS

EXCLUSIVELY AVAILABLE IN NATURAL HEALTH FOOD STORES.

Emulsified MCT Boost

PROVIDES A SOURCE OF ENERGY TO FUEL WORKOUTS

100% coconut-sourced MCT oil
Non-dairy, sugar-free creamer



25⁴⁷

355 mL



Lutein

KEEP YOUR EYES HEALTHY

Potent antioxidant support for optimal eye health

Helps in the treatment and prevention of age-related macular degeneration (AMD)



22⁴⁷

120 softgels



WellBetX Berberine

A NATURAL APPROACH TO BALANCING BLOOD SUGAR

Maintains healthy blood sugar balance and restores insulin sensitivity
Supports weight management



16⁹⁷

60 vcaps



OsteoMove

FAST RELIEF FOR CHRONIC PAIN

Helps relieve joint pain associated with osteoarthritis, such as osteoarthritis of the knee



34⁴⁷

120 tablets



Bioactive Quercetin EMIQ

NATURAL ALLERGY RELIEF

Helps control allergy symptoms
40 times greater absorption than quercetin



20⁹⁷

60 vcaps



Active B Complex

SUPPORTS NERVOUS SYSTEM

Enhanced support for energy metabolism and nerve health



21⁹⁷

60 vcaps



Ubiquinol Active CoQ10

THE NEW GOLD STANDARD FOR COQ10

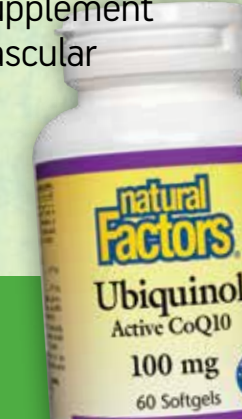
Provides superior bioavailability compared to conventional CoQ10
Powerful supplement for cardiovascular health

60⁹⁷

120 softgels

32⁹⁷

60 softgels



Mixed Vitamin E 400 IU

POWERFUL ANTIOXIDANT

Vitamin E is a powerful antioxidant that offers protection from free radicals



22⁹⁷

240 softgels



FAST RELIEF
for chronic joint pain!
with **InflamRelief** MC



ONLY
34⁴⁷
120 tablets

Bring a copy of this flyer in to receive your **FREE** Big Friends
Chewable Vitamin D3 (60 chews)
or VitaDay Biotin (30 vcaps)
At participating retailers only. While quantities last!



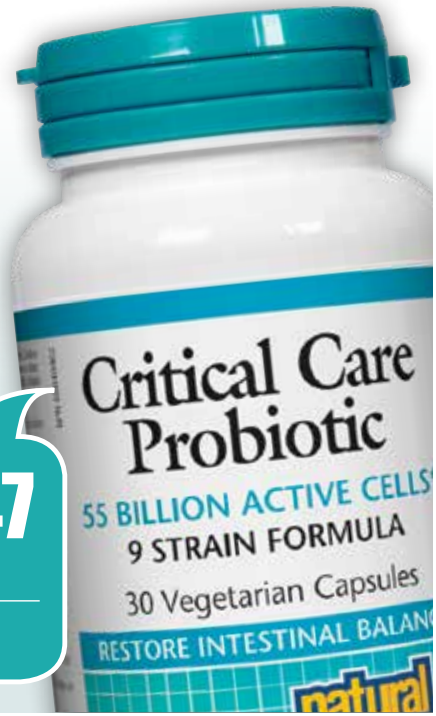
Critical Care Probiotic

Incredible relief for digestive issues

So effective – the results are amazing! Guaranteed!

55 times more live bacteria than Canada's major advertised brand – *at the same price!*

26⁴⁷
30 vcaps



"I take **BioSil**™ every day, and I am amazed at the difference I see in my skin, hair, and nails!" – Christie Brinkley

FLYER SALE JAN 24–FEB 11, 2018. Products available only at participating natural health food stores while quantities last.



Tickle in your throat? Watch out!

