

Serving your health care needs since 1983 with 29 locations in Canada  
Associate Chains – Alive Health Centres in BC and Supplements Plus in Toronto & BC

Wide selection of brand name Supplements | Herbs | Vitamins | Fat/Weight Loss | Anti-Aging | Homeopathics & Professional Lines **Sale ends January 31, 2010**

## ask Alice



### Looking Forward to 2010!

We are constantly reminded by the media daily with the Economy & "Recession" H1N1, Obesity & "Diabetes", Canada is doing much better than the US recovering from the recession, which is a blessing! 2010 will definitely be a better year. The Winter Olympics is just a month away, and we will be hosting visitors from all over the world. Vancouver, Richmond and Whistler have a new face. There are many upgrades in terms of transportation and infrastructure to accommodate the visitors & games. This is exciting! H1N1: Each of us makes our own decision dealing with H1N1. Some prefer the H1N1 vaccine, others practise prevention. I choose the later. No matter what we choose, there are basic rules to follow and these are important. A healthy diet, lifestyle and quality of sleep are also very important. I have researched a lot of excellent new products this year to help Protect Your Family and Yourself from H1N1 and these are important to take especially if you practise prevention. There are also many products available if you have the cold and flu to help reduce length and severity of the symptoms for children, teens, adults and the elderly. Obesity & "Diabetes": Vancouver Sun, 11/5/2009 "If children obesity had the status of a disease, it would be classified as an epidemic". According to a 2004 Statistics Canada study, 18% of Canadian children aged 2-17 years old, or about 1.1 million, were overweight and 8%, or 500,000 were obese. That compares with 12% of children who were overweight and 3% who were obese in the 1978-79 Canada Health Survey. Do the math, the combined overweight/obesity rate of 26% was 73% higher than the 15% 25 years ago! This is not surprising when kids don't eat enough fresh food and spend too much time watching TV and playing video games. According to Statscan, more than 60% of Canadian children do not consume 5 servings of fruits. U of Alberta and Harvard demonstrated an association of poor body image and BMI (body mass index) and found it affected boys and girls alike and that negative feelings about their bodies are manifested at an early age. Unhappiness with their bodies can lead to low self esteem, poor nutrition, eating disorders and unhealthy weight gain in adult life. Schools are trying to educate our children, but ultimately, it's up to the parents to show children how to care for their bodies through diet and exercise and help them to feel good about themselves. Please make 2010 the Parents' Resolution to bring up healthy kids and, ultimately, become healthy adults!

Alice Chung has been in the health industry since 1978. She owns Alive Health Centres (BC), Morning Sun (Alberta) and Supplements Plus (BC & Toronto). She is a young looking, energetic 62 years old and is a fervent believer that leading a healthy lifestyle with nutritional supplementation contributes greatly to her success. Alice works Thursday to Saturday at the Oakridge store, Vancouver, 604-263-3235 or toll-free at 1-866-499-9546.

**EFFECTIVE & VERY HOT!**



**Hyaluronic Acid "This amazing molecule can erase years from your face, protect your joints and more!" - Woman's World, Dec. 15/03, Alive Magazine 8/04.**

Our bodies naturally produce about 3 grams of HA daily when we're young. Unfortunately, the ability to produce HA drops as we age. In the past, the only way to get more HA was by injection, but it's now possible to get HA's benefits from a pill. And with just a few capsules a day, you can: **"Banish wrinkles."** Taking HA for just 4 months boosts collagen production almost three-fold, resulting in firmer, smoother, more youthful looking skin. "Speed healing and prevent scarring, ease joint pain and improve your vision," according to Woman's World. **95% pure Hyaluronic acid**, 50 mg. Most on the market are from rooster comb/chicken source and only contains 15% HA. This product is extracted by bacterial fermentation from Europe & is highly absorbable. Stay youthful and healthy with this incredible product!

**\$43<sup>99</sup>**  
60's  
**Save \$11**  
**Buy 6, get one FREE**



**VERY HOT & EFFECTIVE!**

**RELORA™ – SHRINK YOUR BELLY FAT! REDUCE STRESS & ELEVATE YOUR MOOD!**

Can't seem to lose that stubborn stomach flab - no matter what tactic you try? Relora™ - a proprietary 100% natural blend of patented plant extracts has been shown in human studies to **REDUCE Cortisol level (-37%) and INCREASE Dhea significantly (+227%)**. Cortisol - a **NASTY little hormone can cause pound after pound of excess body fat to accumulate around your waist and tummy** - a life threatening, figure destroying condition affecting 47 millions Americans. Dhea is a positive, **anti-aging hormone** which helps to **reduce cravings, anxiety, stress, elevate mood, increase energy** and helps to **reduce excess fat around the waist and tummy**. A customer, after using Relora for only ten days was able to wear her jeans which were in her trunk for 3 years!

**\$29<sup>99</sup>**  
60s  
**Save \$7**  
**Buy 6, get one FREE**



**SUPER DEAL**

**Strauss Heart Drops – Clogged Arteries? High Cholesterol? HBP? Bad Circulation?**

Strauss Heart Drops is your answer! We received countless testimonials from customers over the years saying how Strauss Heart Drops gave back their lives. They can go ballroom dancing, travel, enjoy their families and friends without feeling exhausted, drive again, etc. **MOST IMPORTANT! They don't worry anymore! Merle: "This customer had 2 x 100%, 1 x 90%, 1 x 80% clogged arteries. After only 4 months with Strauss Heart Drops, his checkup at St. Paul's showed all the four arteries are unclogged!"**

**\$37<sup>99</sup>**  
50ml  
**\$68<sup>99</sup>**  
100ml

### BOTTLE RECYCLING

We REWARD you for recycling. Bring your empty vitamin bottles to purchase the SAME PRODUCTS and receive 50¢/\$1 OFF. One empty bottle to one product purchased, presented at the time of purchase.

**CUSTOMER APPRECIATION DAY - 1st TUESDAY EVERY MONTH**  
**15% OFF ENTIRE STOCK**

Except sales items. Remember to mark it on your calendar.



**Redeemable by bearer for merchandise at any Morning Sun Health Foods when you purchase a minimum of \$30 (excluding tax).**


Coupon must be presented at time of purchase. One coupon per family. Not redeemable for cash.

**\$2 OFF**

Expiry Date  
January 31, 2010

**DEALS!** Shrink Packs **FREE Capsules** **DEALS!** Bonus Packs **FREE Capsules** **DEALS!** Bonus Packs **FREE Capsules** **DEALS!**

**INFLAMMATION PAIN**




**Joint Formula MSM & 33% MORE!**  
**Glucosamine Sulfate – 1000 mg**  
*Very effective* treating **inflamed, painful joints like Osteoporosis**. MSM – a derivative of DMSO – together with glucosamine sulfate help to **reduce pain, build cartilage, tendons & ligaments**. This combo helps to make mobility for athletes, elderly & others **less painful and more flexible**. NPN 80009706

**\$12<sup>99</sup>**  
90s

**\$26<sup>99</sup>**  
**Bonus Pack**  
 Buy 180s, get 240s


**ENERGY ANTI-AGING**



**Pure Queen Bee Royal Jelly 1200mg**  
 Royal Jelly has been used for thousands of years in China. It's popular for **boosting energy, rejuvenating the glandular system and internal organs, anti-aging, improve hair and nail growth and balance the immune system**. Royal Jelly has been used in the **Olympics** for **energy and endurance**. Pure and organic.

**Buy one, get one FREE**

**OSTEOARTHRITIS**




**Glucosamine & Chondroitin Sulfates (95%) – 900 mg 25% MORE!**  
 Glucosamine will help to **build soft tissues, tendons, cartilage & ligaments**. Chondroitin **draws fluids & water into the joints to lubricate** and help make joints more flexible, resulting in **easy movement with less pain**. Those with **Osteoarthritis can greatly benefit from this combination**, 79% improved Van Sun 2/23/06. NPN 80009744

**\$19<sup>99</sup>**  
90s

**\$39<sup>99</sup>**  
**Bonus Pack**  
 Buy 180s, get 225s

**MEMORY**




**Ginkgo Biloba Hi-Potency/One-A-Day 150 mg Standardized Extract 33% MORE!**  
 With most Ginkgo, you must take 2-3 daily. You only need 1 daily with this 150 mg formula. Ginkgo has been effective for **memory retention** and is used by **seniors, students, executives** and anyone who experiences **memory problems**. Excellent also for **circulation to the eyes and ears to improve eye sight and hearing**.

**\$21<sup>99</sup>**  
90s

**\$44<sup>99</sup>**  
**Bonus Pack**  
 Buy 180s, get 240s

**TENDONS CARTILAGE**




**Glucosamine Sulfate 500 mg 66% MORE!**  
 Age and overuse can **damage cartilage, tendons and ligaments** causing aches, pain and stiffness. GS helps to **build cartilage, tendons & ligaments** that have been worn out or injured to **reduce pain and discomfort**. Sodium free. NPN 80002123.

**\$9<sup>99</sup>**  
150s

**\$22<sup>99</sup>**  
**Super Size**  
 Buy 300s, get 500s

**SKIN HEART CIRCULATION**




**Vitamin E-400 I.U. 25% MORE!**  
**The 1st Certified Non-GMO Vitamin E!** What is non-GMO? It means Non-Genetically Modified (GMO or GE). This Vitamin E is certified **non-GMO**. Four countries, including US & Canada provide 99% of the global GMO crops. Products like soya beans, corn, wheat, cotton, canola, and other oils may be GMO. Presently it is not required in Canada to label products that are GMO. Alive Vitamin E capsules are extracted from non-GMO, **fresh, natural vegetable oil from Europe**. You can be sure of this!

**\$14<sup>99</sup>**  
90's

**\$29<sup>99</sup>**  
**Bonus Pack**  
 Buy 180s, get 225s

**PAIN, ECZEMA, PSORIASIS**




**MSM – 1000 mg 33% MORE!**  
 A derivative of DMSO, MSM has been used very effectively for **reducing pain and inflammation associated with various joint disorders, including arthritis, fibromyalgia & bursitis**. **Skin problems caused by inflammation like Acne, Rosacea, Eczema, Psoriasis respond effectively with MSM**. NPN 80009655

**\$12<sup>99</sup>**  
90s

**\$21<sup>99</sup>**  
**Bonus Pack**  
 Buy 180s, get 240s


**IMMUNE**



**Ester-C® 25% MORE**  
 Ester-C® is a unique, patented vitamin C – **non-acidic** and naturally processed with a neutral pH for **sensitive stomachs**. Clinical testing shows that Ester-C brand calcium ascorbate is **better absorbed and excreted less than ordinary Vitamin C**.

**\$18<sup>99</sup>**  
**Bonus Pack**  
 Buy 120s, get 150s


**HIGHLY ABSORBABLE**



**Floradix Herbal Iron Liquid**  
**Iron deficiency - America's hidden epidemic!** A delicious, all natural liquid formula containing herb extracts, fruit concentrates, honey and a specially prepared iron-enriched compound. Contains vitamins and minerals to ensure proper absorption of the iron. **Non-constipating and easily digested**. Ideal during pregnancy, for growing children, females, elderly, athletes, body builders and runners. From Germany, Kosher.

