

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

**ONLY
29⁹⁷**
240 capsules



Super Hot Price!

Extra Strength RxOmega-3
Bonus Bottle! 30 FREE softgels

23⁹⁷
150 ep softgels



Painful Joints?

Relief is possible!

More than four and a half million
Canadians suffer from joint pain.

Use OsteoMove
for *fast*, natural relief
for chronic joint pain.

**ONLY
29⁹⁷**
120 tablets



Dr. Marita Schauch reveals the secret to healthy hormones,
in the latest issue of *Women's Voice* magazine.

FREE magazine available exclusively
in natural food stores.



Read online
womensvoicemagazine.com



**POWERFUL
SORE
THROAT
GARGLE**

Try Organic
Oil of Oregano

17⁴⁷ 32⁴⁷
60 softgels 60 mL

FLYER SALE ENDS JANUARY 27, 2019. Products available at your community natural food stores, while quantities last!

Balance your blood sugar, naturally

When left uncontrolled, insulin resistance and chronic high blood sugar can lead to type 2 diabetes and unhealthy blood lipid profiles.

WellBetX Berberine supports blood sugar balance naturally by helping to restore insulin sensitivity and block the digestion of carbohydrates. Each vegetarian capsule contains 500 mg of pure berberine, a natural compound extracted from barberry roots. This same concentration has been used successfully in clinical trials to help target risk factors for cardiovascular and metabolic conditions.

The unique ways in which berberine acts on the body makes it a useful option when you have had little to no success trying other natural health products to balance blood sugar and blood lipid levels.

Signs of uncontrolled blood sugar and insulin levels include fatigue, weight gain, and intense food cravings. Whether you are experiencing such conditions or have difficulty losing weight due to insulin resistance, WellBetX Berberine offers essential nutritional support and a natural alternative to pharmaceutical options.

WellBetX Cinnamon Extract is made with CinnamonRich™, a patented water extract of cinnamon containing bioactive compounds with insulin-like effects that can increase glucose uptake by 20-fold. WellBetX Cinnamon Extract supports healthy blood sugar and cholesterol levels within a normal range.

WellBetX Mulberry Extract is a unique herbal extract designed to help balance and promote healthy blood sugar levels. One convenient capsule provides 100 mg of high-potency white mulberry extract, standardized to contain the correct potency of key plant actives.

WellBetX Complete Diabetic Multivitamin & Mineral is the only multivitamin specifically formulated to support healthy glucose metabolism. It provides a unique blend of key nutrients, which together help balance fluctuating blood sugar levels and help maintain good health.

WellBetX The Revolutionary Appetite & Blood Sugar Regulator Program with PGX is a highly nutritious meal replacement drink mix. It is designed to regulate blood sugar, promote a feeling of fullness for hours,

and provide a well-researched spectrum of essential vitamins and minerals – in only 220 calories per serving. Available in two delicious flavours: Chocolate and French Vanilla.

16⁹⁷
60 vcaps

31⁴⁷
120 vcaps

11⁴⁷
90 capsules

15⁴⁷
60 capsules

26⁴⁷
120 tablets

43⁹⁷
854 g powder

Natural Factors Chromium Picolinate

enhances the action of insulin, metabolizes glucose, and helps maintain healthy blood sugar levels. Millions of North Americans struggle with conditions related to uncontrolled blood sugar and insulin levels. These supplements can help balance blood sugar and insulin levels, naturally.



1147

90 tablets

PGX Daily Softgels

When taken with meals, PGX expands in the stomach over a 30-minute (or longer) timeframe. This process creates a feeling of fullness by absorbing water and filling the stomach while slowing digestion. This keeps blood sugar from rising too high after meals, thereby curbing the body's hunger cravings throughout the day.