Take a few drops of Natural Factors Certified Organic Oil of Oregano immediately!

Other uses include adding the oil to cloths as an antiseptic to wipe down countertops or add to liquid soap dispensers to create a natural antibacterial hand wash. Adding 4–5 drops to shampoo is a gentle, chemical-free way to treat dandruff. Taken internally, a few drops daily, can be a key component of a yeast treatment protocol.

Take a drop or two of Oil of Oregano or you can swallow or bite a capsule

Natural Factors Organic Oil of Oregano is clinically proven effective against bacterial and viral infections, parasites, and superbugs.



CAUGHT SOMETH

Reduce the length of

ECHINAMIDE® is a unique patented, super-extracted echinacea concentrate developed by Natural Factors. It is the **ONLY** echinacea clinically proven to get rid of your cold up to three times faster. Here are some of the things that make Natural Factors products containing ECHINAMIDE unique:

Optimum Growing Conditions

Natural Factors has determined the optimum growing conditions for echinacea, and they use 100% organic methods, to grow echinacea at Factors Farms in the Okanagan Valley of British Columbia.

Precise Harvesting

By determining the level of active compounds throughout the growing cycle, Natural Factors' agricultural experts are able to harvest the echinacea at the most ideal time – when it is highest in active compounds.

Advanced Extraction Techniques

Many key compounds in echinacea are typically lost during extraction or are left behind due to inappropriate extraction methods. Natural Factors has developed a patented extraction technique to produce ECHINAMIDE, with the highest levels and broadest range of active compounds available.



Proper Clinical Evaluation

The encouraging results from double-blind studies with ECHINAMIDE have been backed up by clinical trials at major universities.

Grown under certified organic standards at Factors Farms, ECHINAMIDE is the gold standard *E. purpurea* extract, produced under careful control by Natural Factors, from organic seedlings, carefully harvested and extracted, and delivered to your local health food store.

Immediate relief Quick-Blast

Soothes your throat
Clears your sinuses
Stops your cough

7.47

30 chew softgels



GREEN SHEET SPECIALS

EXCLUSIVELY AVAILABLE IN NATURAL HEALTH FOOD STORES.

Dairy Free Organic Creamy Drinking Chocolate

DELICIOUS & HEALTHY
Supports healthy digestion and colon health
Maintains natural inner intestinal balance



12.47

230 g powder



PGX Daily

HEALTHY WEIGHT LOSS
PGX helps you feel full and snack less

Helps with any weight loss program

47.97

240 softgels

24.97

120 softgels



Coenzyme Q10

KEEP YOUR HEART HEALTHY

Higher levels of CoQ10 can help prevent and manage heart disease and fight fatigue

Supports cardiovascular health



23.97

150 softgels



Hi Potency B

NATURAL ENERGY & STRESS RELIEF

Supports nervous system and promotes proper brain function

Essential for healthy hair, skin, and nails



24.97

210 capsules



Vitamin C

TIME-RELEASED IMMUNE SUPPORT

Provides antioxidant protection over an 8-hour period
Promotes wound repair



19.47

210 tablets



Magnesium Citrate

RELIEVES STRESS & MUSCLE TENSION

Calms muscle spasms and relaxes tight muscles
Supports cardiovascular health



17.47

210 capsules



B12 Methylcobalamin

IMPROVES SLEEP & HELPS CALM NERVES

Fast-acting, biologically active form of B12
Vital supplements for vegetarian diets



16.97

210 subtabs



Maca Energy

HELPS WITH ENERGY, MOODS, STRESS & MENOPAUSE

Boosts your energy, clarity, and balance
Healthy mood balance during menopause



29.47

180 vcaps



NOTHING COMPARES TO Alpha COCONUT OIL

WHAT MAKES ALPHA COCONUT OIL SO SPECIAL?