**\$45<sup>99</sup>**  
500ml + 250ml  
**Save \$24**


**IMMUNE ALLERGIES**



**Ester-C® Supreme 25% MORE!**  
 In addition to the ingredients in the regular SISU Ester-C®, the Supreme **contains 100 mg polysaccharides, quercetin and multi-anthocyanidins (bioflavonoids from bilberry, grape, etc)**. These added ingredients improve the formula. **Better formula for those with allergies**.

**\$21<sup>99</sup>**  
**Bonus Pack**  
 Buy 120s, get 150s


**INCREDIBLE LOW PRICE**



**CoEnzyme Q10 – 60 mg** - *The little pills that keep you young!* Your **heart, arteries, immune system, energy level, periodontal diseases** can greatly benefit from this little known wonder nutrient. Woman's World (11/30/04) says, "Research shows a daily dose of 100mg - 150 mg of this super anti-oxidant can **keep your health and your figure in great shape!**" Woman's World says CoQ10 has helped people with **Parkinson's disease, Alzheimer's and migraines**. Want to fight off aging and maintain health? Take CoQ10 daily!

**\$29<sup>99</sup>**  
**BONUS**  
 Save \$28  
 Buy 120s get 140 Vcaps

**HAIR LOSS**



**Hair Force™**  
 An effective nutritional formula for **improving the health and beauty of hair and prevent hair loss**. Rich in biotin, B-complex, L-cysteine and important minerals. Use with Vegetal Silica to get maximum results. **BONUS:** Receive a 90 size UltraSil (Vegetal Silica \$25.99 value) FREE with the purchase of Hair Force.


**\$30<sup>99</sup>**  
**Shrink Pack**  
 Buy 90s, get 90s UltraSil FREE!

**Fat Burners** ✨ **Metabolism Boosters** ✨ **Breast Enhancer** ✨ **Belly Fat**

**HUNGER FREE FOREVER!**

**PGX Daily – What if ... You could feel good about eating again?** This newly discovered “super fiber” from U of Toronto, in a softgel can “help you painlessly shed pounds without ever feeling starved” according to Drs. Murray and Lyon, because **PGX creates and maintains a satisfying sense of fullness, controls and balances blood sugar levels and lowers the glycemic index of your meals by up to 50% - REALLY! You'll have less cravings for sugars and carbohydrates.**


**\$29<sup>99</sup>**  
**120 Softgels + 30 FREE Thermogenics**  
**\$55<sup>99</sup>**  
**240 Softgels**



**FIRMER LARGER BREASTS!**

**Firm'N GRO – Europe #1 Breast Enlargement Product:** 100,000 Satisfied users in Europe! Why take the risk of breast implants when you can try a safer and natural way to enlarge and firm your breasts? Firm'N GRO has been tested in double-blind clinical trials. Firm'N GRO is specially formulated to **beautify and develop female breasts.** How does it work? It **imitates a woman's breast development process at puberty.** Your breasts start to develop during the last 8 weeks. You will see that your breasts are already becoming fuller and firmer. For firmer and larger breast size you should continue to take the tablets longer 4-6 months. There will be no weight gain but better nail and hair growth.


**\$42<sup>99</sup>**  
**100ml cream**  
**\$155<sup>99</sup>**  
**160s**  
**Save up to \$34**



**REDUCE STRESS & FAT!**

**Ultimate Anti-Stress – By Brad King.** Excess stress can create hormonal imbalances that lead to **premature aging, and an obesity-like condition.** Chronic daily stress can cause **weak adrenal function resulting in overating and weight gain, low feeling of energy, fatigue, irritability, chronic tiredness, oversleeping and frequent immune system rundown ... Sounds familiar? You are not alone!** Brad's Ultimate Anti-Stress will fix all that! You will feel like a new person fill with energy and well being and ready to deal with anything! Overeating will stop and you will lose abdominal fat and feel relaxed and great!


**\$24<sup>99</sup>**  
**120s**  
**Save \$10**



**AS SEEN ON ABC WITH BARBARA WALTERS AND 60 MINUTES**

**Resveratrol – The Longevity & Anti-Aging Antioxidant!** ABC News – Resveratrol can reset the biological clock – youthful, energetic, less heart diseases, osteoporosis, prevent cancer and more. Resveratrol, a polyphenol found in the skin of grapes and in red wine has shown the most promise for this anti-aging antioxidant supporting healthy aging and longevity, helps to metabolize glucose and other sugars. In 2006, researchers at Harvard Med. School found that mice receiving supplemental resveratrol live over 30% longer than the other groups! Nov 2008, researchers at Cornell Univ reported that dietary supplementation with Resveratrol significantly reduced plaque formation in animal brains, a component of Alzheimer and other neurodegenerative diseases. Alive Resveratrol is extracted from 100% red grapes from France and not from Knotweed Root, which are in many other brands.


**\$22<sup>99</sup>**  
**60s**  
**\$42<sup>99</sup>**  
**120s**  
**Save up to \$12**  
**Buy 6, get 1 FREE**



**REGAIN YOUR FIGURE!**

**Regain Your Figure! Fat Cleanse™ Fat Cleanse™ Shaped for the Women!** Many want to lose weight for the look, but equally as important is your health. Do you know the health risks associated with Being Overweight or Being Obese? HBP; Heart Disease; Diabetes; prone to breast cancer; mental problems such as low self-esteem, etc. Consequently, it is important to find a product which is successful in losing weight and also healthy for the body. Fat Cleanse contains 17 natural ingredients to help promote proper digestion, assist with elimination of waste/toxin and helps to cleanse the body of unwanted fats digested from food.


**\$19<sup>99</sup>**  
**90s**  
**Save \$3**



**WANT A SIX PACK?**

**ABS+ – Lose Your Tummy Fat and Speed Metabolism – Bonus Pack! Belly Fat is getting worst and nothing seems to work, even with exercise? Metabolism is dead?** This top weight loss product by Genuine Health is very effective for losing tummy fat and with high potency green tea to speed up metabolism. Customer's feedback have been very positive and there are many repeat customers. This is one of Genuine Health Top Sellers.


**\$49<sup>99</sup>**  
**180s+30 FREE**  
**Save \$17**  
**+30 FREE Capsules**



**SLIM WAISTLINE!**


**Ultra Shape – Reduces Belly Bloating!** Feel like you are pregnant? For many, a poorly functioning digestive tract impairs proper metabolism and absorption. Consequently, you will feel bloated after meals and experience digestive discomfort, irregularity and low energy levels - all leading to weight gain. Ultra Shape reestablishes proper intestinal function and detoxifies backed-up waste to help reset metabolism and begin the ignition of fat as fuel leading to weight loss and a slimmer waistline! Contains Green Tea and others to boost your metabolism, fibre to clean the colon; ginger & fennel to offset gas, probiotic to establish your friendly flora-incredible list of natural ingredients!

**\$16<sup>99</sup>**  
**90s**  
**Save \$2**



**Original SILICEA Liquid Gel –** The amazing mineral Silica for beautiful skin and hair, stronger nails and bones, cellulite aid and more! You'll have “Lustrous Hair, Luminous Skin and Healthier Nails”! Silicea Gel is an excellent source of Silicon which is a trace mineral of Silicic Acid. If Silicic acid is missing, the connective tissue loses its elasticity and becomes unstable – wrinkles and cellulite becomes evident in such cases, including weak nails and hair, dull skin and more.


**\$26<sup>99</sup>**  
**500ml**  
**Save up to \$29.98**  
**FREE Manicure Nail Set**  
**(value @ \$19.99)**



**A MUST FOR FEMALES**


**Women's Multi Probiotic (Acidophilus) – 10 Species Blend, Min. 12 Billion Active Cells!** This product contains 10 strain varieties of active cells (human, vegetable & dairy origin) including 250mg of Cranberry Concentrate (36:1)! It's designed not only to **maintain intestinal & vaginal flora, bowel inflammation but also to prevent urinary tract infections.** Customers wonder why they need probiotics or “acidophilus”... **If there are no armies or police to take care of our cities & countries the enemies or criminals will take over! That's exactly what happens when our bodies are deficient of probiotics!** Also very helpful to reduce gas and bloated stomach, relieve constipation or diarrhea, etc.

**\$19<sup>99</sup>**  
**60s**  
**Save \$6**




**Chromium Picolinate 400 mcg – The Mineral that “MELTS FAT! BOOST METABOLISM! & STOPS FAT STORAGE!”** Woman's World 7/12/05. **The Magic Dose:** Maybe you have taken chromium picolinate before and you haven't lost much weight or fat. David Katz, MD, Director of Yale School of Medicine answer is this: (according to Woman's World) Dosage was too low to be effective. Dr. Katz **recommends 800 mcg per day** to be effective. Chromium works by **tuning off sugar & carb cravings.** Chromium means less insulin, and less insulin means less hunger. Chromium **burns fat and builds lean muscle.** The best type to take is Chromium Picolinate as it is most absorbable and most efficient for weight loss.

**\$10<sup>99</sup>**  
**60s**  
**\$29<sup>99</sup>**  
**180s**  
**Buy 6, get one FREE**



**Wild Rose Herbal D-Tox 12-Day Cleanse** A simple, convenient detoxification program. The meal plan included is designed to support and enhance the herbal formulas and is **easy to use.** You can actually eat selectively with this program! **Weight loss and better skin complexion** will be expected after the program.


**\$31<sup>99</sup>**  
**12 day**  
**Save \$14**



**FAT & WEIGHT LOSS**

**Apple Cider Vinegar – Cuts Fats!** Very effective to help **keep weight off, to release fat deposits on stomach, hips, legs and butt,** to help with digestion and to **release trapped fluids.** Apple Cider Vinegar has also been used to relieve aching joint pain.

**\$6<sup>99</sup>**  
**90s**  
**\$10<sup>99</sup>**  
**180s**  
**\$18<sup>99</sup>**  
**360s**



Bring your empty vitamin bottles to get the same products and receive 50¢ OFF (under \$10) or \$1 OFF (over \$10) excluding tax. Empty bottles: Brand name may be different and may not have been purchased from our stores (one empty bottle per one item).

**MUST FOR FEMALES**



**Greens+ Bone Builder** *Nat Post, Van Sun, 11/23/09 Univ of Toronto, Dr. Rao found that adding Green Supplement with Calcium stimulated Osteoblast by 20 Times!* A combination of calcium and vitamin D may be just what the doctor ordered for osteoporosis patients, **but a study has found they could be exponentially more effective by adding green supplements.** When compared to Calcium alone, adding green supplement proved three-four times more effective at stimulating osteoblast, cells that build and repair the internal micro-architecture of bones. Osteoporosis affects 25% of women 50+, according to Osteoporosis Canada, when osteoblasts activity slows down and can't keep pace with the increased activity of other cells called osteoclasts, which tear bones down as part of the body's natural regeneration. **Dr. Lao used Greens+ Bone Builder in her study. One serving of Greens+ Bone Builder has full serving of Greens+, and 500mg of 3 absorbable Calcium, magnesium, D, C, B, antioxidant, boron etc. Also available in tablets or capsules but you need to add Greens+ supplement to maximize the effect.**

**\$24<sup>99</sup>**  
127/164g  
**\$51<sup>99</sup>**  
380/491g  
**\$29<sup>99</sup>**  
90 tabs  
**\$32<sup>99</sup>**  
150 caps

**BLADDER INFECTION**



**Cranberry Extract Hi Potency 18:1 - 18 times stronger than pure cranberry juice.** Many commercial cranberry juices are loaded with sugar. We must avoid sugar with bladder infections because bacteria thrive on sugar. This cranberry extract has no sugar and is very effective for chronic or occasional bladder infections. It works so quickly & effectively that you can say **goodbye to antibiotics.** NPN 80002124

**\$11<sup>99</sup>**  
90s  
**\$20<sup>99</sup>**  
180s  
Save up to \$8  
Buy 6 get 1 FREE

**FEEL FABULOUS!**



**EstroSense - Natural Hormone Balancing**

Formulated by Lorna V., EstroSense contains vital ingredients to help all woman to balance hormones and to prevent hormone related problems. Who needs hormone balancing therapy? All women but especially those with:  
• Endometriosis • Fibrocystic Breast • Peri-menopause • Acne • Ovarian Cysts • Uterine Fibroids • PMS • Flooding periods • Bone loss, etc.

