

Incredible joint pain relief  
**Glucosamine &  
Chondroitin Sulfate**  
JUMBO! 240 CAPSULES!

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



Maximum Triple  
Strength  
**RxOmega-3**  
One-per-day

**ONLY**  
**39<sup>47</sup>**  
150 ep softgels



# FAST RELIEF for chronic joint pain

Spring into summer!

Use OsteoMove to protect **KNEES**  
and **JOINTS**, and get moving!

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



At 14 years old, Rachel Parent stood up against a bully over GMOs. Read her story in the *Women's Voice* magazine.  
**FREE** magazine available exclusively in natural food stores.

**Pick up a FREE bottle of your choice**  
of Natural Factors Vitamin D3 400 IU, Big Friends Vitamin D3 400 IU or VitaDay Biotin 1000 mcg  
at your favourite participating natural food store. While quantities last!



**BEAT  
INSOMNIA**  
with  
**SomniSense**

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

**NEW!**



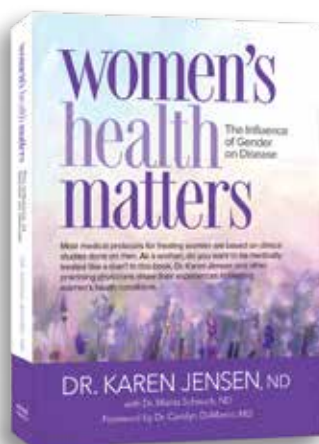
**FLYER SALE April 27 – May 27, 2018.** Products available at your community natural food stores, while quantities last!

# WomenSense The Trusted C

**PROUD TO SUPPORT WOMEN AND GIRLS ACROSS CANADA.** Donated funds from WOMENSENSE products go toward supporting more than **100 community programs** that help women and girls move out of violence, out of poverty, and into confidence and leadership.



from the SALE of each WOMENSENSE Bonus Bottle will be donated to the **Canadian Women's Foundation**.



**19<sup>95</sup>**

book

Most of the protocols for treating women are based on clinical studies done on men. As a woman, do you want

to be medically treated like a man?

In this book, **Karen Jensen** (retired ND) and other practising physicians share their medical experience treating women's health matters.



## EstroSense

PROMOTES HEALTHY HORMONE BALANCE

**48<sup>47</sup>**

150 vcaps

## AdrenaSense

LESS STRESS, MORE ENERGY!

**42<sup>97</sup>**

240 vcaps

## MenoSense

REDUCES HOT FLASHES AND NIGHT SWEATS

**37<sup>47</sup>**

240 vcaps

## ThyroSense

SUPPORT FOR LOW-THYROID SYMPTOMS

**42<sup>97</sup>**

240 vcaps

## GI Sense

CALMS DIGESTIVE DISTURBANCES CAUSED BY STRESS

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

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

90 vcaps

**NEW!**



## SomniSense

NATURAL SLEEP AID

Herbal formula recommended by health care practitioners to help relieve symptoms of nervousness and promote restful sleep

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

90 vcaps

**NEW!**



# Choice of Health Professionals

## Symptoms of Hormonal Imbalance – UNLOCKING THE PUZZLE



BY KAREN JENSEN (RETIRED ND)

By reviewing the symptoms listed below, you can zero-in on which organs or conditions could be contributing to the health-related problems you're experiencing. It's easy – just go through the list and write the letter or letters next to anything that pertains to your current or recent experience. Then go back and note your results. If you have a lot of As, you may need adrenal support. When you have Ts checked, it suggests a possible thyroid imbalance, and Ls identify a need to support the liver.

Here are the nutritional supports I commonly recommend for these conditions:

**A** = Adrenal (AdrenaSense)

**T** = Thyroid (Thyrosense)

**L** = Liver (EstroSense)

### Wondering about the letters (M) and (D)?

The (M) refers to symptoms commonly experienced during menopause or perimenopause, while the (D) refers to dysbiosis, the clinical term for intestinal microbial imbalances. Here are the nutritional supports I commonly recommend for these conditions:

**(M)** = MenoSense

**(D)** = Probiotics

Ready to solve the puzzle? Get a pencil and get to work!