Health benefits of PGX include:

- Normalizing and stabilizing blood sugar
- Lowering insulin secretion
- Improving insulin sensitivity
- Lowering after-meal blood sugar levels
- Reducing the glycemic index of meals
- Controlling appetite for healthy weight loss



2697

120 softgels

BLOOD SUGAR BALANCING TIPS



By Kate Rhéaume, ND

- Eat a healthy breakfast
- Don't skip meals
- Avoid white flour and sugar
- Enjoy some protein with each meal
- Eat lots of soluble fibre

The most important nutrient to prevent heart disease

Vitamin K & D

- Increases calcium absorption
- Inhibits the calcification of arteries
- Fights premature wrinkles



1397

60 softgels

2447

120 softgels



LOOK FOR THIS SEAL ISURA means certified clean.



NON-GMO · MASS SPEC
Documentation ✓ Lab Tested ✓

This seal assures you that this product has passed the most rigorous testing in the world. ISURA can test for over 600 potential contaminants.

isura.ca

Why do you feel DISCOMFORT IN YOUR GUT? High FODMAPs

Natural Factors ORGANIC Reliefibre is low-FODMAP certified, and dissolves rapidly.

FODMAPs are the key reason why many people suffer from IBS, constipation, diarrhea, gas, and bloating. FODMAPs in fibres such as inulin, bran, and wheat are bad for IBS and the digestive system.

Organic Reliefibre

- Monash University Low FODMAP Certified™
- 100% organic; non-GMO; gluten free
- Dissolves rapidly in water

3397

Unflavoured 200 g powder
Tropical 268 g powder

Reliefibre is so easy to use

HOME



OFFICE



RESTAURANT



GUARANTEED!

You'll love the flavour and how you'll feel using this

100% FERMENTED, ORGANIC PRODUCT.

ORGANIC flavours: Chocolate, Tropical, Vanilla Chai, or Unflavoured
21 g of PROTEIN per serving

63⁹⁷

Each

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 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.

Also available in Organic Chocolate and Organic Tropical.



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



55⁴⁷

Each

FERMENTED GREENS
ORGANIC FLAVOURS:
Chocolate, Tropical, and Unflavoured
6 g of PROTEIN per serving

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.

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

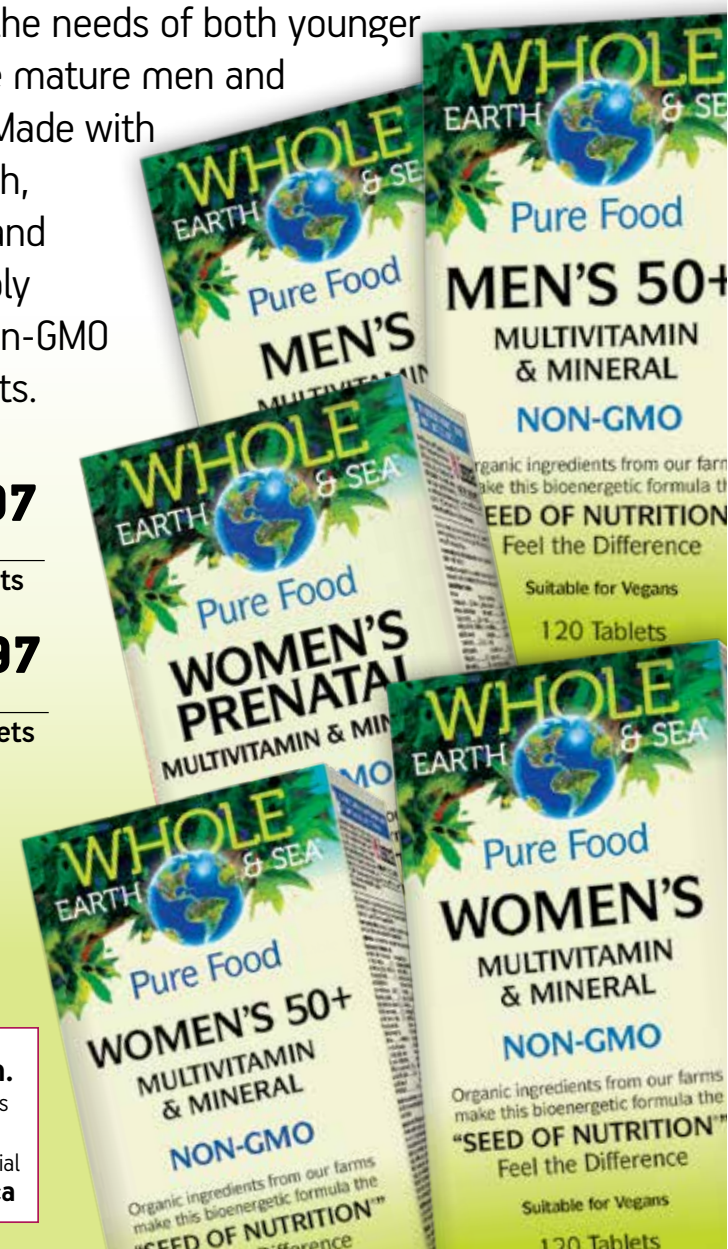
These Pure Food formulas are specially designed to meet the needs of both younger and more mature men and women. Made with farm-fresh, organic, and sustainably grown non-GMO ingredients.