**\$29<sup>99</sup>**  
60s  
**\$52<sup>99</sup>**  
120s  
Save up to \$23

**MY LIFE IS GREAT NOW!**



**MenoSense - Relief from Hot Flashes and Sleep Throughout the Night Again!** Testimonial: JN, BC "I am 48 yrs old, and I started getting hot flashes this past summer that was really disrupting my life! I would have them continuously throughout the day and wakeup during the night 3 or 4 times. I was a wreck from sleep deprivation. Finally I tried a combination of **MenoSense & HappySense (same brand).** Within 3 weeks I wasn't having hot flashes anymore ... nothing! I now have my life back!

**\$21<sup>99</sup>**  
90s  
**\$37<sup>99</sup>**  
180s  
Save up to \$16

**WOMEN'S TOP CHOICE!**



**LeanWhey - Skipping breakfast? Craving for Sugar/Carb Mid Morning? A healthy boost of protein 1st thing in the morning can stabilize your blood sugar, boost your immune system, facilitate healing of wounds after surgery or injury, promote healthy skin, promote fat loss and increase lean muscle mass.** Wow! So easy to prepare, water or milk in a shaker cup, ½ minute, your breakfast is ready! Your healthy day begins.... LeanWhey is 100% natural with 25g of high quality protein per serving. It is low carb, free of sugar and artificial sweeteners, available in 5 delicious flavors.

**\$32<sup>99</sup>**  
908g  
Save \$30

**STRONG HAIR & NAILS**



**Vegetal Silica - Thin weak hair? Hair loss? Hair regrowth too slow? Trouble absorbing calcium? Brittle nails, osteoporosis?** Vegetable silica, an extract of horsetail herb has been shown to significantly improve these conditions. Improves bone density, prevent fractures and speed bone healing when broken. **Contains Collagen to improve skin tone and lustre.** This is a product you won't want to miss out!

**\$13<sup>99</sup>**  
90s  
**\$25<sup>99</sup>**  
180s  
Save up to \$9  
Buy 6 get 1 FREE

**THE SILENT DISEASE!**



**Chelated Calcium Mag W/D 500mg** Osteoporosis is a silent, debilitating disease that progresses without a symptom until the bones become so frail that a sudden strain, or fall causes a fracture. The incidence of osteoporosis is increasing as the population ages. Currently, 1 in 4 women and 1 in 8 men over 50, have osteoporosis to some degree. Choosing a calcium which is highly absorbable becomes critical. **Dr. Balch in his book Prescription for Nutritional Healing recommends to take Calcium in Chelated Form for best absorption. This is the only Chelated Elemental Cal Mag with D in 500mg on the market. Need only 2-3 to get 1000mg or 1500mg! Most are only 150-250mg.**

**\$18<sup>99</sup>**  
180s  
Save \$4



**Lifetime Liquid Calcium, Magnesium Citrate with Vitamin D - 16 oz** Each tablespoon contains 600-750mg of elemental calcium, 300 mg magnesium and 400 I.U. Vitamin D. Highly absorbable and tastes delicious in grape, orange, lemon and strawberry. **New:** Pina Colada-sweetened with Stevia only.

**\$18<sup>99</sup>**  
**\$20<sup>99</sup>**  
Pina Colada/Blueberry  
Save up to \$4

**WT-LOSS EDEMA**



**Colon Clear - Used to be known as "Magic Clear".** It is effective both for the colon (constipation) and those with Edema (water retention), two of women's worst nightmares! Result: **Weight Loss; Clean Colon; Reduction in Edema; clear acne-free skin.** Contains unique ingredients like Chickweed, Watercress, Corn Silk, King Solomon Root and Black Seed. These ingredients are also good for the immune system and helps to reduce inflammation and phlegm from the lungs.

**\$21<sup>99</sup>**  
60s  
Save \$4

**ANTI-AGING NEAR PERFECT ANTIOXIDANT**



**Alpha Lipoic Acid High-Potency One-A-Day 300mg "The Near Perfect Antioxidant."** All other antioxidants will either quench free radicals in water or in fat environment but Alpha-Lipoic Acid will quench them in both, i.e. both inside and outside our cells. **FREE radical damage has been shown in research studies to be the basis for the aging process, damage to cells and impairing the immune system.** Dr. N. Perricone in his book, The Wrinkle Cure, highly recommends Alpha Lipoic Acid both externally as a cream and internally as a supplement to **maintain our youth and prevent wrinkles.** Don't leave home without it! NPN 80013064

**\$29<sup>99</sup>**  
60s  
Save \$10  
Buy 6 get 1 FREE

**SKIN, MOOD SWING**



**Evening Primrose Oil - 1000 mg. Omega 6 Cold Pressed - Guaranteed 10% GLA** (the most biologically active form of Omega-6) **Deficiency** can lead to dry skin, eczema and even hair loss. Evening Primrose has been successfully used to help with skin problems like **eczema, dry itchy skin, hormone balancing (PMS & menopause), improve nerve function in diabetes, etc.** Safe to use for adults and children.

**\$14<sup>99</sup>**  
90 Softgels  
**\$27<sup>99</sup>**  
180 Softgels  
Save up to \$15  
Buy 6 get 1 FREE

**AMAZING DEAL!**



**CleanseMore - Do you Empty Your Bowel At Least Once A Day?** If you are not, then you may be holding a lot of unwanted toxic waste in your body causing gas, discomfort and ill health. CleanseMore does not use any purging laxatives like senna which can irritate the colon and become dependent. CleanseMore helps eliminate through hydration of the colon, which is the most common cause of constipation. 2nd: helps with peristalsis which remove waste smoothly out of the colon.

**\$33<sup>99</sup>**  
Save \$22.99  
Buy 120s, Get 60 FREE (valued @ \$22.99)

★  
**RAVE  
REVIEWS!**



### PERFECT SKIN – Clear, acne - and blemish-free skin from inside out!

Developed in conjunction with a leading dermatologist and Naturopathic doctor. **Perfect Skin contains proven ingredients that target the main causes of acne and problem skin. Take it daily to achieve long lasting results in as little as 4 weeks! Try to eat less fatty, fried, spicy foods, drink lots of water, reduce caffeine beverages and sleep at least 7-8 hours daily. Reduce stress - stress is known to trigger acne and problem skin.**

**\$21<sup>99</sup>**  
60 Softgels  
**\$39<sup>99</sup>**  
120 Softgels  
Save up to \$11

★  
**FIRMER,  
LARGER  
BREASTS**



### La Femme – The natural way to more beautiful, firmer and larger breasts

When you want a fuller, firmer, more beautiful bustline, hormone balancing is critical. **Hormone imbalances can lead to poor bust development, as well as sagging and shrinking with age or pregnancy.** La Femme contains a combination of herbs traditionally known for their ability to **balance female hormones, promote breast size and firmness.** Testimonials and studies are available.

**\$49<sup>99</sup>**  
240s  
Save \$20

★  
**AMAZING  
ENERGY**



**Cellfood –** What is Cellfood? Cellfood is a highly concentrated, super-energized proprietary formula containing **8 trace minerals, 34 enzymes, 17 amino acids** in a liquid. Cellfood releases both oxygen and hydrogen into the blood stream whenever and wherever needed. Cellfood's exceptional cellular support will **increase energy levels and brain functions, support lung functions, sustain endurance and stamina,** 95-100% nutrient absorption, allergy relief – sounds incredible? It is!

**\$36<sup>99</sup>**  
30ml  
Save \$6

★  
**TROUBLE  
FREE  
SKIN**



### Nutrition for Troubled Skin

Amazing combination of nutrients, all the essential fatty acids, 72 trace minerals – vital to help **treat skin problems of any kind.** Topical ointments may be helpful with some skin problems, but ongoing adult acne, psoriasis, eczema, etc. need to be treated internally, along with a good diet and water. Stress is a fact of life for most people. We need to supplement. **Top seller for Acne - all types.** Results within 10 days!

**\$24<sup>99</sup>**  
60s  
Save \$4

★  
**EXCELLENT  
INGREDIENTS!**



### Wrinkle & Frown Line Cream

Smooth wrinkles without Botox®. Botox® has achieved good results for many women and men, but possible side effects and high cost have caused many to look for a more natural, safer solution. Contains three advanced, effective natural ingredients: **Matrixyl™** from France – a breakthrough ingredient shown to **significantly decrease visible appearance of wrinkles. Hyaluronic Acid helps deliver back moisture to skin cells resulting in firmer, tighter and younger looking skin. Argireline®** from Spain is shown to **relax expression lines. Controlled studies show facial wrinkle depth can be reduced, especially in forehead and around the eyes.**

**\$39<sup>99</sup>**  
50ml  
Save \$27  
Available in BC Only!

★  
**POWERFUL  
ANTIOXIDANT**



### OPC Grape Seed Extract Hi Potency

This 100mg Hi Potency OPC Grape Seed Extract from France "Biovin™" Grape Seed is the most potent on the market! Biovin™ Grape Seed Extract is 500:1, which means it is 500 times stronger than regular grape seed! **Grape Seed Extract is a powerful antioxidant, 50x stronger than Vit E, showed anti-mutagenic properties in vitro, improves circulation and vision problems, reduces side effects associated with ageing, prevents age spots, strengthens immune system, prevent allergies, and definitely a beauty vitamin to reduce wrinkles and blemishes!** NPN 80013354

**ONE A DAY**  
**\$31<sup>99</sup>**  
90s  
Save \$20  
Buy 6, get 1 FREE

★  
**EMBARRASSED &  
UNCOMFORTABLE**



### Burps 'N Gas – Flatulence? Abdominal Bloating & Pain? What causes Gas?

When our bodies, due to deficiencies of certain enzymes, do not digest & absorb certain carbohydrates in the small intestine. This undigested food then passes from the small to the large intestine where bacteria break down the food **producing gas!** **The most common symptoms of gas are flatulence, abdominal bloating and pain. Our bodies lack certain enzymes needed to break down some carbohydrates found in gassy foods like veges, grains, cereals, nuts, seeds, wholegrain breads, etc.** Burps 'N Gas is a blend of digestive enzymes targeted to deal with these problems and **Stops the Gas Before it Starts!**

**\$13<sup>99</sup>**  
60s  
Save \$4

★  
**NEW!  
RENOVAGE™  
SERUM!**



### The Complete Age Defying Serum w/ Renovage™; Matryxyl™ & Hyaluronic Acid!

A light, yet creamy serum that attacks wrinkles, age spots, large pores and facial redness! This is a rare product containing real **Renovage™, an Anti-Aging Serum that works on the DNA levels and targets the cell action which extends lifespan and youth of the cells to enhance the skin's natural protection/repair factors.** This enhanced cell function **improves tissue quality and visibly reduces fines lines, sunspots, redness and pore size.**