- From husking to press, 90 minutes fresh
- Award winning, fairtrade certified
- Melt in your mouth delicious
- Freshest, fairest, most future friendly

Alpha's Organic Virgin Coconut Oil is certified fairtrade and is hand-pressed directly from fresh coconuts in the Solomon Islands by island natives on their own family farms.

The DME® process uses a manually operated cold-pressing unit to produce raw oil from fresh coconuts in as little as one-and-a-half hours or less. Such a short processing time eliminates the concern of mold growth or danger of other impurities. This is one of the things that sets Alpha apart from every other coconut oil on the market.

Alpha DME delivers the purest, highest quality raw coconut oil to your table.

DME Coconut Oil

The fairest, the freshest, and most future-friendly coconut oil in the world.

24⁴⁷
475 mL



Organic Red Palm Oil

8⁴⁷
475 mL

An excellent 100% vegetarian and sustainably sourced cooking oil.



Supreme MCT Oil

Provides quick energy for workouts, weight management, or to support age-related cognitive decline.

21⁴⁷ 500 mL
31⁹⁷ 1 L



FIRST EVER ISURA-TESTED, CERTIFIED CLEAN PROTEINS

UNIQUE 100% ORGANIC Vegan Protein

Available in French Vanilla, Decadent Chocolate, Berrylicious, and Unflavoured

20 g protein per serving • Soy free and dairy free
Provides all essential amino acids

BEST-TASTING, HIGHEST QUALITY Whey Protein

Available in French Vanilla, Double Chocolate, and Unflavoured



HOT PRICE
49⁹⁷
powder

39⁹⁷
741 g powder
Unflavoured

HOT PRICE
44⁹⁷
powder

EXCLUSIVELY available in
natural health food stores

The most metabolically active B vitamins

BioCoenzymated B Vitamins

Taking B vitamins already
in their coenzymated forms allow
the body to use them directly.

NEW

17⁴⁷
60 subtabs

8⁴⁷
30 vcaps

7⁹⁷
30 vcaps



HING YOU DIDN'T WANT? your cold and flu fast!

Thousands have discovered
ECHINAMIDE Cold & Cough
Syrup works fast!

**GUARANTEED
RESULTS!**

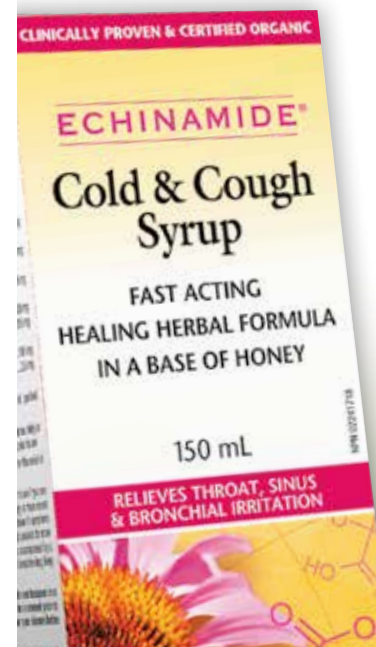
"A spoonful
of cough syrup
in some hot water was
all I needed to settle
my cough and help me
finally drift off to sleep."

– Steve from Burnaby, BC

**Pour a spoonful in
hot water to relieve
your cough
Cold & Cough
Syrup**

A unique blend of
herbs that effectively
suppresses the
urge to cough

13⁹⁷
150 mL



Long-lasting relief Anti-Viral Potent Fresh Herbal Tincture

Effective against
all viral conditions

11⁴⁷
50 mL



**Amazing relief
for a dry,
sore throat
Sore Throat Relief**

Available in Natural Orange and
Natural Cherry flavours

5⁹⁷
60 lozenges



Prevent colds and flus Echinacea with Goldenseal Tincture

OR **ECHINAMIDE
Fresh Herb Tincture**

ONLY echinacea is clinically
proven to get rid of your cold
up to three times faster.

12⁹⁷
50 mL



LOVE THE FLAVOUR. LIVE THE BENEFITS.