## Hormonal Health Test

- \_\_\_ Prolonged exposure to stress (job, family, illness, divorce, caregiver) – **A**
  - \_\_\_ Cravings for salt, sugar, caffeine – **A**
  - \_\_\_ Blood sugar imbalances (hypoglycemia) – **A (D)**
  - \_\_\_ Poor concentration, memory problems, brain fog – **A (T) (D) (M)**
  - \_\_\_ Insomnia – **A (T) (M) (D)**
  - \_\_\_ Low energy, excessive fatigue – **A (T)**
  - \_\_\_ Burping, belching, gas or bloating after a meal – **A (D)**
  - \_\_\_ Cold hands and feet (any time of the year) – **T**
  - \_\_\_ Thinning, dry, brittle, or coarse hair – **T**
  - \_\_\_ Weight gain that came on quickly and is hard to lose – **T (A)**
  - \_\_\_ Thin, brittle nails – **T**
  - \_\_\_ Depression, mood swings, irritability – **A (L) (D)**
  - \_\_\_ Swelling in the face (especially around the eyes) or hands/ankles – **T**
  - \_\_\_ Low libido, painful intercourse – **A (T) (M)**
  - \_\_\_ Constipation – **T (D)**
  - \_\_\_ Hot flashes and/or night sweats – **L (M)**
  - \_\_\_ Acne – **L (D)**
  - \_\_\_ PMS – **L**
  - \_\_\_ Heavy or irregular menstrual periods – **L (T) (M)**
  - \_\_\_ Breast tenderness – **L**
  - \_\_\_ Taking HRT or oral contraceptives – **L (D)**
  - \_\_\_ Accelerated aging (“overnight” wrinkles) – **T (A) (M)**
  - \_\_\_ Anxiety or panic attacks – **A (D)**
  - \_\_\_ Inability to breathe deeply (air hunger) – **A**
  - \_\_\_ “Crawly” skin sensations, especially of the lower limbs (restless leg syndrome) – **T**
  - \_\_\_ Increased facial hair, particularly around the chin and upper lip – **L (A) (M)**
  - \_\_\_ Hot feet, worse in bed – **L (M)**
  - \_\_\_ Aches and pains in joints, muscles – **L (T)**
  - \_\_\_ Migraine headaches – **L (D)**
  - \_\_\_ New food or environmental allergies sensitivities – **A (D)**
  - \_\_\_ Urinary incontinence (worse with coughing or laughing) – **D (M)**
  - \_\_\_ Belly fat/weight gain, including on the abdomen, hips, and breasts – **T (A)**
- Total for A (Adrenal)** \_\_\_\_\_
- Total for T (Thyroid)** \_\_\_\_\_
- Total for L (Liver)** \_\_\_\_\_
- Once again, the nutritional support I recommend for Adrenal support is AdrenaSense, for Thyroid it's Thyrosense, and to support the Liver, EstroSense is key.
- Total for Menopause (M)** \_\_\_\_\_
- Total for Dysbiosis (D)** \_\_\_\_\_

For women entering the peri-menopausal and menopausal years, always start with adrenal support, and have your thyroid tested with your health care practitioner. MenoSense can provide support for symptoms indicated by (M). For intestinal health issues that result in hormonal imbalance and related symptoms, increase the intake of fermented foods in your diet and consider adding a probiotic supplement to your health program.



# WomenSense CLEAN BODY CARE

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.



## Coconut Oil

FOR BEAUTIFUL SKIN, HAIR, AND NAILS

Infused with the uplifting floral and sweet aromas of rose geranium and vanilla

Formulated as a ready-to-use oil blend

High-quality coconut oil provides intensive, versatile moisturizing benefits for skin, hair, and nails



# Nature's most perfect protein

## High Alpha Whey Protein

**This is not your regular whey protein. This is a one-of-a-kind high-performance functional protein from 100% whey isolate**

The Ultimate High Alpha Whey Protein is a one-of-a-kind high-performance functional protein that contains the Natural Health industry's highest levels of the bioactive peptide alpha-lactalbumin – nature's most perfect form of protein.

The exceptionally high levels of bio-active proteins, peptides, and amino acids are obtained through an exclusive low-heat, microfiltration method that filters out all impurities and guarantees a completely bioavailable, high-performance functional protein coming from 100% whey isolate.