**\$39<sup>99</sup>**  
30ml  
Compare internet price from \$78.99 to \$145.00!  
Save \$20

★  
**ARE YOU  
TOO  
ACIDIC?**



### Morning Rise & Shine! Energize \* Alkalize \* Cleanse \* Hydrate!

Do you get up in the morning with the following: **Fatigue? Bad Breathe? Joint Pain & Stiffness? "Need" for Caffeine? Indigestion & Bowel Issues? Weight Gain and Low Moods?** These are usually signs of **toxicity or acidic waste accumulating in the body. An imbalanced diet high in acidic food (animal protein, sugar, breads, cereals, colas, caffeine, fried or processed foods) can cause far-reaching damage to our health. Ratio should be 25% of acidic foods (above) to 75% alkaline foods (fruits and vegetables) to maintain pH 6.8 & 7.2.** Unfortunately, the reverse is true for many people causing alkaline minerals – calcium, potassium, magnesium to "leach" from the bones and vital organs in an attempt to "alkalize" the body's fluids and balance pH. Acidic wastes build up in the cells and tissues causing above problems. **Morning Rise & Shine – a delicious lemon, aloe and mineral drink with alkalinizing minerals** helps to balance your pH helping to remove toxins and lower acidity to **prevent acid reflux and other related problems above.**

**\$19<sup>99</sup>**  
126g  
Save \$6  
FREE Vit D3 1000iu 90T

★  
**REMOVE  
DEAD SKIN  
CELLS  
COMPLETELY**



### Amaze Gel – Natural exfoliating gel for a youthful, radiant look.

This gel is an **instant skin rejuvenation.** Apply a small amount on your skin and you'll be amazed to see the a large amount of **dead skin and cells coming off.** Only when dead skin tissues are removed can new skin cells emerge. This gentle, non-abrasive gel is also used to remove and **prevent blackheads, freckles and age spots.** Your skin will instantly be softer and lighter. Let us give you a demo on your skin.

**\$7<sup>59</sup>**  
7.5ml  
**\$49<sup>99</sup>**  
60ml  
Save up to \$10



### Herbatint Organic Hair Colour

Herbatint is manufactured in Italy. It covers grey hair completely! Use "N" series to cover grey completely, but you can mix small quantity of other series to get different shades. It contains no ammonia, conditions your hair beautifully. Does not cause hair loss, dry hair but instead give it a natural brilliance, shine and lustre!

**\$13<sup>99</sup>**  
4 oz  
Save \$5

**Breast Enhancer \* Skin Care \* Bloating \* Perfect Skin \* Hair**

Bring your empty vitamin bottles to get the same products and receive 50¢ OFF (under \$10) or \$1 OFF (over \$10) excluding tax. Empty bottles: Brand name may be different and may not have been purchased from our stores (one empty bottle per one item).



**SHORT BUT POWERFUL!**  
**Total Body RAPID CLEANSE** – Couldn't be bothered to stay on a cleanse too long, but need the job done? Rapid Cleanse is your answer! This powerful 7 days cleansing program will cleanse and detoxify the body's 7 channels of elimination: liver, lungs, colon, kidneys, blood, skin & lymphatic system. It will enhance the normal process of detoxification (processing the body's toxins, free radicals, and pollutants) and cleansing (eliminating these substances through the bowel, urinary tract, and skin). It is a total complete program with 7gms of fibre! What can you expect? Results range from weight loss, increased energy, vitality, clearer thinking and better skin condition.

**\$27<sup>99</sup>**  
 Kit  
 Save \$6  
**FREE**  
**FibreSmart**  
 60s



**DO YOU EAT ENOUGH VEGGIES?**  
**Greens+** – Do you get enough dark green veges daily? Are you always on the run and grab whatever is quick and convenient? No time to cook veggies or they go bad? Greens+ has **5X more antioxidants than blueberries**; **18 colourful plant based phytonutrients** and **7X more fibre than cooked oatmeal** and contains **23 essential ingredients for your health!** Greens+ has made it so easy for you and it taste pretty good with natural, berry or tangerine flavor. One serving gives you veges from land and sea, antioxidants, probiotics, enzymes and other super foods which is so difficult to prepare. You will start the day full of energy.

**\$31<sup>99</sup>**  
 255/283g  
**\$59<sup>99</sup>**  
 510g  
 Save \$32

**CLEANSING IS NO LONGER AN OPTION ... IT'S A NECESSITY!**

We live in a toxic world with chemicals from factories, trucks, and pesticides. These chemicals enter our bodies daily and destroy your health from the inside out. Taking control of your health through cleansing and detoxification is the first, and most important, step towards better health.

**CleanseSmart** is an advanced, 30 day cleanse designed for those who have cleansed before.

CleanseSmart is designed to stimulate the cleansing and detoxification process of the body's 7 channels of elimination, but has specific emphasis on the body's 2 most important detoxification channels - the colon and the liver.



**\$30<sup>99</sup>**  
 30 Day Kit  
**Shrink Pack**  
 With **FREE**  
**FibreSmart**  
 60s

**TROUBLE WITH BREATHING?**



**Deep Lung Cleanse - Deep Lung Cleanse - Lingering Cough? Asthma? Chronic Respiratory Conditions?**  
 This amazing formula combines Eastern and Western herbs to provide clearer breathing, better blood oxygenation, long term relief from asthma and other chronic respiratory conditions. Excellent to reduce inflammation and provide clearer breathing within minutes for asthma and to work to reduce the bronchial inflammation that is the root cause of asthma. It works effectively for other chronic conditions such as allergies and chronic obstructive pulmonary disease, Athletes desiring better oxygenation and breathing during training or competition and those who smoke or quit smoking.

**\$19<sup>99</sup>**  
 60s  
 Save \$4

**NETI POT – OPRAH CREATES BIG BUZZ For ANCIENT SINUS REMEDY!** Consumers are going crazy for "Neti Pots" thanks to the many reruns of the Neti Pot in Oprah's Show. It's still in huge demand! Dr. Oz gave 20 million Americans their first look at neti pot therapy.

**VERY HOT! HURRY!**



All you need is a neti pot, fresh water and salt (regular or iodized), easy to use (comes with instructions) for:  
 \*sinus infection \*dry sinus \* remove dust and dirt from nostrils \*allergies \*congestion \*Other E.N.T. concerns \*smoking cessation aid.

**\$12<sup>99</sup>**

**GAS? CONSTIPATION?**



**ReCleanse – Herbal 7-Day Whole Body Detox.**  
 For those of you who wish to have a shorter cleanse, ReCleanse is great - gentle & effective with recommended meal plan & Food Guide if you wish to follow. It will cleanse the small intestines, colon, the entire body and organs to help you feel more energetic, less bloated, feel lighter and has more beautiful & transparent skin by removing toxins from the entire body.

**\$17<sup>99</sup>**  
 7 Day Cleanse  
 Save \$5

**TWO INTERNATIONAL PATENTS WITH 10 YEARS RESEARCH!**



**LeafSource™ Pain? Low Immunity? Low Energy?** This extraordinary 100% organic mineral from ancient fossilized vegetation contains a matrix of naturally occurring alkalizing minerals including Humic & Fulvic Acid known for their potent anti-viral activity-placing a specialized coating around viruses which makes it very difficult for the virus to enter cells and to alert the immune system to attack and neutralize these viruses! It is also an extremely potent anti-inflammatory, shown to reduce inflammation within a few days. It's a natural chelator converting normal dietary elements into available components for increased absorption to increase energy and stamina! Pl come in and learn about this unique product as there is not enough space here to say how terrific it is!

**\$23<sup>99</sup>**  
 60 Vcaps  
 Save \$11

**LIVER CLEANSE**



**Milk Thistle – Protect Your Liver** Of all the herbs used to protect and support liver function, the **best known** and **currently the most well-researched** is Milk Thistle. Scientific studies and clinical trials over the last 40 years have shown that milk thistle **protects the liver against acute & chronic viral Hepatitis, Cirrhosis, harmful environmental chemicals, toxins in our food and water, long-term alcohol consumption and prolonged use of prescriptions. Taking Milk Thistle also results in beautiful, clear skin, free from blemishes and age spots as the liver is cleansed.**

**\$14<sup>99</sup>**  
 90s  
**\$24<sup>99</sup>**  
 180s  
 Save up to \$15  
 Buy 6, get one FREE

**YUMMI LIQUID GREENS!**



**Vital Greens – Don't like Gritty Powdered Green? No Time or Too Messy to Mix? Join the LIQUID GREENS Revolution!** This great mint tasting Greens features **over 40 herbs, 15 Vegetable Juice Extracts and Superfoods sweetened with Stevia, suitable for Diabetics or those on sugar restricted diet. Vital Greens is the ideal choice to help Energize, Detoxify, Provides a Strong Foundation for Weight Loss to Prevent Cravings, Aids Digestion, Balance ph levels, Support Better Elimination. For those who does not eat enough fruits and vegetables, this is a great supplement. Vital Greens is the Official Green Food of the Hockey Hall of Fame!**

**\$28<sup>99</sup>**  
 500ml  
 Save \$11

**NEW! FEET DETOX PADS**



**Health Basics Detox Foot Pads – Amazing Detox to Expel Toxins and Heavy Metals From Your Body of Mercury, Aluminum, Lead, Arsenic, Asbestos, etc Via your Feet While Your Sleep!** No pills, no special diet, just put patches on feet at bedtime! **Nothing goes into your body, but watch what comes out! Some claimed they work as well as, or better than intravenous chelation! Testimonials: The brain fog, the bad breath, tired feeling are all gone! Feel younger, vibrant and full of energy after using the patches.**

**\$21<sup>99</sup>**  
 14 Patches  
 Save \$4

**NEW FORMULA! EXTRA 800IU VIT D PER SERVING!**



**Inno-Cal-Mag Complex Liquid Softgel with Boron – Osteoporosis is a silent, debilitating disease that progresses without symptoms until the bones become so frail that a sudden strain, sprain, or fall causes a fracture. The incidence of osteoporosis is increasing as the population ages. Currently, one in four women and one in eight men over 50, have osteoporosis to some degree. Choosing a calcium which is highly absorbable becomes critical. Inno-Cal-Mag Complex is unique because it is in liquid softgel - easier to absorb; and contains boron - reduce loss of calcium; calcium phosphate - same calcium our bones are made; magnesium, D3, C and Zinc in omega 3 fatty acids - all helps towards better absorption.**

**\$18<sup>99</sup>**  
 120s  
 Save \$4

**NaturPharm Digestion Formula Forte**  
 One of the highest labeled digestion formula available.


Contains enzymes to digest five different types of proteins – grains, beans, carbs, fats and all other foods we eat!  
 • **Wt-loss – regulate metabolism and normalize wt.** • **Prevents gas, bloating & constipation** • **Effective to reduce food allergies** • **Heart burn**  
 A must for any dieters and anyone over 25 years old should use enzymes to prevent or reduce symptoms above.