Sea-licious®



BREAKTHROUGH PURIFIED OMEGA-7 FOR

AMAZING INFLAMMATION RELIEF

REDUCE YOUR RISK
OF TYPE 2 DIABETES



Read more at
sea-licious.ca

25.47
60 softgels

Research from Harvard Medical School and the Cleveland Clinic reveal the powerful healing properties of Purified Omega-7.

Purified Omega-7 containing the fatty acid, purified palmitoleic acid (Provinal®), reduces inflammation in the body. Studies have shown that taking 420 mg of Purified Omega-7 daily decreases LDL cholesterol, triglycerides, and reverse atherosclerotic plaque.

A recent published clinical study* indicates that Purified Omega-7 cuts your **risk of type 2 diabetes** by decreasing insulin resistance; helps prevent or reverse fatty liver; and lowers your levels of an **inflammation** marker called hs-CRP (highly specific C-reactive protein) by 44%, which is associated with an increased risk for heart attack and stroke.

BENEFITS OF SEA-LICIOUS® PURIFIED OMEGA-7

- ✓ All the benefits of omega-7 without the inflammatory effects of palmitic acid
- ✓ Anti-inflammatory, helps lower C-reactive protein by 44%
- ✓ Helps with belly fat weight loss
- ✓ Reduces risk of heart attack and stroke
- ✓ Contains omega-3, EPA, and DHA
- ✓ Contains astaxanthin – a powerful antioxidant

CALMING SOLUTIONS FOR ANXIETY & STRESS

Serenity Formula

HELPS RELIEVE SYMPTOMS
OF CHRONIC STRESS AND ANXIETY

When the body is stressed, the “fight or flight” response is initiated. Once the stress is gone, cortisol and adrenalin should turn “off”. Unfortunately, chronic stress can leave them “on” all the time. This prevents the body from recovering and can cause cellular damage, blood sugar problems, and “adrenal fatigue”. Serenity Formula supports your adrenals and relieves symptoms of chronic stress.

Mind Retreat

CALMS AND RELAXES THE MIND

For some people stress can be overwhelming, leading to anxiety and insomnia. For others, long-term, accumulated, or intense stress can challenge the nervous system's ability to cope, resulting in depression, angry outbursts, complete burnout, or other defensive reactions. Mind Retreat promotes relaxation, reduces restlessness, and can be used as a sleep aid for periodic insomnia.

24.47 120 vcaps
20.47 60 vcaps

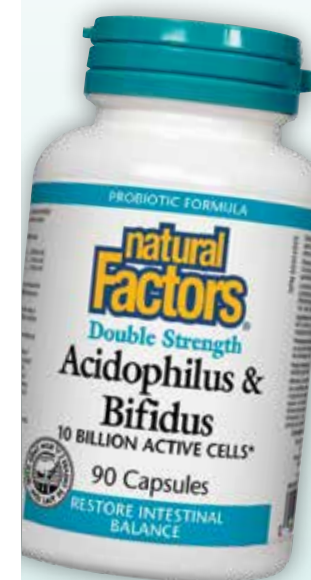


The leader in probiotic care for the past 35 years

Natural Factors began producing probiotics more than 35 years ago for the natural health industry. They have the most experience in Canada producing **top quality, stabilized probiotics**, so you get the **best results at a fair price**. No other probiotic manufacturer can compare.

Acidophilus & Bifidus Double Strength provides 10 billion active cells in a base of powdered goat milk, pectin, and ascorbic acid, to support digestion, inhibit the growth of pathogens, and help strengthen immune function.

