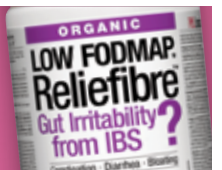


Cure for gut irritability and IBS?

More details on page 8. Available in natural health food stores.



STOP Sniffles' attack!

with clinically proven
ECHINAMIDE®

"Sniffles"
the flu bug

19⁹⁷

60 softgels

12⁹⁷

50 mL

Soothes your throat
Clears your sinuses
Stops your cough

16⁹⁷

30 mL



7⁴⁷

30 liquid-gel
softchews

Every woman
can benefit from
this product



23⁹⁷

90 vcaps

Did you know strong adrenals fight the flu?
Reduce stress and improve your immune
system with AdrenaSense.

Incredible
**JOINT PAIN
RELIEF**

29⁹⁷

240 capsules

**HOT
PRICE**



SALE only in natural health food stores.

ON SALE UNTIL END OF NOVEMBER 2018. Products available at your community natural food stores, while quantities last!



SEND THE FLU

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.



9⁹⁷

30 softgels

16⁹⁷

30 mL

32⁴⁷

60 mL

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

What makes ECHINAMIDE unique?

ECHINAMIDE is grown with **100% organic methods**, then **harvested fresh** from our own farms in the beautiful Okanagan Valley of British Columbia.

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 to truly effect the flu virus.



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, subject to careful control by Natural Factors, from organic seedlings which are **meticulously harvested and extracted**, and delivered to your local health food store.

Immediate relief Quick-Blast

Soothes your throat
Clears your sinuses
Stops your cough

7⁴⁷

30 liquid-gel softchews



U BUG PACKING!

Instant, soothing relief

Try the NEW
**ECHINAMIDE FLU & COLD
Instant Soothing Hot
Tea Concentrate
for fast relief!**

Just add one or two tablespoons
of Hot Tea Concentrate to hot water
and feel good instantly.



14⁹⁷
150 mL

**GUARANTEED
RESULTS!**

Long-lasting relief Anti-Viral Potent Fresh Herbal Tincture

Effective against all viral conditions

12⁹⁷
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

is certified organic and clinically
proven for the relief of sore throats
and coughs. This combination of
British Columbia-grown echinacea
flowers and roots with goldenseal
roots work together to fight a broad
spectrum of viruses, bacteria, fungi,
and yeasts.

12⁹⁷
50 mL



GUARANTEED!

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

"I now have so much more energy and an overall sense of well-being. Truly amazing!"

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 the whole earth and sea.

Available in
Organic Chocolate
and Organic Tropical

63⁹⁷

Protein &
Greens



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.

55⁴⁷

Greens

Available in
Organic Chocolate,
Organic Tropical,
and Unflavoured

**FEEL THE DIFFERENCE WITH
WHOLE EARTH & SEA MULTIS**

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

**Women's Prenatal
Multivitamin & Mineral**

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

*"Hands down the best
vitamin/mineral
whole food
supplement
on the market."*

33⁹⁷

60 tablets

63⁹⁷

120 tablets



OMEGA-3s NEVER TASTED SO GOOD!

ZERO FISHY AFTERTASTE ZERO BURPBACK • 100% DELICIOUS

Described as the “Best-Tasting Fish Oil”, Sea-licious is the new generation of delicious omega-3 oils, created by omega-3 expert and registered dietitian, Karlene Karst. Sourced from the purest and most sustainable anchovies and sardines, Sea-licious offers a uniquely light, smooth-textured oil without the burp-back or fishy aftertaste.



23⁹⁷

250 mL



26⁴⁷

with Vitamin D
250 mL



— Karlene Karst, RD
Founder of Sea-licious
and mother of three

The ultimate synergistic blend of high-potency omega-3, vitamin D, astaxanthin, and pure MCT oil

Introducing the newest member of the family, Sea-licious Active Omega-3 + MCT Oil in delicious Orange Vanilla flavour. Packed with many punches, each teaspoon provides a high-potency dose of EPA + DHA omega-3 with the addition of MCT oil, vitamin D3, and our signature red astaxanthin antioxidant many have come to know and love. This 4-in-1 combination is the ultimate formula to help support brain, eyes, and heart health, while improving physical endurance, increasing energy and reducing inflammation.

- 1500 mg of EPA + 750 mg of DHA omega-3 with 400 IU of vitamin D3 per teaspoon
- 534 mg of MCT oil with astaxanthin antioxidant and green tea extract
- Sugar-free, sweetened with monk fruit
- Supports eyes, brain, gut, and heart health
- Improves endurance, exercise recovery, and metabolism

42⁹⁷

250 mL



WomenSense: #1 recom



Julie Reil, MD

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

ASK THE EXPERT – Julie Reil, MD

"Frequent urination is ruining my life. What more can I do?"