**\$18<sup>99</sup>**  
 60s  
**\$43<sup>99</sup>**  
 180s  
 Save up to \$8

**INCREDIBLE MUSHROOM FORMULA!**


**Immune 7X- High Quality Mushrooms Combination with Extremely High Beta Glucans!**  
A potent immune formula containing 6 Organic whole mushrooms mycella consisting of Agaricus, Cordyceps, Coriolus Versicolor, Maitake, Shitake, Red Reshi with up to 58.5 beta glucans each including Nitric oxide antioxidant to amplifies its delivery for those who **need Serious Immune Support, to Strengthen, Rebuild and Maintain the body.** Immune 7X provides the immune system with the elements necessary to prevent and arrest diseases! Each species uniquely support the immune response and is exceptional for serious conditions and diseases.



**\$41<sup>99</sup>**  
120s  
Save \$8

**NEW! CHILDREN'S OSCILLO**


**Oscillocoquinum – Adult & Children – Best Flu Buster!** The homeopathic flu medicine in N. America & Europe by choice! At the first sign of flu: fever, chills, body aches, sneezing, run-down; take one dose of this amazing product in the morning & evening for 3 days. 3 doses if you already have the flu. Safe for children and the elderly. 4 randomized clinical trials showed clear improvement within 48 hours! No known side effects; no drug interaction, no contraindication. Take a box on vacation, they come in handy!



**\$11<sup>99</sup>** Children 6 doses  
**\$19<sup>99</sup>** Adult 12 doses

**INSTANT RELIEF**


**Sinus Buster - Capsaicin Pepper Nasal Spray - RESULTS ARE ASTOUNDING!** Appeared on Wall St. Jnl 7/20/04, First 9/05. Results are astounding to relieve Allergies, Sinus, Migraines, Cluster Headaches, etc. Within seconds, people experience instant relief and a month to get rid of allergies, sinus problems. The spray works by de-activating the nerve fibres that cause swelling and pain in the sinus cavity and desensitises the mucous membranes in the nose to make them less irritated by airborne articles, helping to relieve congestion.



**\$22<sup>99</sup>**  
30ml  
Save \$7

**A MUST TO PREVENT COLDS, FLU & MORE**


**Oil of Oregano – “The Incredible Herb”**  
Joy of the Mountain Oil of Oregano is extracted from Wild Mediterranean Oregano (*origanum minutiflorum*) and guarantee to contain 75-85% carvacrol, the primary active ingredient. It is now 100% Certified Organic! Oregano oil has antimicrobial, antibacterial, antifungal, antiviral and anti-parasitic properties. Some vitro and vivo scientific studies have been conducted and the results are very encouraging. In addition, countless people have been successfully treated with oregano oil.



**\$18<sup>99</sup>** 15ml  
**\$27<sup>99</sup>** 30ml  
Save up to \$12

**COLD & FLU BUSTER!**


**Ionic Silver Solution – Powerful Natural Antibiotic!** Mission Falls Ionic Silver is a pure solution of Sub-Atomic Silver Ions making it the most powerful and bio-available form of Silver on the market. It contains 99.9% silver ions in a soluble state and are 400 times smaller than your red blood cells allowing them to easily pass through cell membranes where viruses reside! Most antibiotics kill only 6 or 7 different disease organisms, but silver is known to kill as many as 650 of these organisms - almost 100 times more (parasites, fungi, viruses, etc)! Extremely effective for rapid healing of burns & wounds, due to its ability to regenerate damaged cells and tissue. Excellent to prevent cold and flu, effective to reduce severity and extent of cold, flu, cough, sinus and other types of infection.



**\$17<sup>99</sup>** 250ml  
**\$27<sup>99</sup>** 500ml  
Save up to \$4

**STILL HOT!**

**Fior•Essence – The Amazing Herb Formula!**  
Canadian nurse Rene Caisse in the 1930s helped many people to stay alive with this amazing herb formula, which was initially formulated by our Native Indians and later improved by Rene and Dr. Brusck. These people were turned away by the hospitals because they could not help them anymore. Today it continues to help many people. Fior-Essence is also used regularly to remove harmful toxins because of its powerful cleansing action and clears the way for a more energetic and vibrant you.



**\$24<sup>99</sup>**  
500ml  
Save \$11

**AMAZING ENERGY & FEEL GREAT!**


**Mikei Red Reshi Essence Capsules**  
Experience the hottest selling supplement from Japan! (Yes-this is the one that everyone is talking about!) Need a Boost? Fast Acting - You'll noticeably feel energized and less stressed! In ancient Japan, this rare Red Reshi mushroom was coveted by emperors and royals for its seemingly miraculous effects. Today, this mushroom is known as nature's most powerful adaptogen - working to normalize the body and increase its performance. Studies show strong anti-tumor/anti-cancer properties - an essential preventative approach to your health.



**EXCLUSIVE PROMOTION**  
**\$189<sup>99</sup>**  
2 boxes of 60s  
**\$99<sup>99</sup>** 60s

**IMPORTANT! BUT NEGLECTED!**


**“Ultimate Flora” Probiotic 50 Billion One-A-Day!** This is probably the highest dosage available per capsule. Your digestive tract is home to trillions of individual bacteria. The 2 most prevalent probiotics are Lactobacilli, which makes up the majority of the probiotics in your small intestines, and Bifidobacteria, the most prevalent beneficial probiotic living in your large intestines. Ultimate Flora contains 50 billion of Active Bacteria with 30 billion Bifidobacteria and 20 billion Lactobacilli, enteric coated to prevent acid breakdown in the stomach to reach the small and large intestines where it is released to do its work. I called probiotics the “army & police” which patrols our kingdom (bodies) to make sure no one harm us! You don't have to be sick to take them as you need your army all the time. However, if you take anti-biotic or have other stomach/digestive issues, you MUST TAKE IT!



**\$16<sup>99</sup>** 14s  
**\$31<sup>99</sup>** 30s  
Save up to \$8

**ASTHMA PUFFER?**


**Respiractin – Asthma? Bronchitis? Allergies? Puffer dependent? Feels like you can't breathe? Need the Puffer constantly? Stuffy nose at night? Constant infection?** Respiractin, a century old liquid herbal remedy opens the airways, providing clearer breathing. A child mentally & physically challenged, given only a few years to live, is now a young healthy lady. She has been taking Respiractin for the last 10 yrs to keep her healthy and alive!



**\$14<sup>99</sup>** 8oz  
**\$45<sup>99</sup>** 1L  
Save up to \$6

**IMMUNE BALANCING**


**Moducare: – Rheumatoid Arthritis? Fibromyalgia? Lupus?** A weak immune system can hinder your body's ability to guard against disease and toxins. However, an overactive immune system can equally affect your ability to maintain good health. You must keep your immune system in balance. Moducare has gone through extensive clinical trials and has been proven to have positive immune balancing effect. Auto-immune ailments have significantly improved using Moducare.



**\$55<sup>99</sup>**  
210s + 105s  
Buy 210s get 105s FREE (value of \$39.99)

**HOT**


**Brazilian Bee Propolis Extract Alcohol-FREE**  
Brazil produces the best bee propolis in the world because of its climate, vegetation & bee species. Bee propolis is produced from the resin of trees, and bee salivary secretions and waxes. The bees use this propolis to protect them against invaders and micro-organisms. Propolis is used as an antiviral against inflammations, colds, allergies, coughs and skin diseases. NPN 80014600



**\$10<sup>99</sup>** 30ml  
Save \$4  
Buy 6, get one FREE

**COLD SORE & SHINGLES FIGHTER**

**Pure L-Lysine 500 mg capsules - Kiss Your Cold Sores Good-Bye!** You don't have to go to the U.S. anymore to get Pure Lysine to treat your cold sores or herpes! L-Lysine helps to combat colds, boost your immune system. It's powerful anti-viral properties help to prevent or reduce the severity of cold sores, herpes, shingles and chicken pox. NPN 80009672



**\$8<sup>99</sup>** 90s  
Save \$3  
Buy 6, get one FREE

Bring your empty vitamin bottles to get the same products and receive 50¢ OFF (under \$10) or \$1 OFF (over \$10) excluding tax. Empty bottles: Brand name may be different and may not have been purchased from our stores (one empty bottle per one item).



**PROTECT YOURSELF!**  
**ColdBuster™ – Immune Booster & Cold Fighter**  
 More than ever, you have to guard and protect yourself from catching the flu bug and boost your immune system. **Protection is better than Cure! ColdBuster comes in a 60ml convenient bottle which can be stored in your pocket or handbag. This great tasting ColdBuster delivers a powerful immune boost of Vit C, Zinc, Vitamin B6 and B12 in a great tasting orange zinger flavour.**

**ONLY \$2.99!**  
60ml



**AWARD WINNER!**  
**Sambu®Guard – Adults & Kids (Dr. Oz featured Elderberry Juice)** Your immune system will be challenged this winter. It's inevitable...so be ready! Sambu®Guard is your medicine cabinet. Made from elderberries, elder flower, organic echinacea and vitamin C in a delicious herbal syrup! **Take Sambu®Guard at the first signs of sore throat, sniffles or cough to boost your immune system and relieve symptoms fast. Also used for scratchy throats, sinus and bronchial congestion and other cold and flu symptoms.** Many common cold formulas for children are pulled off the shelves, this is your best substitute!

**\$25.99**  
175ml Adults  
**\$23.99**  
175ml Kids  
 Save up to \$6



**STOPPED LUNG CANCER!**  
**UMAC-CORE – Plankton Stopped Rare Lung Cancer.** Tom Harper did research to extract Phytoplankton (marine algae) from the ocean, then recreate its bloom in tanks. He noticed the clams feeding on the plankton were doing very well and decided to stick his finger into the algae to try it. He started eating the algae. Harper has a **rare form of lung cancer**, which is both **inoperable and incurable** and was given **9 months to live. Today, his cancer is benign. Eleven sites for biopsy were done and all were clear!** He was **diabetic and no longer needs insulin.** Other successes include ADD, Energy, etc.

**\$34.99**  
90s/57ml  
 Save \$9



**STRONG ARMY!**  
**Udo's Children's Probiotic – Army in their little kingdom!** Our country needs the army to protect us from invaders, **our bodies need probiotic (army) to protect us! Probiotic is the much neglected supplement, because we do not educate people enough about this amazing, much needed supplement.** People usually take it only after antibiotics, or when they are travelling. Probiotics (friendly bacteria or I called the "army") are an integral part of keeping the immune system strong, for proper digestion and assimilation of nutrients, constipation or diarrhea and overall good health and should be taken daily like multivites. Children's Probiotic contains 8 strains of child-specific bacteria to address children's diseases, bacterial infections and diarrhea. It improves their digestion and promotes regular bowel movements. You'll notice how healthy your children will be after taking this amazing supplement and probably won't complaint of tummy aches!

**\$19.99**  
60 Vcaps  
 Save \$4



**AS SEEN ON DR. OZ SHOW**  
**STOP Flu Faster with SAMBUCUS! Reduces Severity of Symptoms & Shortens Duration of Influenza A & B!** Sambucus is made from dark elderberries from Europe and traditionally used as a winter remedy. In recent years, medical researchers have proven its efficacy in clinical trials to effective help with cold and influenza. Nature's Way Bio-Certified Sambucus is made from superior black elderberry extract, solvent free, gluten-free and Kosher certified. Available in Original Syrup and Sugar-Free Syrup.

