

BEST NUTRITIONAL SHAKE

Blender
\$60
VALUE

59⁹⁷
powder

Why is the VegiDay All in One Shake & Go the best total nutritional shake on the market?

It's 100% **VEGAN** and **ORGANIC**, with a complete range of vitamins and minerals. No other nutritional shake can compare.

Buy 2 Shakes,
receive a
Blender
FREE!

*See inside for details. While quantities last!



WomensVoiceMagazine.com

Ask for it in natural health food stores or read it online!

All products **EXCLUSIVELY** available in natural health food stores.

Maximum Triple Strength RxOmega-3
No fishy aftertaste

VITAMIN D3
Beyond bone health

13⁹⁷ 40⁴⁷

360 softgels 150 Enteripure softgels

HOT PRICE

FLYER SALE ENDS May 26, 2019. Products available at your local natural food stores, while quantities last!

GUARANTEED!

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

What are people who use WHOLE EARTH & SEA Fermented Protein & Greens saying?

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

"Thank you for making this incredible Whole Earth & Sea product. It's the best-tasting greens I've ever tasted."

"I love this fermented protein and greens! I use it every morning in my shake."



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.**

63⁹⁷
660 g

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 600 potential contaminants. isura.ca

Feel the difference with Whole Earth & Sea multivitamin

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

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

**Bone Structure
Multivitamin
& Mineral**

33⁹⁷
60 tablets

26⁴⁷
60 tablets



Herring Gold
500 mg & 1000 mg

39⁴⁷
60 softgels
1000 mg

21⁴⁷
60 softgels
500 mg



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



"I take BioSil every day...

I'm amazed at the results I see in my skin, hair, and nails!"

– CHRISTIE BRINKLEY

Experience the Real Beauty Benefits of Collagen with BioSil™

BioSil is clinically proven to **reduce wrinkles, increase skin elasticity, thicken and strengthen hair, and strengthen nails.** BioSil is not "made out of collagen," it "generates collagen" through your body's own natural pathways. That means the collagen you add is collagen with your own DNA fingerprint. That's why BioSil helps you look beautiful, youthful, and healthy – *naturally!*

35⁴⁷

30 mL

40⁹⁷

90 vcaps

54⁹⁷

120 vcaps



BioSil™ Advanced Collagen Generator™
Clinically Proven Results

Omega-3 never tasted so good!

We tried fish oils all across the country and these were the top two best-tasting brands in Canada.

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



25⁴⁷
60 softgels

23⁹⁷

250 mL

42⁹⁷

250 mL

42⁹⁷

250 mL

21⁹⁷

with Vitamin D3
750 mg EPA
500 mg DHA

31⁹⁷

with Vitamin D3
1500 mg EPA
750 mg DHA



DELICIOUS
Lemon Meringue,
Coconut Lime,
and Grapefruit
flavours!

20⁴⁷

200 mL

44⁴⁷

500 mL
Lemon Meringue



GLUTEN FREE



NON GMO



BEST TASTING
OMEGA-3



PROUDLY
CANADIAN



IFOS
**** Rating
Third party Tested & Certified

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

WomenSense

#1 recommended by physicians

Julie Reil, MD



"As a medical doctor for 22 years I recommend WomenSense health supplements above all other supplements because they are affordable, safe, and they work." – Julie Reil, MD

Kate Rhéaume, ND



Marita Schauch, ND



"Over the past 10 years using WomenSense products, I have seen improvements in energy levels, PMS, hormonal acne, painful periods, belly fat, insomnia, hot flashes, and much, much more." – Marita Schauch, ND

Karen Jensen, ND



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.



48⁴⁷

120 vcaps

HOT FLASHES? NIGHT SWEATS? IMPROVE MENOPAUSE SYMPTOMS with **MenoSense**



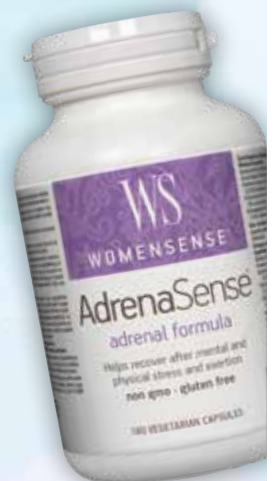
37⁴⁷

180 vcaps

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.

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.

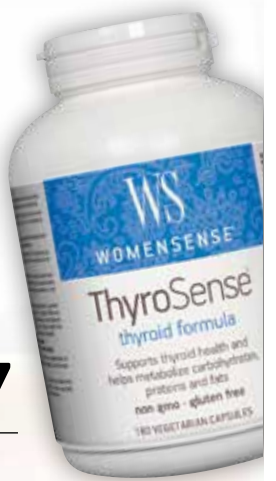


42⁹⁷

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

Why do you feel discomfort in your gut? High FODMAPs

Everyone needs Reliefibre

Reliefibre stops discomfort in your gut. Why?