Double Strength Acidophilus & Bifidus



Each capsule contains goat milk powder to provide an excellent environment for lactic bacteria to grow

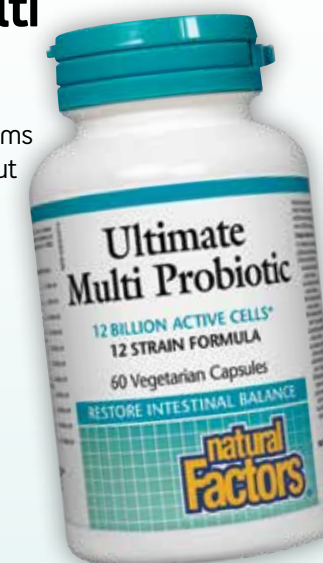
11.47 90 caps
21.47 180 caps

Since the introduction of goat milk in Acidophilus & Bifidus, Natural Factors has continued to create innovative formulas that feature strains of probiotics derived from human, dairy, and vegetable origins. These supplements include **Ultimate Multi Probiotic 12 billion active cells**, containing a 12-strain blend representing the natural bacteria in human intestines.

Ultimate Multi Probiotic

Provides live microorganisms that temporarily modify gut flora, helping to maintain natural intestinal balance and improve digestion

18.47 60 vcaps
34.47 120 vcaps

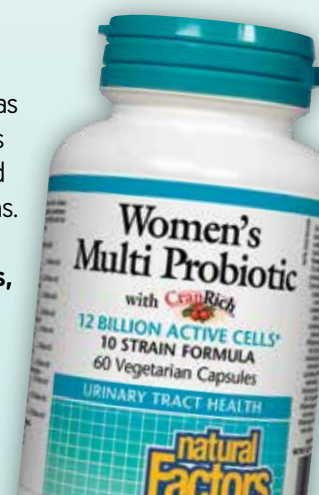


Natural Factors also offers **Women's Multi Probiotic with CranRich 12 billion active cells**. This comprehensive formula provides seven human-, two dairy-, and one vegetable-origin strains alongside 250 mg of super strength CranRich 36:1 cranberry concentrate in each vegetarian capsule.

Women's Multi Probiotic with CranRich

A source of probiotics providing live microorganisms to enhance intestinal, vaginal, and urinary tract flora.

19.47 60 vcaps



Natural Factors also offers two **Critical Care Probiotic** formulas, providing 55 and 100 billion active cells respectively. These formulas feature nine bifidobacteria and lactobacilli strains for targeted support of both the large and small intestines, and are ideal for replenishing bacteria lost through antibiotic use, sickness, or diarrhea.

Critical Care Probiotic

26.47 30 vcaps

**55
BILLION
active cells**

46.97 30 vcaps

**100
BILLION
active cells**



LOOK FOR THIS SEAL
isura
NON-GMO • MASS SPEC
Documentation ✓ Lab Tested ✓

ISURA means certified clean.
This seal assures you that this product has passed the most rigorous testing in the world. ISURA can test for over 500 potential contaminants.
isura.ca

EXCLUSIVELY available in natural health food stores.

more essentials *for* women

Brain Defence

Reduces cortisol and C-reactive protein levels

Brain Defence is a blend of five natural extracts, selected for their effectiveness in enhancing cognitive, cardiovascular, and intestinal health while reducing the effects of mental and physical stress.



27⁴⁷

90 vcaps

GI Sense

Calms digestive disturbances caused by stress

Helps support the stress-related cause of gastrointestinal disorders and to relieve inflammatory conditions.



26⁴⁷

90 vcaps

NEW!

Double Strength CurcuminRich

#1 absorbed form of curcumin

Curcumin has powerful anti-inflammatory, antioxidant, and antimicrobial properties that support neurological, cardiovascular, and joint health.



39⁴⁷ 22⁹⁷

60 vcaps

30 vcaps

Women's Multi Probiotic with CranRich

Essential probiotic for women

A source of probiotics providing live microorganisms to enhance intestinal, vaginal, and urinary tract flora.



19⁴⁷

60 vcaps

Gut-Brain Strain

One of the world's most researched probiotics

The Gut-Brain Strain provides guaranteed minimum 10 billion colony forming units (cfu) of whole cell BB536® *Bifidobacterium longum* to support gut microbiome.