The result is a protein that can actually impact the body's biological systems, improve immunity, help lower stress hormones (cortisol), balance moods, reduce cravings, aid in deep restorative sleep, and boost energy levels during the day.

## TOP 5 TIPS for gaining muscle mass

- Use high-quality cold-processed whey isolates with high levels of alpha-lactalbumin (High Alpha Whey Protein) to maintain adequate protein intake, as the essential amino acids will help maintain protein stores and counteract muscle wasting.
- Ensure an adequate diet by consuming between 5–8 mini-meals each day.
- Pick foods that contain the most calories, but are still nutritious, such as organic seeds and nuts.
- Do resistance exercise at least three times each week.
- Avoid highly refined "white" foods, excess sugars, and hydrogenated trans fats.

## Her Energy

**Reduce excess body fat by restoring healthy hormone balance!**

If you're a woman over 35, you're probably starting to feel the effects of what is now referred to as estrogen dominance, a condition in which healthful estrogens are pushed out of the way by unhealthy estrogens. The ingredients in Ultimate Her Energy act synergistically to restore hormone balance.

## Male Energy

**Restore testosterone to optimal levels and reduce excess body fat!**

Testosterone levels in men begin to diminish around age 30. As testosterone levels decline, men notice a loss in muscle mass and strength, a gain in abdominal fat, low libido, and more. The natural ingredients in Ultimate Male Energy help reduce the symptoms of declining testosterone levels.



# The next generation of nutrition is here



## ENERGY FROM THE GROUND UP

✓ GLUTEN FREE   ✓ NON-GMO   ✓ SUSTAINABLE

### NEW VitaDay Multis with organic whole foods!

VitaDay has innovated the multivitamin to a whole new realm

#### VITADAY MULTIS INCLUDE:

- Non-GMO, organic whole food greens
- Highly bioavailable, coenzyme B vitamins
- Enzymes antioxidants from reishi mushroom, turmeric, grapeseed, and blueberry

**LOOK FOR THIS SEAL** 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](http://isura.ca)

**NEW**

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

60 vcaps

EXCLUSIVELY available in natural health food stores



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

French Vanilla,  
Decadent Chocolate,  
Berrylicious

972 g powder



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

741 g powder  
Unflavoured

## VegiDay Proteins

All ingredients are 100% organic!  
Even flavours and sweeteners.

- 20 g of **vegan protein** per serving
- Raw and certified organic pea, rice, pumpkin, chia, quinoa, spirulina, and chlorella protein powder
- Certified non-GMO, Kosher, and gluten free
- Packed full of phytonutrients

EXCLUSIVELY available in natural health food stores.



# 100% FERMENTED CERTIFIED ORGANIC GREENS and PRO

Try it for yourself, and feel the difference!  
There's no other product like it!

**Whole Earth & Sea farms in the beautiful Okanagan Valley are 100% organic.** Our 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!** From simple seeds come the highest potency crops packed with essential amino acids, minerals, antioxidants, enzymes, and phytonutrients.

The 100% organic Whole Earth & Sea crops are harvested at their peak and immediately **raw processed and enzymized** using our patent pending process. The result? **A unique, 100% fermented greens for easy digestion and maximum nutritional benefit.**

**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.**

**The best nutrition from our organic farms.**

**NEW  
Product!**





# ED TEIN ence.



**ORGANIC  
CHOCOLATE,  
TROPICAL, and  
UNFLAVOURED**

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

**63<sup>97</sup>**

Protein & Greens

**ORGANIC  
CHOCOLATE and  
TROPICAL**

## 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.**

**LOOK FOR THIS SEAL**



**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](http://isura.ca)

## Herring Gold 500 mg/1000 mg

Provides more omega-3 phospholipids than krill oil  
Sustainably sourced from the roe of Norwegian spring-spawning herring

**21<sup>47</sup>**  
60 softgels  
500 mg

**39<sup>47</sup>**  
60 softgels  
1000 mg

## Women's/Women's 50+ and Men's/Men's 50+ Multivitamin & Mineral

Four formulas specially designed to meet the needs of both younger and more mature men and women

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

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

**63<sup>47</sup>**  
120 tablets

**NEW  
Size!**





# The most **RIGOROUS testing** in the WORLD giving you confidence that the products you use are **SAFE, CLEAN, and EFFECTIVE.**

The only way to make sure that a natural product is **safe** and authentic is through **rigorous testing**.