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

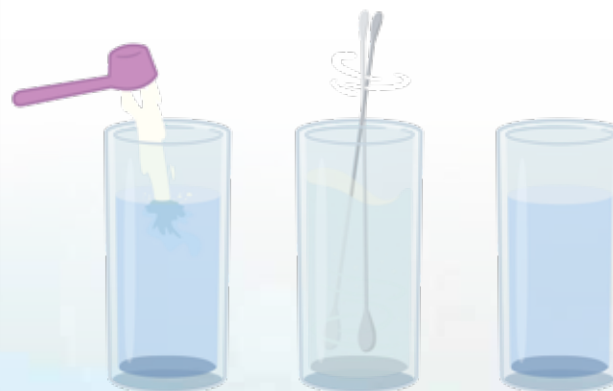
FODMAPs in fibres such as inulin, bran, and wheat are bad for IBS and the digestive system. Inulin is an inexpensive ingredient that food companies use to make a "fibre claim" on their labels (though it is argued that many of these so-called fibres aren't really fibre).

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

- Monash University Low FODMAP Certified™
- 100% organic; non-GMO; gluten free
- Dissolves rapidly in water
- Tasteless, colourless, and odourless

33⁹⁷

Unflavoured 200 g
Tropical 268 g



Reliefibre dissolves rapidly in water and doesn't thicken.

Reliefibre is so easy to use

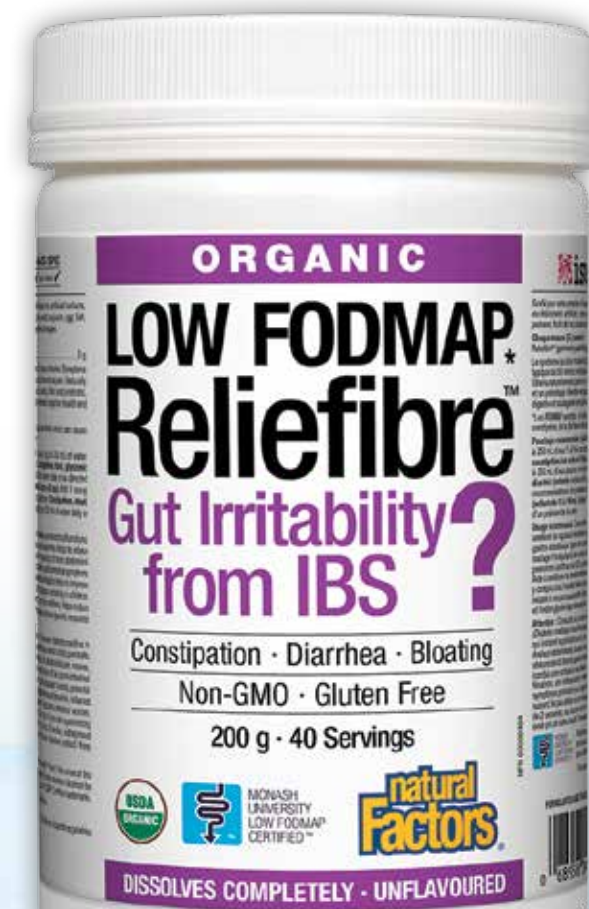
HOME



OFFICE



RESTAURANT



The #1 total nutritional shake on the market

BUY 2 VEGIDA

ALL IN ONE SHAKE

Receive a blender for FREE

Exclusively available at participating natural health food stores. **While quantities last!**

Why is this the best total nutritional shake on the market?

VegiDay All in One Shake & Go contains:

Organic vegan **protein**, organic **greens** harvested from our farms, plus a complete range of **vitamins** and **minerals**. VegiDay Organic All in One Shake & Go has **everything you need in one delicious, nourishing scoop**. No other nutritional shake can compare.

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

**KARLENE
KARST**



21g PROTEIN | **26** FRUITS & VEGGIES | **ESSENTIAL VITAMINS & MINERALS**



the market
Y
KES
EE!



KARLENE KARST
HER BEST BOOK EVER!
You'll love it so
much you'll be
dancing in
the kitchen!



Blender
\$60
VALUE



**FREE
SMOOTHIE
BLENDER!**

Stainless steel
blades

300 watt

Includes two
convenient
travel cups with
spill-proof lids

59⁹⁷

powder



29⁹⁹

book

**"This book is really
a celebration of the
dance that happens while
preparing food for yourself
and the people you love."
– Karlene Karst, Author**

With this long-awaited book, nutritionist
Karlene Karst has created the busy
woman's guide to healthy eating!