– SR, Seattle WA

Every day in my clinic, women come to me seeking help for a problem they would rather not talk about. These women can be as young as 30 or as old as 90, but their stories are remarkably similar. With obvious embarrassment, they tell me of dashing from the checkout line to find a bathroom, often leaving the cart behind... or of interrupting a workout to peel off gym clothes that are soaked in more than sweat.

Here are some things that can help with urgency and frequency:

- 1) Avoid or minimize certain foods that can trigger urges such as caffeinated and carbonated beverages, green tea, chocolate, and citrus which irritate the bladder and urethral tissues.
- 2) Talk to your doctor about prescription topical estrogen for the urethra and support tissues, or bioidentical estriol cream, which can improve urethral tone to reduce intensity and frequency of urges.
- 3) Water-soluble pumpkin seed extract is very supportive for bladder irritation and reduces urinary frequency and urgency.

"I recommend all-natural WomenSense products to my patients."

Recommended by physicians

I recommend all-natural **BladderSense** to my patients and it's available in natural health stores. Research shows that water-soluble pumpkin seed extract is able to strengthen the pelvic floor muscles of the bladder by:

- Binding to the pelvic-floor androgen receptors and strengthening the pelvic muscles
- Helping to allow the bladder to relax (by increasing nitric oxide)
- Helping to prevent and reverse prostate enlargement in men

FOR HEALTHY BLADDER CONTROL IN WOMEN

BladderSense

- Helps control urinary incontinence
- Helps control an overactive bladder
- Provides supportive therapy for bladder irritation
- Reduces nighttime urinary frequency

Hormones are powerful chemical messengers that control our mood, energy and stress levels, metabolism, sleep, and other vital bodily functions.

PAINFUL PERIODS? PMS?

IMPROVE HORMONE BALANCE with

EstroSense Symptoms of hormonal imbalance include heavy or painful periods, hormonal acne, PMS, ovarian cysts, fibrocystic breasts, endometriosis, and more. EstroSense is the ideal hormonal health partner for women using oral contraceptives and those suffering from the symptoms of hormonal imbalance.

EstroSense is an exclusive formula containing all-natural ingredients to help maintain healthy hormone balance by promoting liver detoxification and healthy estrogen metabolism.

STRESSED? NO ENERGY?

LOSING SLEEP? IMPROVE STRESS SYMPTOMS with **AdrenaSense**

Early symptoms of adrenal stress include: fatigue, depression, cold hands or feet, dizziness, low back pain, asthma, allergies, sweet cravings, hormonal imbalances, irritability, headaches, gastrointestinal problems, skin problems, arthritis, and other inflammatory conditions.

AdrenaSense offers natural support for the adrenal glands, to help relieve general fatigue, and improve mental and physical performance.



48.47
120 vcaps



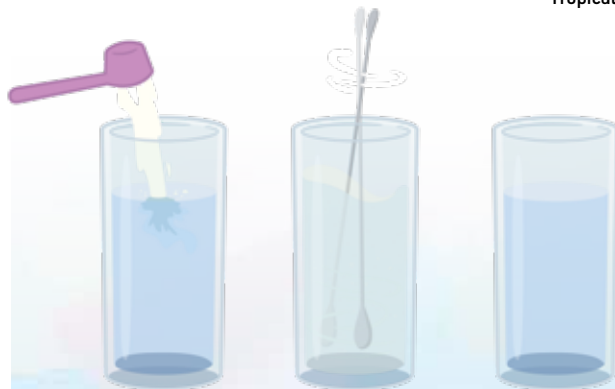
Why do you feel discomfort in your gut? High FODMAPs

FODMAPs are the key reason why many people suffer from IBS, constipation, diarrhea, gas, and bloating.

FODMAPs in fibres such as inulin, psyllium, bran, and wheat are bad for IBS and the digestive system. Inulin is an inexpensive ingredient that food companies use to make a "fibre claim" on their labels (though it is argued that many of these so-called fibres aren't really fibre). Psyllium may be familiar, as it is the basis for many popular fibre additives, but it can be as hard on your digestion as bran and wheat.