31⁴⁷

60 vcaps

Vitamin K&D

For healthy bones and teeth

Aids in the development and maintenance of bones and teeth
Helps reduce risk of osteoporosis



13⁴⁷ 23⁹⁷

60 softgels

120 softgels

CranRich Super Strength Cranberry Concentrate

Urinary health

Helps prevent urinary tract infections

High-antioxidant value of 10,000 ORAC units per 100 g



23⁴⁷

180 capsules

SomniSense

Natural sleep aid

Expands the WomenSense line of natural products. This herbal formula helps relieve symptoms of nervousness and promotes restful sleep.



17⁴⁷

90 vcaps

NEW!

Maximum Triple Strength RxOmega-3

Potent one-per-day omega-3

Offers a high potency of omega-3 EFAs in a convenient one-a-day softgel. Daily consumption of omega-3 EFAs is essential for the health of the cardiovascular system, nervous system, and joints.



43⁹⁷

150 ep softgels

WOMEN'S HEALTH SPECIAL FEATURE

Groundbreaking Women's Health Book

In this book, Dr. Karen Jensen, ND and other practising physicians share their experience treating women's health matters. In this special flyer feature, we will share with you excerpts from this groundbreaking book.

Womensense®: Trusted By Naturopaths and Practising Physicians Across Canada

Hormones are powerful chemical messengers that control our mood, energy and stress levels, metabolism, sleep, and other vital bodily functions. In good health, all our hormones work together in a delicate balance, but there are conditions that can disrupt this balance:

Estrogen dominance symptoms including PMS, endometriosis, uterine fibroids, period problems, and hormonal acne result from excessive estrogen exposure, primarily from xenoestrogens found in plastics, pesticides, beauty products, cleaning products, and more.

EstroSense® contains all-natural ingredients including milk thistle extract to promote healthy hormone metabolism by supporting healthy liver detoxification.

Low thyroid (hypothyroidism) is a common condition affecting 20–25% of women. If you are tired, gaining weight, have cold hands and feet, hair loss, dry hair or skin, and insomnia, consider low thyroid. Clinically low thyroid, as confirmed by your doctor, requires prescription medication. However, you can support your thyroid with **ThyroSense®**, a natural formulation containing L-tyrosine, ashwagandha, guggul, pantothenic acid, copper, manganese, and iodine.

Menopause symptoms often include hot flashes/flushes or night sweats, mood swings, insomnia, depression, urinary problems, and loss of libido. **MenoSense®**, containing black cohosh, chasteberry, gamma-oryzanol, hesperidin, and dong quai will help balance fluctuating hormone levels and ease the transition through menopause, reducing hot flashes, night sweats, and more.

19⁹⁵
book



48⁴⁷
120 vcaps



37⁴⁷
180 vcaps



42⁹⁷
180 vcaps



FOR NATURAL RELIEF OF HORMONE IMBALANCE, ASK FOR WOMENSENSE PRODUCTS.

LOOK YOUTHFUL, HEALTHY & BEAUTIFUL with BioSil

BioSil is clinically proven to reduce wrinkles, thicken hair, and strengthen nails.

There isn't a better product than BioSil.

"I take **BioSil™** every day, and I am amazed at the difference I see in my skin, hair, and nails!"