33⁹⁷

60 tablets

63⁹⁷

120 tablets



Whole Earth & Sea
 products are tested
 clean by **ISURA**



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 600 potential contaminants. isura.ca

WHILE QUANTITIES LAST!

Buy the VEGID ALL IN ONE SHAKE

Receive a VitaDay MULTI for



Karlene with her daughter Capri

Karlene Karst, BSc
Nutritionist, author and creator of Sea-licious®

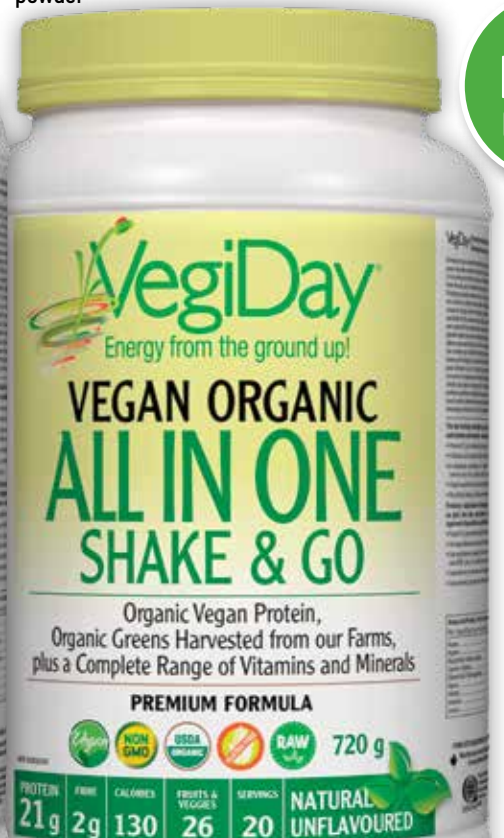
Exclusively available at participating natural health food stores

Organic vegan protein, organic greens harvested from our farms, plus a complete range of vitamins and minerals

Available in 3 delicious flavours: French Vanilla, Decadent Chocolate and Natural Unflavoured

59⁹⁷

powder



YOUR FREE GIFT!*

- Easy
- Non-bioav
- Enzy mush and b

Ent
Go to
Enjoy
of th
a co
valu

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

DAY AKE

FREE!



\$30 Value

VitaDay Multis with organic whole foods are available as Women's, Women's 50+, Men's, or Men's 50+

to-swallow vegetarian capsules
GMO; organic whole food greens; highly available coenzyme B vitamins
mes, antioxidants from reishi
nroom, turmeric, grapeseed,
blueberries

er to win a BLENDER!

your local natural health food store.
y a complimentary **sample**
e **VegiDay Shake** and enter
ntest to win a VegiDay blender,
ed at \$60!