ISURA uses their state-of-the-art high-performance equipment to confirm authenticity, detect **500+ known pesticides**, solvents, and **heavy metal contaminants** to the level of parts per billion.

## ISURA's seal of approval

### Why important?

The ISURA seal of approval means that you can trust ISURA-certified products. It is only granted to products that have undergone a **stringent series of laboratory tests** to confirm that a product's ingredients are:

- **Non-GMO • Contaminant free**
- **Authenticated • Accurately labelled**

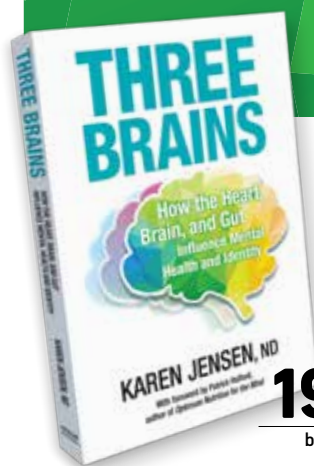
Look for this  
**ISURA seal  
of APPROVAL  
ON PRODUCT LABELS**



ISURA.CA



# How the HEART, BRAIN, and GUT Influence Mental Health



**19<sup>95</sup>**  
book

When it comes to mental health, it's not all in your head. There is an intricate communication network between the heart, the brain, and the gut. Together these three "brains" influence mental, emotional, and physical health. Three Brains supplements help maintain optimal brain health by supporting that critical relationship.

## Brain Defence

Reduces cortisol and C-reactive protein levels  
Reduces the effects of mental and physical stress

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

## Restful Sleep

Helps relieve nervousness and insomnia  
Natural, non-habit-forming sleep aid

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

## Memory Boost

Promotes mental sharpness and concentration  
Enhances memory and brain function

**25<sup>47</sup>**  
120 vcaps

## Daily Brain

Powerful full-nutrient supplement kit  
Includes five supplements that are essential for three brain health

**53<sup>47</sup>**  
30 cello packets



# 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.

**21<sup>47</sup>**  
156 g powder

**39<sup>47</sup>**  
306 g powder

**22<sup>97</sup>**  
30 vcaps

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

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



## Muscle Recovery & Growth Optimizer

CurcuminRich Muscle Recovery & Growth Optimizer combines high-absorption Theracurmin with a micronized form of the amino acid L-glutamine. The convenient unflavoured drink mix promotes muscle and immune system recovery after periods of intense physical stress.

# 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**



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

**16<sup>97</sup>**  
30 vcaps

**32<sup>97</sup>**  
60 softgels

**8<sup>97</sup>**  
30 subtabs

## Your body has 60,000 miles of veins and arteries

## Medi-C Plus Vitamin C & L-Lysine Formula

- Helps in collagen formation
- Helps develop and maintain bones, teeth, and gums
- Helps support/maintain cardiovascular health
- Helps connective tissue formation

**42<sup>97</sup>**  
600 g

**59<sup>97</sup>**  
1 kg

**19<sup>47</sup>**  
150 capsules



## Emulsified MCT Boost

PROVIDES A SOURCE OF ENERGY TO FUEL WORKOUTS

100% coconut-sourced MCT oil

Non-dairy, sugar-free creamer



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

## Hand-pressed, fresh COCONUT OIL from the Solomon Islands



**24<sup>47</sup>**  
475 mL



### What makes Alpha Coconut Oil so special?

- From husking to press, 90-minutes fresh
- Award winning, fairtrade certified
- Melt in your mouth delicious

Alpha 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.

## Sugar, stress, and hormone connection

When we are under constant stress the body's response is to increase the production of the stress hormone cortisol. Excess cortisol increases cravings for foods and prolonged cortisol release can lead to an intake of high-fat and high-sugar foods.

There's nothing like stress to send many of us straight to a sweet treat. Is it a coincidence that desserts spelled backwards is stressed?