— Christie Brinkley

35⁴⁷
30 mL

40⁹⁷
90 vcaps

54⁹⁷
120 vcaps



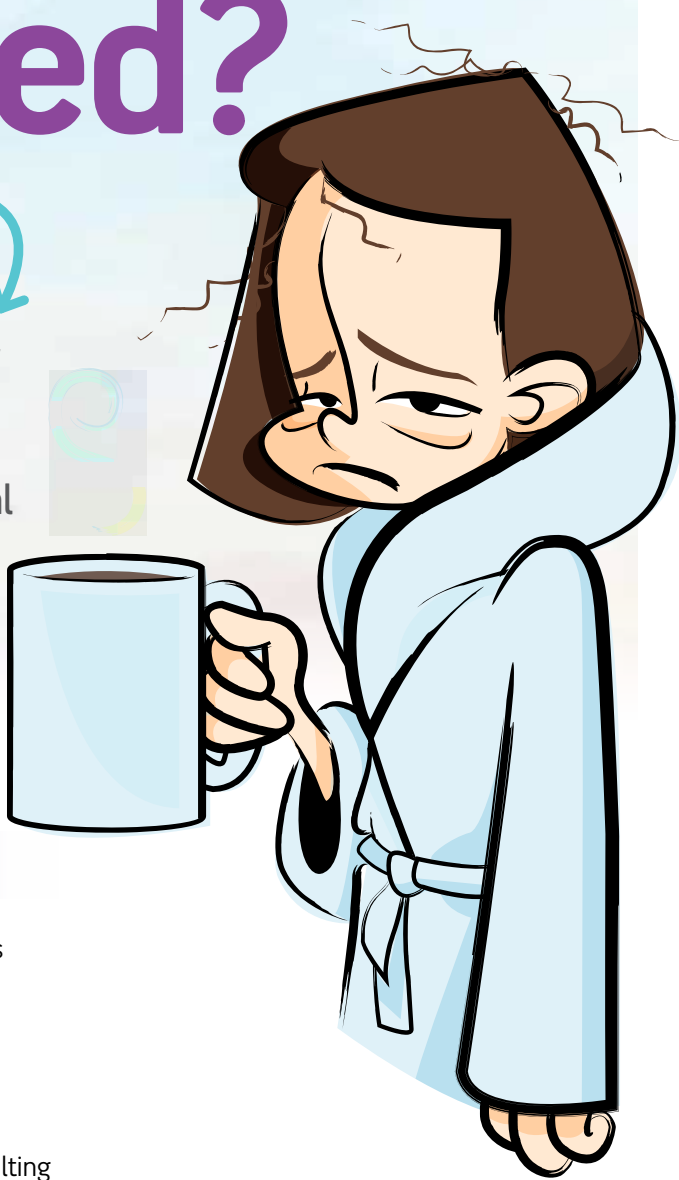
Why am I so tired?

Find out why, *here!*

It is interesting that many people have never heard of the adrenal glands, considering they command the most powerful hormones that affect your body and, in fact, your life. They are no bigger than a walnut and sit on top of each kidney. You cannot live without your adrenal hormones and how well you live – your quality of life – depends a great deal on how well your adrenal glands function. **All individuals subjected to chronic and severe stress go through stages of adapting to these stressors.**



Excerpt from Dr. Karen Jensen's new book, *Women's Health Matters*.



STAgE 1: ALARM REACTION

The body has an initial reaction to a stressor through a complex chain of physical and biochemical responses brought about by the interaction of the brain, nervous system, and a variety of different hormones released through the main stress organs, the adrenal glands.

STAgE 2: RESISTANCE

At this point, the adrenal glands are on constant alert and overreact to prolonged stress. The main adrenal hormone at this stage is cortisol, the hallmark of long-term stress. The resistance stage can last anywhere from months to as long as 20 years. If the stress is unrelenting, eventually the adrenal glands will no longer be able to rebuild and adapt.

As a result, the body's ability to cope with stress and fight disease has been compromised.

STAgE 3: EXHAUSTION

In this phase, the state of hypoadrenia is to the point where the ability to respond to stress is severely limited. There are no reserves left, resulting in fatigue, malaise, and lack of will. People who started in Stage 1 and managed to push through Stage 2 are now completely exhausted mentally, emotionally, and physically. Reserves are so depleted that their symptoms of disease become chronic and more degenerative. They experience extreme fatigue, may develop chronic fatigue syndrome (CFS), feel "burned out", and are more susceptible to infections with poor recovery from illness.

ADRENAL FATIGUE?