REDUCE your STRESS and feel fabulous!

Guaranteed special formulas for stress, anxiety, and insomnia

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



Mental Calmness

Promotes deep relaxation and mental clarity

Stress-Relax Mental Calmness formula provides natural anxiety and stress control without the side effects of pharmaceutical drugs. For anyone feeling stressed, frazzled, or overcommitted in this 24/7 world, this safe supplement restores mental calmness and promotes relaxation.

18⁴⁷

60 chewable tablets



Melatonin

Promotes deep relaxation and mental clarity

Many adults experience frequent or occasional sleep disturbance, including difficulty falling asleep, staying asleep, or waking up too early.

The most popular natural sleep aid is melatonin because it is effective and safe to use.

5⁴⁷

90 subtabs/3 mg

10⁴⁷

180 subtabs/3 mg



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



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.

Shampoo or Conditioner

12⁴⁷

355 mL



Sinus & Sore Throat Relief

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

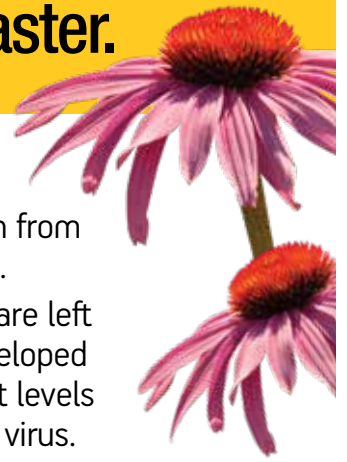
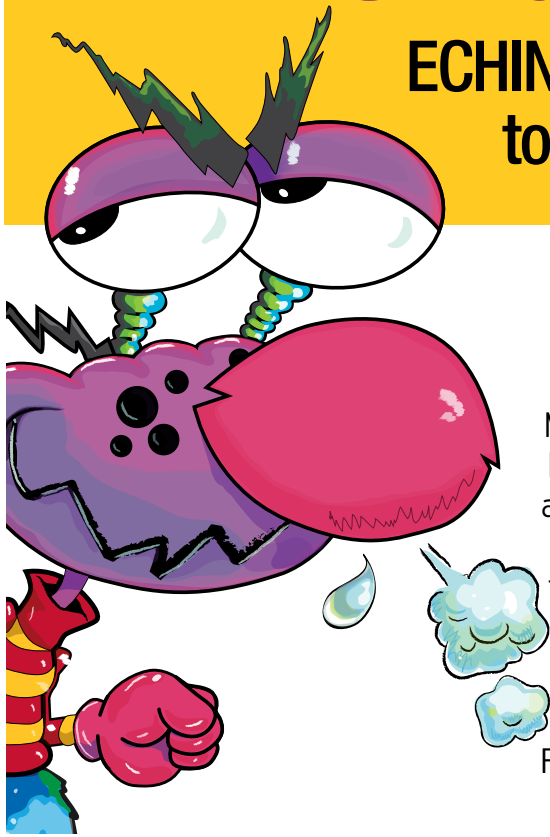
What makes ECHINAMIDE so unique?

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, produced under careful control by Natural Factors, from organic seedlings, carefully harvested and extracted, and delivered to your local health food store.



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

Available in Natural Orange
and Natural Cherry flavours

ECHINAMIDE Sore Throat Relief lozenges with zinc, contain certified organic echinacea and are clinically proven to offer immune support. Beneficial for the relief of sore throats, echinacea combined with zinc and vitamin C work to maintain optimal immune function.

5⁹⁷

60 lozenges



Effective against all viral conditions ECHINAMIDE Anti-Viral Potent Fresh Herbal Tincture

ECHINAMIDE Anti-Viral Potent Fresh Herbal Tincture harnesses the power of nature to help you fight viruses. A proprietary blend of clinically proven ECHINAMIDE with well-researched anti-viral herbs, this formula relieves symptoms and helps the immune system deliver a more potent viral-fighting punch.