33⁹⁷

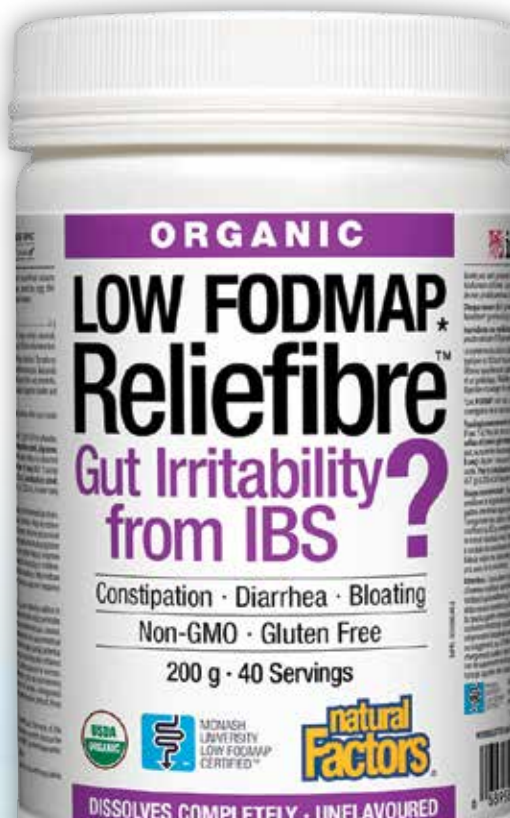
Unflavoured 200 g
Tropical 268 g



Reliefibre dissolves rapidly in water and doesn't thicken.

Reliefibre is the only ORGANIC fibre LOW-FODMAP certified in Canada

- LOW-FODMAP certified by Monash University
- 100% organic; non-GMO; gluten free
- Dissolves rapidly in water
- Tasteless, colourless, and odourless



Reliefibre
is so easy to use

HOME



OFFICE



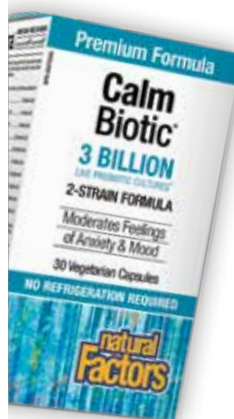
RESTAURANT



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. We have the most experience in Canada producing stabilized and effective probiotics. We can guarantee the best results for digestive health. No other probiotic manufacturer can compare.

PREMIUM FORMULAS FOR ADVANCED EFFECTIVENESS



Calm Biotic

This innovative premium formula features two proprietary strains shown to reduce symptoms of stress and enhance mood.

17⁴⁷

30 vcaps

Senior's Multi Probiotic

This senior-specific premium formula provides eight bifidobacteria and lactobacilli species, which decline with age. Helps relieve constipation, gas, bloating, age-related decline in immune system function.

Critical Care Probiotic

This formula restores beneficial bacteria lost through antibiotic use and enhances immune health. It also offers significant protection from bacterial infection, yeast overgrowth, and digestive discomfort.

20⁹⁷

Senior's
30 vcaps

45⁴⁷

Critical Care
30 vcaps

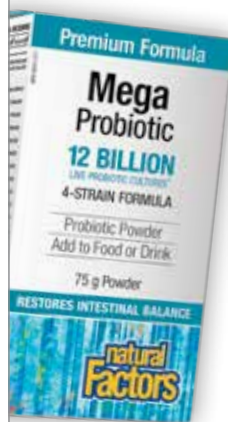


IBS Relief Biotic

This multi-strain premium formula features 7 billion live probiotic cultures of probiotics shown to relieve symptoms of irritable bowel syndrome (IBS).

18⁴⁷

30 vcaps



Mega Probiotic

This probiotic powder contains four strains and 12 billion active cells per serving to assist in re-establishing and maintaining normal intestinal microflora.

19⁴⁷

75 g powder

Travel Biotic

Travel Biotic is a high-potency probiotic, with 10 billion live probiotic cultures of BB536® per capsule. BB536 is among the most researched and effective probiotics in the world. Refrigeration not required, so ideal for travel.

31⁹⁷

60 vcaps



AMAZING RELIEF for PAIN and INFLAMMATION

Theracurmin: #1 absorbed form of curcumin

Double-Strength CurcuminRich

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

37⁹⁷

120 vcaps

70⁴⁷

120 vcaps
Double Strength



21⁴⁷

60 vcaps

Joint Optimizer High Absorption Curcumin

Combines the most trusted, effective, herbal supplements for natural joint pain relief.

CLEAN BODY CARE

12⁴⁷

354 mL

FREE of toxins, perfumes, and xenoestrogens commonly found in traditional beauty aids.

Putting it on your SKIN does let it in (up to 60% absorbed), that's why you want CLEAN and tested body care products.

15⁴⁷

237 mL



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

Canada's #1 Natural **STRESS RELIEF** products!

REDUCE your **STRESS** and feel fabulous!

Guaranteed special formulas for stress, anxiety, and insomnia

Stress is part of our daily lives. Sometimes the body's natural defences are enough to battle stress, however there are times when these natural defences are just not enough. It is important to be aware of how stress is affecting us from day to day, and if it becomes chronic and harmful, that we take measures to relieve it. Stress-Relax products can help by reducing the impact of stress, calming nerves, and providing a good night's sleep.

Tranquil Sleep

Helps relieve mild insomnia and calms nervousness

Stress-Relax Tranquil Sleep helps you fall asleep quickly, sleep soundly through the night, and wake up feeling refreshed, without the potentially serious mental and physical side effects caused by pharmaceutical "sleeping pills." Containing Suntheanine® L-theanine, melatonin, and 5-HTP, this natural alternative is completely safe, highly effective, and non-habit forming.