Featuring over 100 recipes,
This Kitchen Is for Dancing shares
Karlene's journey toward healthier
living through nutrient-packed,
never-complicated menus that
simply refuse to skimp on flavour.

ON SALE NOW
in natural food stores across Canada

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

Ultimate Multi Probiotic

Natural Factors Ultimate Multi Probiotic is a 12-strain blend featuring eight lactobacilli and one *Lactococcus* species for small intestine support, and three bifidobacteria species for the large intestine. These vegetarian-friendly formulas are available in two different strengths: **1**) as a daily probiotic providing 12 billion live probiotic cultures and **2**) as a one-per-day critical care probiotic providing 24 billion live probiotic cultures per capsule at expiry.

UNIQUE FEATURES

- Each capsule provides a guaranteed 12 and 24 billion live probiotic cultures at expiry date
- Blend of 12 strains
- Optimal ratio of bifidobacteria (4) to lactobacilli (8); reflects the natural composition of healthy adult microflora
- Best all-purpose formula for adults
- Includes prebiotic FOS to nourish the probiotics
- Suitable for vegetarians; gluten free and non-GMO
- One-per-day dose

20⁴⁷
60 vcaps



IBS Relief Biotic

Natural Factors IBS Relief Biotic is a multi-strain formula featuring 7 billion live probiotic cultures, including *Lactobacillus*, *Bacillus*, and *Enterococcus* strains clinically tested and effective in relieving some symptoms of irritable bowel syndrome (IBS). This innovative probiotic formula also helps reduce the risk of antibiotic-associated diarrhea and is shelf stable – no refrigeration required!

UNIQUE FEATURES

- Each capsule provides a guaranteed 7 billion live probiotic cultures at expiry date
- Features *Bacillus* and *Enterococcus* strains to address symptoms of IBS, such as duration of diarrhea
- Contains two lactobacilli strains shown to reduce the risk of antibiotic-associated diarrhea
- Clinically researched strains work synergistically to reduce symptoms of IBS
- Shelf-stable formula – no refrigeration required!
- Gastric acid resistant – reaches the intestines at full potency
- Suitable for vegetarians; gluten free and non-GMO

BioCoenzymated B vitamins

The most effective B vitamins ever made
JUST WHAT YOUR BODY NEEDS!

Natural Factors BioCoenzymated B vitamins are the most metabolically active form of B vitamins. Upgrade your standard B vitamin supplements to these non-GMO, vegan-friendly, advanced B vitamins and feel the difference!

NON-GMO | GLUTEN FREE | VEGAN FRIENDLY

BioCoenzymated Active B Complex

Full-spectrum coenzyme B vitamin one-per-day formula featuring highly bioavailable B vitamins, for active support of energy metabolism.

21⁹⁷

60 vcaps



B5

BioCoenzymated Pantethine · B5

Innovative formula that provides 450 mg of the bioactive coenzyme form of vitamin B5 for direct support of lipid metabolism and to help lower total LDL cholesterol levels.

30⁹⁷

60 softgels



B12

BioCoenzymated Methylcobalamin & Dibenzozide

One-per-day sublingual formula providing 3000 mcg of bioactive B12. This formula provides direct support for energy metabolism and immune system function.

8⁴⁷

30 subtabs

B1

BioCoenzymated Benfotiamine · B1

This innovative formula combines 150 mg of benfotiamine with 10 mg of bioactive thiamine diphosphate to support nerve function and energy metabolism.

15⁹⁷

30 vcaps

REDUCE your STRESS and feel fabulous!

Guaranteed special formulas for stress, anxiety, and insomnia

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.

18⁴⁷

60 chewable tablets



Restful Sleep

Natural sleep aid

Restful Sleep combines four non-habit-forming herbal extracts that have been traditionally used in herbal medicine as mild sleep aids, especially in cases of restlessness or insomnia due to mental stress.

18⁹⁷

90 vcaps



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

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

Whole Food Multis

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

- ✓ **GLUTEN FREE**
- ✓ **NON-GMO**
- ✓ **SUSTAINABLE**

24⁹⁷

60 vcaps

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.