19⁴⁷ 36⁴⁷

60 softgels

120 softgels

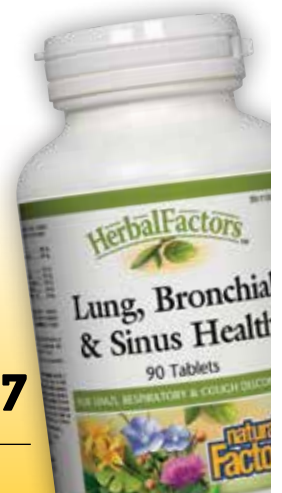
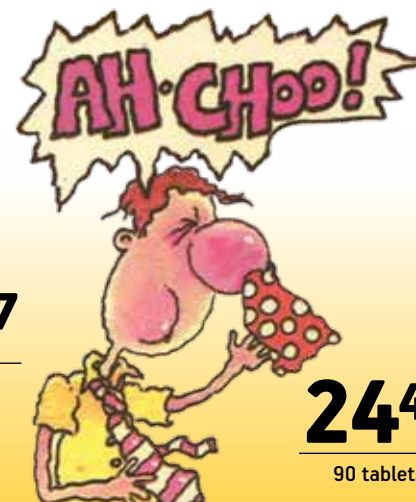
12⁹⁷ 23⁴⁷

50 mL

100 mL

Incredible for soothing airways and improving breathing Lung, Bronchial & Sinus Health

Lung, Bronchial & Sinus Health contains tested herbs and nutrients that help soothe irritated airways, thin mucus, and loosen phlegm to improve breathing and calm coughs. This non-drowsy formula enhances lung and bronchial function, and supports sinus health.



24⁴⁷

90 tablets

The most powerful, effective digestive enzymes

Good health starts in your gut. These new intensive-strength enzyme formulas target specific digestive issues to **REJUVENATE YOUR LIFE!**

High-stress levels, inflammation, poor dietary, and lifestyle choices all wreak havoc on the digestive system. Digestive complaints include bloating, gas, cramping, and feeling tired after eating. In fact, nearly one in three people experience some type of digestive problem. Although the body produces its own digestive enzymes, it may not be producing enough.

The typical benefits of enzyme supplementation include reduced digestive distress, increased energy, and improved regularity.

PROBLEMS DIGESTING GAS-PRODUCING VEGETABLES AND GRAINS?

MacroGest Vegetarian is an intensive-strength, full-spectrum plant enzyme formula designed to aid digestion of fermentable carbohydrates (FODMAPs) found in beans, vegetables, and grains. High-FODMAP foods are a common cause of indigestion, gas, bloating, and abdominal discomfort. The 100% plant-derived enzymes in Vegetarian MacroGest



25⁹⁷
60 vcaps

47⁹⁷
120 vcaps

ensure high levels of activity and a wide range of pH stability to support complete digestion and relieve digestive discomfort.

HIGH-PROTEIN, HIGH-FAT DIET?

MacroGest Keto Paleo is an intensive-strength enzyme formula that supports the breakdown of protein-rich and high-fat foods such as dairy, eggs, and meat, making it ideal for anyone following a paleo or ketogenic diet.

20⁹⁷
60 dr caps

21⁹⁷
45 vcaps

GLUTEN ISSUES?

ReliefZyme contains a unique enzyme blend with DPP-IV (dipeptidyl peptidase IV) activity to help support the complete digestion of wheat, gluten, and dairy proteins.



This intensive-strength formula offers significant enzyme activity, which helps improve nutrient absorption in individuals with gluten and dairy sensitivities.

INFLAMMATION?

Zymactive is an intensive-strength systemic enzyme formula featuring pancreatic enzymes and serrapeptase – the proteolytic “miracle” enzyme that offers powerful support for inflammation and pain relief. Zymactive is useful for arthritis, sinusitis, sports injuries, allergies, and other inflammatory conditions.