## Anti-Stress

Promotes healthy sleep  
Helps calm and soothe

**23<sup>97</sup>**  
120 capsules



## 100% Natural GABA

Fast-acting relief for nervousness and acute stress

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



## Mental Calmness

Promotes deep relaxation and mental clarity

**17<sup>47</sup>**  
60 chewable tablets





# GREEN SHEET SPECIALS

**EXCLUSIVELY AVAILABLE IN NATURAL HEALTH FOOD STORES.**

## MagSense

RELIEVES STRESS &  
MUSCLE TENSION

Calms muscle spasms  
and relaxes tight muscles

Unflavoured and Berry

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

400 g powder



**19<sup>47</sup>**

200 g powder



## PS Phosphatidylserine

BRAIN & MEMORY  
SUPPORT

Improves memory and  
prevents dementia



**33<sup>97</sup>**

60 softgels



## Tea Tree Oil

FIRST AID KIT  
IN A BOTTLE

Disinfects cuts and  
relieves burns, insect  
stings, and bites



**13<sup>47</sup>**

50 mL



## Vitamin K2, A, D3

FOR SKIN, EYES  
& BONES

Maintains eyesight, skin,  
immune function,  
bones, teeth,  
and night vision



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

30 mL



## Melatonin 3 mg

NATURAL SLEEP AID

Improves sleep quality  
and duration, reducing  
daytime fatigue



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

210 subtabs



## Organic • Virgin Coconut Oil

CERTIFIED ORGANIC –  
EXTRA VIRGIN – COLD  
PRESSED

Ideal cooking oil for  
sautéing, stir-frying,  
or baking



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

800 mL

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

1.5 L



## Ubiquinol Active CoQ10

THE NEW GOLD  
STANDARD FOR COQ10

Powerful supplement  
for cardiovascular health



**59<sup>47</sup>**

60 softgels • 200 mg

**59<sup>97</sup>**

120 softgels • 100 mg



## Mixed Vitamin E 400 IU

POWERFUL  
ANTIOXIDANT

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



**24<sup>47</sup>**

240 softgels





# GREEN SHEET SPECIALS

**EXCLUSIVELY AVAILABLE IN NATURAL HEALTH FOOD STORES.**

## Milk Thistle Phytosome

**FOR A HEALTHY LIVER**

Excellent support when following a cleanse or detoxification program

**isura**  
 CERTIFIED CLEAN



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

120 capsules

## MSM Joint Formula

**RELIEVES JOINT PAIN, FAST!**

For healthy joints, muscles, cartilage, and connective tissue

**isura**  
 CERTIFIED CLEAN



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

240 capsules

## Coenzyme Q10

**KEEP YOUR HEART HEALTHY**

Higher levels of CoQ10 can help prevent and manage heart disease

**isura**  
 CERTIFIED CLEAN



**24<sup>97</sup>**

150 softgels

## Tranquil Sleep

**ACHIEVE THE IMPOSSIBLE DREAM**

Helps you fall asleep, stay asleep, and wake up refreshed

**isura**  
 CERTIFIED CLEAN



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

60 chewable tablets

## Berberine

**BLOOD SUGAR & CARDIOVASCULAR SUPPORT**

Helps maintain healthy blood sugar balance and restores insulin sensitivity

**isura**  
 CERTIFIED CLEAN



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

120 vcaps

## Active Omega-3 + MCT oil

4-in-1 combo omega-3, MCT oil, vitamin D3, and astaxanthin to support brain and heart health as well as increase metabolism and energy

**isura**  
 CERTIFIED CLEAN



**42<sup>97</sup>**

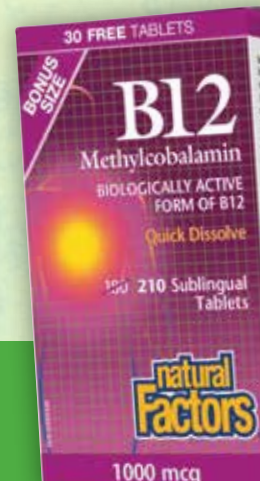
250 mL

## B12 Methylcobalamin

**IMPROVES SLEEP & HELPS CALM NERVES**

Fast-acting, biologically active form of B12

**isura**  
 CERTIFIED CLEAN



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

210 subtabs

## Maca Energy

**HELPS WITH ENERGY, MOODS, STRESS & MENOPAUSE**

Boosts your energy and improves mood

**isura**  
 CERTIFIED CLEAN



**15<sup>47</sup>**

90 vcaps

**29<sup>47</sup>**

180 vcaps

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

130 mL