**\$13.99**  
120ml  
 Save \$3



**1ST TO MARKET IN CANADA!**  
**Healthmune™ Clinically Proven to Reduce Cold & Flu!** Contains Wellmune WGP®, a patented natural extract. **Two placebo-controlled human trials with 225 subjects have demonstrated that supplementation with Wellmune per day can significantly reduce the occurrence of cold and flu infections in people under physical or mental stress (marathon runners, firefighters and "highly stressed" people. Significant effects were measured after 2 weeks and were shown to be even greater after 4 weeks! Wellmune WGP® binds to receptors immune cells in the body. This enhances the immune response by increasing immune cell migration to the site of a challenge and the elimination of intruders.**

**\$19.99**  
30 Vcaps  
 Save \$4



**TROUBLE SWALLOWING PILLS?**  
**Liquid B Complex Solution – Pleasant Tasting and Easily Absorbed!** "Extensive government surveys have revealed that **more than 60% of the elderly have a deficient dietary intake of folic acid - one of the B vitamins".** Other critical B vitamins deficiencies are B1, B5 and Biotin. B vitamins are very important to help to reduce stress, homocysteine - one of the cause of heart attacks, prevent hair loss, acne, increase energy, etc.

**\$32.99**  
500ml  
 Save \$7



**ONE DAILY BEST SELLER**  
**Super One Plus – Timed Release** High potency **vegetarian one-a-day with chelated minerals and vitamins.** A very popular formula for over 20 years for many regular customers. For people who lead a hectic lifestyle, not eating properly and for those who just want to **swallow one pill a day, this formula is for you. Timed released to release your water soluble vitamins throughout the day, instead of losing them within a couple of hours, or take them 3 times a day!** Complete with high B vitamins and others to combat stress and increase energy.

**\$23.99**  
90s  
**\$41.99**  
180s  
 Save up to \$10

**Smart Healthy Children & Teens**



**GREAT VALUE!**  
**Quest Kids Daily One Chewable – Buy 120s, get 60s FREE.** Supplementing children with a complete multi vitamin and mineral is critical for their growth, immune system and general health. This delicious, chewable, multi is a great favorite for kids for over 20 years. **Children who are "picky" with food or have low immune system need supplementation. Unlike many children's multi's in the mass which often are not complete, full of colors, sugars, artificial flavors, Quest Kids is superior without these unhealthy ingredients. Choose the best for your children!**

**\$20.99**  
120s+60s  
 Shrink Wrap  
 Save \$11.99



**Teens Multi – Tastes delicious!** In this **high stress teenage world** with pressures at school, **unhealthy diet, active after-school sports, we must make sure our teens are supplemented with a good multi to fill in any missing nutrients in their diet.** Sisu has formulated this excellent chewable multi to meet the needs of our teens.

**\$13.99**  
90s  
 Save up to \$3



**ALIVE GOLD AWARD!**  
**Progressive MultiVitamins & Minerals for Women Over 50+ - Formulated by Dr. Adam especially for Women over 50s with special ingredients to deal with pre and post menopausal symptoms or just supplementation of essentials vitamins and minerals, greens, omega oils, herbs to deal with everyday stress, fatigue, insomnia, immune boost and well being.** If you are 50 or over, leading a busy, stressful life, or not eating as well as you should, having PMS, or pre-menopause symptoms, you definitely should take a good multiple vitamin and minerals like Progressive MultiVitamins. There are many multi's out there, but they are not the same. **Progressive for Women 50+ should be your choice because it is complete, not just the basic A-Z!**

**BONUS SIZE \$35.99**  
150 Vcaps  
 Save \$10  
 Buy 120s, get 30 FREE




**GREAT PRICE!**  
**Huber IronVital F – Extra Dose of Vitality! Are you frequently tired? Do you feel Listless? Or do you have pale skin? Do you have an inability to think clearly? If so, check your blood, the cause may be an unbalanced iron supply.** Iron is responsible for the production of red blood cells. Without iron, the cells and organs are not sufficiently supplied with oxygen, the accelerator for energy metabolism and vital energy. **IronVital F contains Vit C and B Vitamins, and is alcohol, yeast and gluten free. Recommended for: \*Pregnancy \*Women with Heavier Bleeding \*During Menstration \*Young People in a Growth Stage \*Deficiency Anemia. Sold in Europe for 70 years.**

**\$29.99**  
500ml  
 Save \$10

Fast Pain Relief \* Gout \* Alzheimer's \* Vision \* Insomnia/Anxiety

**USED BY 100 MILLION PEOPLE!**

**Wobenzym<sup>®</sup>N** - World Renown, Clinically Supported! Most researched and clinically supported "systemic enzyme" in the world! In Germany it is the 2nd most purchased OTC item, right behind Aspirin, and the 9th most prescribed product by practitioners! This is different from "digestive enzymes" which are taken with meals to help "digest" your food. Wobenzym (systemic enzyme) is taken away from food and are meant to be absorbed and not for digestion. Enzymes control every living organism and are involved wherever natural metabolic processes occur. Who should take Wobenzym? It's amazing to Control Inflammation like Rheumatoid & Osteo-arthritis, Joint Pain; Speeds up Recovery like no other after an injury, surgery or trauma where there is tremendous amount of inflammation and scar tissue (fibrin); Elite athletes found their recovery time is greatly enhanced and suffer less from swelling, broken vessels, bruising and injury; excellent for severe auto-immune disorders (i.e. cancer, lupus, etc.) cardiovascular disease (heart attacks/strokes); prostatitis, skin problems like psoriasis, IBS, kidney stones, lymph edema, virtually for all ailments! How it should be taken is very important, please follow instructions. 800s are available.




**\$33<sup>99</sup>**  
100s

**\$61<sup>99</sup>**  
200s

**\$111<sup>99</sup>**  
400s

**HIGH QUALITY VERY EFFECTIVE**

**Melatonin Sleep like a baby & more!** Melatonin, a naturally occurring hormone is effective to regulate sleep patterns and primary sleep disorders such as Insomnia due to low melatonin levels or delayed sleep phase syndrome, where a person's rhythm is out of sync, making it difficult to fall asleep - effective for jet lag. Blood studies show an average of 30 to 40% less melatonin in cancer patients than in people who are cancer-free at similar ages (Alive 4/2007.) NPN 80002801



**\$5<sup>99</sup>**  
60s


**\$14<sup>99</sup>**  
180s

Save up to \$4  
Buy 6, get one FREE

**INCREASE SEROTONIN**

**5HTP (5-Hydroxytryptophan) 100mg**

5HTP is produced after consuming food containing the amino acid L-Tryptophan e.g. milk, turkey. 5HTP is needed to produce Serotonin, an important neurotransmitter required for nerve, brain function and sleep. Due to stress, poor diet, many of us are deficient in Serotonin, which has been linked to depression, anxiety and sleep disorders, obesity and addiction. Two common prescribed medication, SSRI's and MAO inhibitors are used to regulate Serotonin levels. 5HTP is a natural alternative to re-establish normal Serotonin levels.




**\$18<sup>99</sup>**  
60 Vcaps

Save \$3

**ANXIETY? DEPRESSION?**

**Calms Forte** - The homeopathic answer for Nervous Tension, Depression and Insomnia. Extremely effective for relieving anxiety, insomnia, depression and stress related symptoms. You will feel more relaxed, be able to deal with things more effectively and get a good night's sleep. Safe for adults and children.




**\$11<sup>99</sup>**  
100s

Save \$2

**FAST PAIN RELIEF**

**Flex-OK! Joint Care** - Amazing Pain Relief Within Two Weeks! Contains all essential ingredients to repair & rebuild damaged tissues and joint cartilage, increase joint lubrication, reduce inflammation and pain naturally and quickly without side effects. Contains Glucosamine Sulfate & Hydrochloride, Chondroitin Sulfate, Collagen, Devil's Claw, Boswellia, White Willow Bark MSM, Curcumin, Bromelain, Feverfew, and others. Many customers claimed their pain reduced significantly within 2 weeks!




**\$30<sup>99</sup>**  
120s

Save \$7  
Buy 6, get one FREE

**REDUCES INFLAMMATION VERY EFFECTIVE!**

**Recovery Formula** - Repairs Damaged Tissues. This formula is particularly effective for areas affected by arthritis and other painful inflammatory conditions to recapture mobility. Due to modern living and injuries many young, not just the elderly, are afflicted with pain which inhibit their normal activities to be used to their maximum. Recovery will help to restore normal activity what modern day has taken away! Contains all natural ingredients without side effects of prescribed inflammatories.



**\$65<sup>99</sup>**  
X Strength 360s

**\$63<sup>99</sup>**  
X Strength 350g

**\$29<sup>99</sup>**  
150g


**\$59<sup>99</sup>**  
350g

**\$33<sup>99</sup>**  
180s

**\$61<sup>99</sup>**  
360s

**MACULA**

**Lutein Eye Formula** - 18 mg With Blueberry & Bilberry. Without sight, the world is dark! The only lutein on the market with blueberry, due to popular demand. This unique formula is a must for anyone with macula, cataract or other eye and vision problems. This formula is recommended for prevention also. Scientists believe that lutein filters out the blue light from the retina and prevents oxidative stress or free-radical damage the eye's macula.




**\$15<sup>99</sup>**  
30s

**\$29<sup>99</sup>**  
60s

Save up to \$12  
Buy 6, get one FREE

**GLAUCOMA? CATARACT?**

**Bilberry Extract** - High Quality Indena Grade from Italy Bilberry is a powerful antioxidant containing a group of flavonoids called anthocyanosides which increases production of collagen, vital to our whole body. Research showed Bilberry to be effective improving night blindness and hemeralopia (day blindness), glaucoma, diabetes, floaters & cataracts. Truck drivers, pilots, students on long hours driving, flying or before computer screens can greatly benefit with Bilberry. NPN 80002163




**\$25<sup>99</sup>**  
120s

Save \$10  
Buy 6, get one FREE

**AMAZING BRAIN FOOD!**

**Phosphatidylserine(PS)** - Boost Brain Power! You just misplaced your glasses, again. You were introduced to someone only yesterday and you can't recall their name! Sound familiar? The sobering truth is that as we age, we can lose over half of our ability to perform tasks related to memory, learning and concentration. This process in cognitive decline can already begin as we hit our forties! Phosphatidylserine or PS is a nutrient that shows much promise in improving cognitive function in most people, but esp as we age. PS is a building block for nerve cell membranes which revitalizes all nerve cell functions and is highly concentrated in brain cells. PS give brain nerve cells renewed vigor and membranes and facilitate energy across the entire cell. Numerous double-blind studies with as many as 425 people show significant improvement in even severe cognitive impairment.




**\$36<sup>99</sup>**  
60 softgels

Save \$23

**VERY EFFECTIVE FOR GOUT**

**Black Cherry Juice Extract** - Suffering from Painful Joints or Toes from Gout? Try this amazing black cherry capsule - a natural uric acid neutralizer. Countless anecdotal reports have shown that eating cherries, drinking pure cherry juice or taking cherry extract capsules have reduced pain and swelling for gout sufferers very successfully.




**\$10<sup>99</sup>**  
60s

**\$17<sup>99</sup>**  
120s

Save up to \$12  
Buy 6, get one FREE

**ALZHEIMER'S INFLAMMATION**

**Turmeric (Curcumin) Extract** - Help for alzheimer's and Cancer Prevention! (Vancouver Sun) reported / UCLA reported that "curcumin may slow Alzheimer's diseases" and also may help with cancer prevention. In India, where curries (which have curcumin) are eaten daily, Alzheimer's rates are 4.4 times lower than North America! Turmeric also stimulates production of bile in the liver; reduces inflammation to relieve joint and bone pain and many more!