21⁹⁷
90 ec tablets



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 600 potential contaminants. isura.ca

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

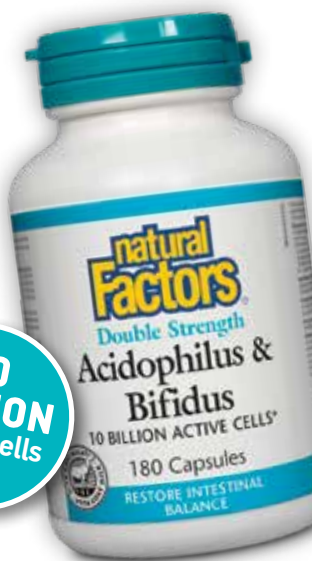
Double Strength Acidophilus & Bifidus provides 10 billion active cells in a base of powdered goat milk, pectin, and ascorbic acid, to support digestion, inhibit the growth of pathogens, and help strengthen immune function. Each capsule contains goat milk powder to provide an excellent environment for lactic bacteria to grow.

13⁴⁷

90 caps

24⁹⁷

180 caps



**10
BILLION
active cells**

Natural Factors also offers a **Critical Care Probiotic** formula, providing 55 billion live probiotic cultures. This formula features 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.

**55
BILLION
live probiotic
cultures**

26⁹⁷

30 vcaps



All Natural Factors premium probiotic formulas are certified clean by ISURA.

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 600 potential contaminants. isura.ca

isura
NON-GMO · MASS SPEC
Documentation ✓ Lab Tested ✓

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 oil, created by omega-3 expert, nutritionist, and author, 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.

Omega-3 High EPA

Sea-licious Omega-3 High EPA is formulated to provide a more therapeutic dose of concentrated EPA and DHA to help target specific health concerns. Each teaspoon provides a balanced 2:1 ratio of 1770 mg of EPA, 885 mg of DHA with 400 IU of vitamin D3 along with astaxanthin antioxidant and green tea extract.

Active Omega-3 + MCT Oil

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.

— Karlene Karst, BSc
Nutritionist, author,
and creator of Sea-licious®



42⁹⁷

each

WomenSense #1 Recommended by Physicians

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 hormonal balance by promoting liver detoxification and healthy estrogen metabolism.



48⁴⁷

120 vcaps

HOT FLASHES? NIGHT SWEATS?

IMPROVE MENOPAUSE SYMPTOMS with

MenoSense The term menopause means one year with no menstrual cycle. Perimenopause is the 10–15 years leading up to menopause. Both can bring unwelcoming symptoms in a woman's life. MenoSense contains natural ingredients to help relieve the symptoms of menopause and perimenopause. MenoSense is recommended by health care practitioners for the treatment of symptoms of menopause including hot flashes, night sweats, and more.



37⁴⁷

180 vcaps

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.



42⁹⁷

180 vcaps

LOW THYROID? WEIGHT GAIN?

IMPROVE LOW THYROID SYMPTOMS

with **ThyroSense** General symptoms of low thyroid include weight gain, fatigue, moodiness, poor concentration, low libido, cold intolerance, dry hair and hair loss, or constipation. The ingredients in ThyroSense also help the body metabolize carbohydrates, fats, and proteins. ThyroSense is recommended by health care practitioners for the support of thyroid health in those with symptoms of low thyroid.



42⁹⁷

180 vcaps

MOOD SWINGS? FEELING DOWN?

IMPROVE MOOD PROBLEMS with

MoodSense

MoodSense from WomenSense contains 5-HTP, saffron, lavender, vitamin B6, and magnesium to help support healthy mood. Health care practitioners recommend MoodSense as it promotes feelings of well-being and supports normal levels of serotonin by assisting with sleep issues.



24⁹⁷

120 ec tablets

CONCERNED ABOUT YOUR HEART?