WHAT WORKS

ADRENA SENSE & STRESS LESS

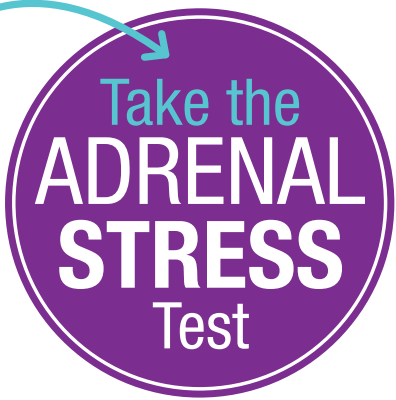
include several adaptogenic herbs that have been studied extensively and have proven very effective during times of increased demands and stress.



42⁹⁷
180 vcaps

26⁴⁷
120 vcaps

stressed?



Write the number **1** beside symptoms you have had in the past; **2** beside symptoms that occur occasionally; **3** beside symptoms that occur often; **4** beside symptoms that occur frequently. **Add up the total score.**

- | | |
|---|---|
| _____ Blurred vision, spots in front of eyes | _____ Inflammatory conditions (e.g., arthritis, bursitis) |
| _____ Insomnia, frequent waking | _____ Dizziness or fainting upon standing |
| _____ Hormonal imbalances (e.g., thyroid problems) | _____ Nervousness, anxiety, depression, irritability, anger |
| _____ History of asthma, bronchitis | _____ Air hunger (e.g., shortness of breath, yawning) |
| _____ Prolonged exposure to stress (e.g., job, family, illness, caregiving) | _____ Low back pain, knee problems, sore muscles |
| _____ Headaches | _____ Excessive urination |
| _____ Environmental or chemical exposure or sensitivities | _____ Excessive perspiration or no perspiration |
| _____ Hypoglycemia, blood sugar problems (e.g., mood swings) | _____ Heart palpitations |
| _____ Food allergies | _____ Edema of extremities or general edema |
| _____ Poor concentration, memory problems (e.g., Alzheimer's) | _____ Eyes light-sensitive |
| _____ Low energy, excessive fatigue | _____ Cravings for sugar, salt, coffee, or other stimulants |
| _____ Easily overwhelmed, inability to handle stress | _____ Alcohol intolerance |
| _____ Post-exertion fatigue | _____ Recurrent colds or infections |
| _____ Cold hands or feet | _____ Digestive problems, ulcers |
| | _____ Weight gain or weight loss |
| | _____ High or low blood pressure |
| | _____ TOTAL |

TOTAL SCORE INDICATORS

If you scored: 30–50: You have received an early-warning indicator that your adrenals are starting to weaken. **50–80:** Start with adrenal support. **80–100:** Your adrenals are taxed; you may want to add an adrenal glandular product. **Over 100:** You are suffering from adrenal exhaustion and will require long-term adrenal support.

Look for this FREE Women's health magazine!

Available at natural health food stores only.

Women's Voice Magazine provides Real Solutions by Real Physicians for Real Women's Needs™



YOU'LL FEEL SO ENERGIZED!

WITH THESE PURE FOOD SUPPLEMENTS

Our farms are certified **100% organic, non-GMO**. Crops are fertilized with compost and nitrogen-rich sea plants, and are meticulously cared for by hand. **No synthetic pesticides** (or even permissible organic pesticides) **are used – EVER!**



BUILD YOUR BONES WITH Bone Structure Multivitamin & Mineral

26⁴⁷
60 tablets
Made with farm-fresh, organic, and sustainably grown non-GMO ingredients

FEEL THE DIFFERENCE WITH WHOLE EARTH & SEA MULTIS

Women's and Women's 50+ Multivitamin & Mineral

Made with farm-fresh, organic, and sustainably grown non-GMO ingredients

63⁴⁷
120 tablets



LOOK FOR THIS SEAL
isura
NON-GMO • MASS SPEC
Documentation ✓ Lab Tested ✓

ISURA means certified clean.
This seal assures you that this product has passed the most rigorous testing in the world. ISURA can test for over 500 potential contaminants.
isura.ca