**\$10<sup>99</sup>**  
60s

**\$19<sup>99</sup>**  
120s

Save up to \$15  
Buy 6, get one FREE

**CONSTIPATION**

**Stomach Ease** - Gentle herbal laxative An "Old Faithful" that never fails you! It is gentle to help ease intestinal discomfort and give relief from constipation without cramps. Contains Senna, Cascara Sagrada, Juniper, Licorice, Rhubarb, Buchu and Gentian.



**\$14<sup>99</sup>**  
250s

Save \$8  
FREE Vit D, 400 IU 100 tablets (valued @ \$4.99)

Bring your empty vitamin bottles to get the same products and receive 50¢ OFF (under \$10) or \$1 OFF (over \$10) excluding tax. Empty bottles: Brand name may be different and may not have been purchased from our stores (one empty bottle per one item).



**Salba - Nature's Most Powerful Whole Food!** This Mineral and Omega Rich Food is the **rage in health food stores!** Gram for gram, it has more Calcium than milk, more Vitamin C, more Omega-3 than salmon. Salba may help to boost energy levels, reduce blood pressure, improve heart health, promote balanced blood sugar by reducing Glycemic Response to food by up to 40%, aid in hunger management, promote healthy weight loss, etc.

**\$11<sup>99</sup>**  
GROUND  
150g/180g  
**\$19<sup>99</sup>**  
SEEDS  
300g/360g

**\$1 OFF**  
1 bag of Seeds Or 2 bags of Ground Expires January 31, 2010. Coupon must be presented at time of purchase

**INCREDIBLE DISCOVERY!**



**Sytrinol – Lowers Cholesterol in 30 Days!**  
As Seen in the Van Sun and Fanny Keefer Show! Lorna does it again!  
Sytrinol is a patented combination of powerful natural ingredients. Studies have revealed that Sytrinol is able to: **Lower: total cholesterol by 30%; LDL "bad" cholesterol by 27%; triglycerides by 34%; Keep arteries clear in four human clinical trials when compared to placebo in a double-blind controlled crossover trial over 12 weeks, 30 days HDL "good" cholesterol was enhanced by 4%. Best news is that Sytrinol worked independently of diet changes! Only one a day!**

**\$22<sup>99</sup>**  
30s  
**\$41<sup>99</sup>**  
60s  
Save up to \$10

**ULTRA CONCENTRATED!**



**Norwegian Gold Ultimate Fish Oils**

**Super Critical Omega & Critical Omega.** Both Enteric-coated to 3x more absorption and Burp-FREE, deliver fish oils directly to the intestines. One-A-Day; 5 Star IFOS, 3rd party Tested & Certified for purity, potency and freshness. 100% Fish-derived Gel Caps. **Super Critical: Per capsule very high EPA 790mg-for those who want the strongest formula, for chronic health conditions like arthritis, autoimmune conditions; rosacea, eczema, psoriasis. Critical: Per Capsule 490mg EPA, 240mg DHA for cardiovascular problems, cholesterol, bowel issues or inflammatory problems.**

**\$26<sup>99</sup>**  
Super Critical 30s  
**\$24<sup>99</sup>**  
Critical 60s  
Save up to \$8

**HEART HEALTH**



**CoEnzyme Q10 100mg – Higher Dosage**

Recent studies show that Coenzyme Q10 "can slow the decline of early diagnosis of some serious neurological disorders (e.g. Parkinson disease)," besides heart health (NF Profile data). Those given the largest dose of CoQ10 (1200mg daily) had 44% less decline in mental function, motor movement and ability to carry out daily activities. Those given 300 and 600mg also had less decline than the placebo group but their decline was not as pronounced, but significant. Softgel in a base of rice bran oil for improved absorption.

**\$35<sup>99</sup>**  
120 Softgels  
Save \$39



**NutraSea Omega-3 Fish Oil & New W/D** NutraSea, the Omega-3 rich fish oil with the tasty aroma of a gourmet oil, provides benefits for **inflammatory conditions like Eczema, Rosacea, Joint Pain, Depression and Heart Conditions.** NutraSea features a delicious lemon flavour, a rich source of EPA and DHA, natural processing, 2.5 times better absorption and guaranteed purity. Because it contains **high amounts of DHA, this is excellent for children or anyone who wants to improve brain function.**

NutraSea

**\$22<sup>99</sup>**  
120 Softgels  
**\$20<sup>99</sup>**  
200ml  
**\$40<sup>99</sup>**  
500ml  
**\$23<sup>99</sup>**  
200ml w/D  
1000 IU

**MOLECULARLY DISTILLED EPA/DHA**



**Omega 3 Deep Sea Wild Salmon Oil**

**Omega 3 Salmon Fish Oil** containing EPA and DHA is well documented in many research for their wide range of benefits for radiant skin, joint pain relief, depression, acne, maintaining healthy heart condition, brain and cognitive improvement, any kind of inflammatory conditions, increase "good" HDL cholesterol levels, etc. DHA is important for improving brain function, mood & memory. This Wild Salmon Fish oil is molecularly distilled to reduce fishy taste and toxic chemicals and is government approved with an NPN 80002421 from Health Canada.

**\$7<sup>59</sup>**  
90 Softgels  
**\$13<sup>99</sup>**  
180 Softgels  
**\$25<sup>99</sup>**  
360 Softgels  
Save up to \$17  
Buy 6, get one FREE

**Omega 3-6-9 – Flax, Borage & Wild Fish Oils**

This Omega 3-6-9 is an **optimum ratio blend** of three beneficial essential fatty acids (EFAs). EFAs are the main structural component of every cell membrane in the body, making the balance intake of EFAs absolutely essential for healthy cellular function. Every bodily function is dependent upon the role of EFAs. This includes **regulation of cholesterol and triglycerides, strengthening the cardiac system, maintaining health of skin, hair, brain and eyes, reducing inflammation and many more.** NPN 80011106



**\$16<sup>99</sup>**  
90 Softgels  
**\$31<sup>99</sup>**  
180 Softgels  
Save up to \$11  
Buy 6, get one FREE

**BALANCE BLOOD SUGAR**



**Cinnamon Extract 20:1 – Diabetic? Insulin Resistance?**

A study from the Human Research Center of USDA and the Univ. of California, suggests "this remarkable spice can improve insulin sensitivity and glucose metabolism and potentially counter or reverse the course of obesity". Cinnamon has an active ingredient known as MHCP which appears remarkably similar to insulin. Together, the cinnamon compound and the body's own insulin combine to lower blood sugar levels. **Customers who are insulin resistance (pre-diabetic) or diabetic, have greatly benefitted taking Cinnamon Extract resulting in weight loss and sugar balanced.** NPN 80013266

**\$16<sup>99</sup>**  
60s  
**\$29<sup>99</sup>**  
120s  
Save up to \$8  
Buy 6, get one FREE



**Udo's Choice Ultimate Oil Blend**

Natural, unrefined and certified organic. Tastes great! Use on salads and vegetables after cooking. An ideal balance of the omega-3, 6 and 9 essential fatty acids. A unique combination of oils, including flax, sunflower and sesame.

**\$11<sup>99</sup>**  
250ml  
**\$21<sup>99</sup>**  
500ml  
Save up to \$6

**FIBROMYALGIA? HBP?**



**Mag-Citrate 250mg with 265mg Malic Acid – High Blood Pressure?**

**Fibromyalgia? Chronic Fatigue? Magnesium may be the most important mineral needed by the human body and is a co-factor activating over 350 different biochemical reactions. For patients with chronic fatigue syndrome (CFS) and fibromyalgia, magnesium may be the MOST IMPORTANT critical mineral according to the CFS Research Foundation. In one clinical trial all 15 fibromyalgia sufferers reported significant lessening of pain within 24 hrs of taking a combination of and magnesium and malic. Studies also show this combination is especially helpful for those with HBP, stress and migraines.**

**\$12<sup>99</sup>**  
100 caps  
Save \$3

**GREAT DEALS!**

**Kyolic Formulas 104 and 100 - Immune Enhancer w/Antioxidants.** The use of Kyolic garlic has been well documented in research journals and books. Excellent for the **immune system, prevent infection, skin problems, regulating blood pressure and cholesterol levels.** **Save up to \$56**



Buy 180s get Kyolic FREE 30s Immune Enhancers w/Antioxidants

**\$25<sup>99</sup>** 180s Formula 100  
**\$27<sup>99</sup>** 180s Formula 104

New! FREE 60Caps Kyolic Omega3

**\$49<sup>99</sup>** 360s Formula 104



**Methyl B12 – Methylcobalamin B12 1000 mcg with Folic Acid 100 mcg.**

**B12** has many benefits, including the **reduction of homocysteine, restoration of normal sleep patterns, and mood effects.** For optimum effect, B12 in the **methylcobalamin form is highly absorbable** under the tongue. Research show that B12 decreases every year with age and supplementation is essential.

**\$12<sup>99</sup>**  
90 Quick Dissolving Tabs  
Save \$4

**Biofen-Plus - New & Improved! Say "NO" to Hair Loss!**  
 Sold for over 14 years successfully in Europe and N. America for both men and women. Just one capsule a day for treatment of **hereditary Androgenic Alopecia** in adults. **Biofen-Plus inhibits the enzyme responsible for causing male and female pattern baldness.** Scientific studies proved their effectiveness. **Reduction of hair loss within 3-4 weeks. Noticeable new hair growth with 3-4 months.** Use Biofen shampoo & conditioner for better results.

**\$16<sup>99</sup>**  
 Shamp/Cond 250ml  
**\$62<sup>99</sup>**  
 30s  
 Save up to \$23

**VERY POWERFUL SEX ENHANCER**  
**Extra LHT – Men are Ecstatic.. and Satisfied ... Really Works! Extra LHT enhances both desire and performance and increases testosterone production!** It enhances **strong erection, excitability and better orgasms.** Contains **100:1 Tongkat Ali (eurycoma longifolia jack), horny goat weed, tribulus, maca and more to let you achieve the best orgasm intensity and duration to reach the ultimate sex experience you'll ever have!** Use only prior to activity.

**\$54<sup>99</sup>**  
 30s  
 Save \$10  
 Buy 6, get one FREE

**PEEING SEVERAL TIMES AT NIGHT?**  
**High Potency Pygeum & Saw Palmetto (Plus Nettle) Prostate Problem?** This excellent combination of **Hi-Potency Saw Palmetto, Pygeum and Nettle** has been very effective to help men to **reduce frequent or trouble with night urination**, due to enlarged prostate problem. Pygeum reduces swelling in the prostate and nettle prevents bladder infection.

**\$16<sup>99</sup>**  
 90s  
**\$29<sup>99</sup>**  
 180s  
 Save up to \$17  
 Buy 6, get one FREE

**VERY HOT!**  
**BioErect – For him and her! Reclaim your virility and self-esteem and “see the fireworks!”**  
 Be the lover you were with this African herb. You and your partner will enjoy increase in stamina, **increase in sexual desire and longer performance.** **BioErect is equally effective for men and women** and both of you can be in ecstasy! Use only before activity, not every day. 100% natural.