IMPROVE HEART HEALTH

with **CardioSense**

CardioSense offers a natural way to maintain and support cardiovascular health. Each vegetarian capsule contains a blend of seven research-backed ingredients used in herbal medicine to help support healthy cholesterol levels, glucose metabolism, and immunity as well as reduce the effects of oxidative stress and symptoms of chronic venous insufficiency (CVI).



31⁴⁷

90 vcaps

NEW



NON-GMO · MASS SPEC

Documentation ✓ Lab Tested ✓

GREEN SHEET specials

EXCLUSIVELY AVAILABLE IN NATURAL HEALTH FOOD STORES

Vitamin D3

BEYOND BONE HEALTH
Supports healthy immune system function

isura
CERTIFIED CLEAN

13⁹⁷

360 softgels



Active B Complex

SUPPORTS NERVOUS SYSTEM
Enhanced support for energy metabolism and nerve health

isura
CERTIFIED CLEAN

21⁹⁷

60 vcaps



CurcuminRich

#1 ABSORBED FORM OF CURCUMIN
Reduces the risk factors for chronic degenerative diseases

isura
CERTIFIED CLEAN

21⁴⁷ 37⁹⁷

60 vcaps 120 vcaps



Maca Energy

MOOD and ENERGY
Helps with energy, moods, stress, and menopause

isura
CERTIFIED CLEAN

29⁴⁷

180 vcaps



GrapeSeedRich

RICH SOURCE OF ANTIOXIDANTS
Helps the body fight free radical damage and inflammation

isura
CERTIFIED CLEAN

21⁹⁷

90 vcaps



Supreme MCT

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

isura
CERTIFIED CLEAN

21⁴⁷ 31⁹⁷

500 mL 1 L



Milk Thistle

FOR A HEALTHY LIVER
BONUS BOTTLE – 30 FREE!
Excellent support when following a cleanse or detoxification program

isura
CERTIFIED CLEAN

21⁴⁷

120 capsules



CoQ10

FOR A HEALTHY HEART
BONUS BOTTLE – 30 FREE!
Higher levels of CoQ10 can help prevent and manage heart disease

isura
CERTIFIED CLEAN

26⁹⁷

150 softgels



BioCgel

STOMACH FRIENDLY
Boosts immune function to shorten duration of colds and flu

isura
CERTIFIED CLEAN

12⁹⁷ 24⁹⁷

90 softgels 180 softgels



Daily Brain

SUPPORT FOR COGNITIVE HEALTH
Includes five supplements essential for three-brain health – in convenient daily packets

isura
CERTIFIED CLEAN

53⁴⁷

kit



L-Glutamine

NATURAL MUSCLE FOOD
Supports muscle recovery and growth, especially following strenuous exercise

isura
CERTIFIED CLEAN

19⁹⁷

300 g powder



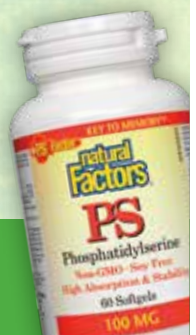
PS Phosphatidylserine

BRAIN AND MEMORY SUPPORT
Improves memory and prevents dementia

isura
CERTIFIED CLEAN

35⁹⁷

60 softgels



Prostate Health

RELIEVES FREQUENT URINATION
Unique complex of proven herbs and nutrients to help maintain prostate health

isura
CERTIFIED CLEAN

60⁹⁷

120 softgels



Rhodiola

MENTAL ACUITY FORMULA
Helps support mental stamina

isura
CERTIFIED CLEAN

11⁹⁷

60 vcaps



Medi-C Plus

Helps support cardiovascular health
Helps reduce the recurrence of cold sores

isura
CERTIFIED CLEAN

19⁴⁷ 42⁹⁷

150 vcaps 600 g



BioSil

SKIN, HAIR, AND NAILS
Look youthful, healthy and beautiful with BioSil
Advanced Collagen Generator

isura
CERTIFIED CLEAN

35⁴⁷

30 mL

40⁹⁷

90 vcaps

54⁹⁷

120 vcaps