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 up to 600 potential contaminants.

isura.ca

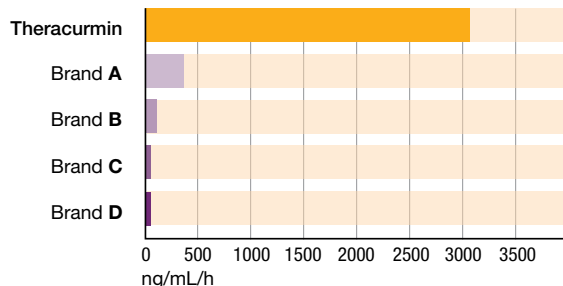


Amazing relief for pain and inflammation

THERACURMIN®: #1 ABSORBED FORM OF CURCUMIN

CurcuminRich contains Theracurmin, the most bioavailable form of curcumin on the market. Theracurmin is prepared using advanced techniques that dramatically reduce the particle size of curcumin by over 100 times. The curcumin is also provided within a colloidal suspension to further improve its solubility. This combination of reduced particle size and improved solubility represents a major scientific breakthrough and is the reason why Theracurmin is the #1 absorbed form of curcumin. The graph below shows the significantly superior absorption of Theracurmin compared to other curcumin preparations.

Bioavailability Comparison of Curcumin†



Theracurmin is the only form of curcumin shown in clinical trials to be effective in improving joint function and reducing pain in patients suffering from osteoarthritis – the most common form of arthritis.

Protection from neurodegenerative diseases

One area where curcumin is showing great promise is in protecting the brain. Increased consumption of antioxidant and anti-inflammatory compounds is known to reduce the risk of neurodegenerative diseases, including Alzheimer's and Parkinson's. Population-based studies show that people who have a high consumption of turmeric also have the lowest rates of Alzheimer's in the world.

Theracurmin reduces the risk of neurodegenerative diseases, including Alzheimer's and Parkinson's.

Curcumin, especially in the highly absorbable Theracurmin form, crosses the blood-brain barrier to protect and positively influence biochemical reactions in the brain. In addition to its antioxidant and anti-inflammatory properties, curcumin promotes the growth of new brain cells and inhibits the formation of beta-amyloid deposits in the brain that are linked to brain plaque formation.

Theracurmin is the only form of curcumin shown in clinical trials to be effective.

CurcuminRich Theracurmin is ideal for anyone who:

- Suffers from chronic inflammation
- Is looking for relief from pain caused by inflammatory conditions
- Has concerns about age-related cognitive decline, especially Alzheimer's

22⁹⁷
DOUBLE STRENGTH
30 vcaps

39⁴⁷
DOUBLE STRENGTH
60 vcaps

37⁹⁷
REGULAR STRENGTH
120 vcaps



FREE
book with
purchase of
Vitamin K2



11⁴⁷
30 mL

16⁹⁷
120 vcaps

The most important nutrient to prevent heart disease

Vitamin K2

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

LOOK FOR THIS SEAL ISURA means certified clean.

isura
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

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NON-GMO · MASS SPEC

Documentation ✓ Lab Tested ✓

GREEN SHEET SPECIALS

EXCLUSIVELY AVAILABLE IN NATURAL HEALTH FOOD STORES.

Astaxanthin Plus

THE SUPER ANTIOXIDANT

Helps fight and protect cells against free radical damage



17⁴⁷

60 softgels

Lutein

EYE HEALTH

Also contains potassium, zinc, and manganese



22⁴⁷

60 softgels

Testosterone Boost

HEALTHY TESTOSTERONE LEVELS IN MEN

Helps physical performance and energy



21⁴⁷

60 vcaps

Pycnogenol

AMAZING HEALTH BENEFITS

Fights free radical damage that leads to premature aging



39⁴⁷

30 vcaps

PS

BRAIN & MEMORY SUPPORT

Improves memory and helps dementia
Non-GMO and soy FREE



35⁹⁷

60 softgels

Magnesium Citrate

HEALTHY MUSCLE FUNCTION

BONUS BOTTLE 30 FREE capsules!

Relaxes muscles and supports the nervous system during times of stress



17⁹⁷

210 capsules

Ubiquinol Active CoQ10

THE NEW GOLD STANDARD FOR COQ10

Powerful supplement for cardiovascular health



34⁹⁷ 64⁹⁷

60 softgels 120 softgels

Calcium & Magnesium

BONUS BOTTLE 30 FREE tablets

Promotes strong bones and teeth



20⁹⁷

210 tablets

Body Wash

CLEAN BODY CARE

Free of toxins, perfumes, and xenoestrogens that are commonly found in beauty aids



12⁴⁷

355 mL

Coenzyme Q10

KEEP YOUR HEART HEALTHY

BONUS BOTTLE 30 FREE softgels

Higher levels of CoQ10 can help prevent and manage heart disease



26⁹⁷

150 softgels

Berberine

BLOOD SUGAR & CARDIOVASCULAR SUPPORT

Helps maintain healthy blood sugar balance and cardiovascular health



27⁹⁷

120 vcaps

Vitamin C

IMMUNITY, BONES & TEETH

BONUS BOTTLE 30 FREE tablets

Enhances immune system function



20⁴⁷

210 tablets