19⁹⁷

60 chewable tablets



Mind Retreat

Calms the mind and promotes restful sleep

Stress-Relax Mind Retreat contains gamma-aminobutyric acid (GABA), lemon balm, magnesium, and vitamin B6 – key nutrients that help cope with occasional stress. Mind Retreat promotes relaxation, reduces restlessness, and can be used as a sleep aid for periodic insomnia. It features clinically tested natural Pharma GABA, shown to help calm a racing mind.

21⁴⁷

60 vcaps



pharmaceutical drugs. For anyone feeling stressed, frazzled, or overcommitted in this 24/7 world, this safe supplement restores mental calmness and promotes relaxation.

Magnesium Citrate

Relaxes muscles and calms nerves

Stress-Relax Magnesium Citrate is an effective way to meet the body's daily magnesium requirements. Magnesium helps the body metabolize carbohydrates, fats, and proteins. It also assists in tissue formation, and helps maintain bones, teeth, and proper muscle function. Inadequate magnesium intake can heighten the symptoms of stress, including muscle tension and sleep disturbances.

18⁴⁷

250 g powder
Berry or Tropical
Fruit flavours



100% Natural GABA

Fast-acting relief for nervousness and acute stress

Stress-Relax 100% Natural GABA is a superior source and naturally produced form of the important brain compound gamma-aminobutyric acid (GABA). Convenient chewable tablets in tropical fruit flavour help to quickly promote relaxation and ease nervous tension.

19⁹⁷

60 chewable tablets



Mental Calmness

Promotes deep relaxation and mental clarity

Stress-Relax Mental Calmness formula provides natural anxiety and stress control without the side effects of

18⁴⁷

60 chewable tablets



Energy from the ground up will **POWER** YOU UP!

Every easy-to-swallow vegetarian VitaDay capsule contains: **100% organic, non-GMO, nutrient-dense, whole food greens.**

✓ **GLUTEN FREE**

✓ **NON-GMO**

✓ **SUSTAINABLE**

Innovative, highly bioavailable, active nutrients:

Coenzyme B vitamins, antioxidants, digestive enzymes, and concentrated plant extracts. Tested and **certified clean** and **non-GMO** by ISURA Labs.

24⁹⁷

60 vcaps



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 up to 600 potential contaminants.

isura.ca



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

GREEN SHEET SPECIALS

EXCLUSIVELY AVAILABLE IN NATURAL HEALTH FOOD STORES.

Berberine

BLOOD SUGAR and CARDIOVASCULAR SUPPORT

Maintains healthy blood
sugar and restores
insulin sensitivity
Supports weight
management



27⁹⁷

120 vcaps



Lutein

EYE HEALTH

BONUS BOTTLE • 30 FREE softgels!

Also contains potassium,
zinc, and manganese



27⁴⁷

150 softgels



Medi-C Plus

VITAMIN C and L-LYSINE FORMULA

Helps collagen formation
Maintains healthy
bones, teeth and gums
Available with calcium
or magnesium



42⁹⁷

600 g



Anti-Stress

REDUCES STRESS and IMPROVES SLEEP

Promotes healthy
sleep
Relieves nervousness



23⁹⁷

120 capsules



Male Energy

NATURAL SOLUTION for MEN

Contains a combination
of ingredients designed
to enhance male health
and energy



42⁹⁷

120 capsules



Coenzyme Q10

HEART HEALTH

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



26⁹⁷

120 softgels



Chewable Ginger

PREVENTS NAUSEA

Clinically shown to prevent nausea
and vomiting associated
with motion sickness



12⁹⁷

90 chew tabs



MSM Joint Formula

RELIEVES JOINT PAIN, FAST! BONUS BOTTLE • 30 FREE capsules!

For healthy joints,
cartilage, and
connective tissue

20⁹⁷

240 capsules



Melatonin

NATURAL SLEEP AID

BONUS BOTTLE • 30 FREE tablets!

Improves sleep quality
and duration, reducing
daytime fatigue



11⁹⁷

210 subtabs



Starch & Fat Metabolizer

BLOOD SUGAR METABOLISM

Helps metabolize carbs and fats
Supports healthy
glucose metabolism



20⁹⁷

90 vcaps



MagSense

RELIEVES STRESS and MUSCLE TENSION

Calms muscle spasms and relaxes
tight muscles
Unflavoured and Berry
flavoured



36⁴⁷

400 g



BioCgel

HIGH-ABSORPTION VITAMIN C BONUS BOTTLE • 30 FREE softgels!

Potent immune support
Also contains extra-
strength fruit
bioflavonoids



24⁹⁷

210 softgels