**\$33<sup>99</sup>**  
 30s  
 Save \$6  
 Buy 6, get one FREE

**Bioforce**  
**Sabalasan One-A-Day – Prostate Problem?**  
 A natural remedy of Saw palmetto. In a three month, open trial, 505 patients suffering from BPH were treated with Sabalasan. Patients taking this remedy showed amazing improvement after only 45 days. After 90 days, 88% of the patients considered the therapy successful.

**\$25<sup>99</sup>**  
 30s  
 Save \$9

**INCREASE LIBIDO**  
**MacaSure™ - Extra Strength Organic Maca 750 mg** Known as the “Peruvian Ginseng”, Maca has been shown in human trials to **increase libido by 180%** and **sperm count by 200%**. In laboratory studies with rodents, Maca increase mating frequency by 400%! What doctors say about Maca: “Maca is very useful in treating **male impotence, erectile dysfunction**, menopausal symptoms and general fatigue.” Dr. Aquila Calderon, MD, Lima, Peru. Please pick up a pamphlet for more of what doctors say about Maca.

**\$22<sup>99</sup>**  
 60s  
**\$35<sup>99</sup>**  
 120s  
 Save up to \$5

**FREQUENT BATHROOM TRIPS?**  
**Dribbling because of an enlarged PROSTATE**

Most men over 50 have this health problem day and night, because of an enlarged prostate. Most have relief in 3-5 days. 99% success rate. ● Was amazed to see a difference in 4 days. *Jim Moody, Mississauga, ON* ● Doctor said to keep on taking the tea. 100% relief. Drugs didn't help. *Leonard Pearcey, Wassetts, NB* ● Wow! This tea really works. Quick 75% relief. *Luther Muth, North Battleford, SK* ● Dozens of letters! Results guaranteed: **MUST HELP OR MONEY REFUNDED.** Bell Prostate **\$19<sup>99</sup>**  
 Ezee Flow Tea #PRS120, 2-4 weeks supply. **120 g**

**WINNER OF MANY AWARDS!**  
**Vega Whole Food Optimizer** – Gold Winner of Retailer Choice Award and Gold for Product of the Year 2008! Formulated by Brendan Brazier, Iron-man, Gold winner of Retailer Choice Award & Gold for Product of the year 2008. This new Vega has 100% RDI of vitamins and minerals, improved texture and mouth feel, more organics. Compare with the old Vega, this has 4x more vitamins & minerals, a 67% increase in fibre, 10% less sweet. Vega increases energy & stamina, prevents osteoporosis, normalizes thyroid function, reduces serum cholesterol, etc. Try New Vanilla Chai, absolutely sumptous!

**\$64<sup>99</sup>**  
 1030-1064g  
 Save up to \$18

**GREAT DEAL!**  
**Niacin Flush-Free™ 500mg – High Cholesterol, Triglyceride? In pharmacological doses, Niacin has been proven to reduce total cholesterol, triglyceride, LDL (bad cholesterol) and increase HDL (good cholesterol). Because of the “flushing” effect, and because high doses is required to aid in above, this Flush-FREE form is more tolerable, than regular Niacin. Niacin Flush-Free™ contains 500mg of niacin and 150mg Inositol. Inositol binds up the Niacin, preventing flushing associated with Niacin.**

**\$26<sup>99</sup>**  
 120s+60s  
 Save \$13  
 Buy 120s get 60s FREE

**OFFICIAL MULTIVITAMIN OF THE CANADIAN SKI CROSS TEAM**  
**Platinum Activ-X – Certified for Sport™ by NSF International – FREE of Banned Substances!**  
 You work hard, you play hard and you train hard! You constantly raise the bar. You need every advantage you can find to push your body and your mind to new limits, you NEED ACTIV-X. Contains unique blend of antioxidants, omega oils and adaptogens in addition to essential vitamins & minerals using the Omega Suspension Technology to maximize absorption in a softgel. Added adaptogens give athletes or high stress individuals the boost they need to improve physical & mental performance. Separate formulas for men and women.

**\$38<sup>99</sup>**  
 60s  
 Save \$9

**VERY EFFECTIVE**  
**Vegapure – Lowers Cholesterol and LDL very effectively!** Vegapure is an ideal first choice for individuals concerned with lowering cholesterol levels prior to going on a cholesterol therapy. Vegapure uses plant sterols to reduce cholesterol by inhibiting the absorption of cholesterol produced by the liver and dietary cholesterol. **Clinical studies have shown that plant sterols can lower total cholesterol by an average of 6-10% and LDL cholesterol by an average of 8-15% and maintain levels of HDL cholesterol, creating an overall improved ratio of cholesterol without any side effects (ref. Swiss Vegapure pamphlet).**

**\$18<sup>99</sup>**  
 50s  
 Save \$5

**HIGH BLOOD PRESSURE? REALLY WORKS!**  
**Blood Pressure Formulation Combo by Bell – the brand you can trust! Dr. C. Hammud, PhD, recommends Fish Peptide extract which will effectively Inhibits ACE, an enzyme responsible for blood vessel constriction. Excerpts from Bell web site: “Blood pressure is now 125/80”; “It was like a miracle 192/112 dropped to 125/85”; “My doctor says stay on Bell Blood Pressure Combo”.**  
 Plus many other testimonials.

**\$23<sup>99</sup>**  
 60s  
 Save \$3

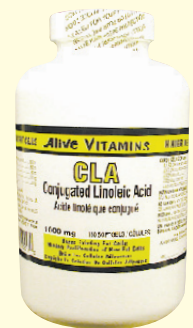
Bring your empty vitamin bottles to get the same products and receive 50¢ OFF (under \$10) or \$1 OFF (over \$10) excluding tax. Empty bottles: Brand name may be different and may not have been purchased from our stores (one empty bottle per one item).

**STUDY FINDS CLA WORKS!**

**CLA (Conjugated Linoleic Acid) – “Supplement Helps Cut Fat, Study Finds” National Post 12/6/06; Van Sun, 12/23/06 & PBS TV broadcast Dec/06.** Researchers at the Univ. of Guelph & Univ of Wisconsin-Madison, published in the International Journal of Obesity **in a six month study, found the group taking 3.2gms (3,200mg) daily of CLA lost 2.2 of fat with a tendency to shed it from the abdomen. The CLA group lost weight despite reporting 40% decrease in physical activity over six months.** "Despite no difference between the CLA and the placebo group with regards to calorie intake or physical activity throughout the study, the CLA group still managed to lose weight prior to the holiday season and didn't gain any weight over the holidays", said Andrea Buchholz, a professor of nutrition at Guelph Univ. She also said **CLA “increases fat-burning in the body”, and “It also keeps fat cells from proliferating and it causes pre-fat cells to kill themselves”.** She would still remind customers to continue with **exercise and dieting “You want to maximize it's effectiveness”.**

**\$19<sup>99</sup>**  
90 Softgels  
**\$35<sup>99</sup>**  
180 Softgels

Save up to \$15  
Buy 6, get one FREE



**TAKE WITH ACAI TO LOSE MORE WEIGHT!**



**SineQuaNon Colon Cleanse –** Have you scrubbed your colon? Feces & undigested food become compacted in the bowels. Sheets of this waste cling to the walls of the colon and large intestines and then dry. Over the years, and without regular colon cleansing this compacted waste can start to add up to several pounds of unwanted toxic weight! This amazing little tablet does wonders for constipation and cleansing, even for bowel obstruction! Take one in the morning and one at bedtime. 100% organic, non habit forming. Results: weight loss, no bloating or gas & beautiful skin!

**\$20<sup>99</sup>**  
50s  
Save \$5  
Buy 6 get 1 FREE

**RATED #1 SUPER FOOD!**



**Acai Berry Pure 500mg - P.E. 10:1 Extract** Alive Acai is certified to contain 500mg of 100% pure acai berry extract 10:1 (10:1 means e.g. 10# of fresh acai berries to make 1# of extract – high concentration). Acai berries do have one of the highest concentration of antioxidants compared to other fruits to help combat free radical damage to the body, including premature aging. Because of its ability to give you high energy when consumed, Acai has been helpful to stimulate sluggish metabolism to burn calories and reduce hunger. When SineQuaNon Colon Cleanse & Acai Berries are taken together you will see weight loss speed up much faster resulting in a Healthy & Slim Body!

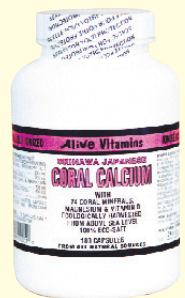
**\$16<sup>99</sup>**  
60s  
**\$28<sup>99</sup>**  
120s  
Save up to \$7  
Buy 6, get one FREE



**YOU SEE RESULTS**

**Japanese Okinawa Coral Calcium – The Most Absorbable Calcium on the Market! with 74 Trace Minerals, Magnesium, Vitamin D & HCL.** The most requested calcium by women today! Alive coral calcium is a high grade marine coral calcium, above sea level and ecologically safe. Coral minerals are **naturally ionized (nature's smallest form, 1000 times smaller than colloidal) allowing for almost total bioavailability. Together with 74 trace minerals and added vitamin D and magnesium citrate, this coral calcium absorption is very high.** Testimonials from coral calcium are endless and amazing: **Amazing relief from twitching, bone pain, heart palpitation, acid reflux (ph 8.6), fatigue, insomnia, joint pain, tendonitis, etc.**

**\$16<sup>99</sup>**  
90s  
**\$31<sup>99</sup>**  
180s  
Save up to \$11  
Buy 6, get one FREE



**ADDICTED TO CARBS? TRY PHASE 2™ – Starch, carbohydrate and calorie blocker.** Are you trying to lose weight? But **love Pizzas, Breads, Pastas, Fries and lose weight doing it? Sounds Impossible?** This is how it works ... with Phase 2. Since starch makes up 25%-33% of most diet, taking Phase 2 will neutralize about 375 to 495 calories a day even if make no other changes. That's enough to lose a pound every 7-9 days. You will lose more if you make a few simple switches. Phase 2 means "dieters only have to shift calories not eliminate them", says Dr. Rosen Blatt. "You shift your diet away from excessive non-starch calories, such as those in fat and sugar, and compensate by consuming more starch". While starch and sugar are both forms of carbs, calories in sugar are NOT affected by phase 2. When it comes to **food like bread, pastas, Phase 2 will neutralize 75% of their calories leaving you with a far lower net calories intake than before.** This effect is **INSTANT AND SAFE!** Sold in Hong Kong as "Extrim" for double our price!

**\$21<sup>99</sup>**  
60s  
Save \$7  
Buy 6, get one FREE



We make no claim, either expressed or implied that these products can cure disease, replace prescription, or supersede sound medical advice.

www.morningsunhealthfoods.ca  
www.alivehealthblog.com  
Mail orders available at all locations. Please call stores direct or fax at 403-240-0010  
OUT OF TOWN:  
Toll-free phone: 1-866-499-9546  
Toll-free fax: 1-866-811-8402  
email: alive@supplementsplus.ca

**MORNING SUN HEALTH FOODS LOCATIONS**

- Northland Village Shoppes** 403-288-0014  
Calgary (close to Home Outfitters)
- Market Mall** 403-286-5655  
Calgary (opposite the Bay)
- Westbrook Mall (RELOCATED)** 403-246-8133  
Calgary (opposite Lottery Booth & Main Entrance)
- Sunridge Mall** 403-293-9445  
Calgary (Zellers side near Rocky Mountain Chocolate Factory)
- Glenmore Landing** 403-253-9633  
Calgary (near McDonald's)
- Airdrie Village Square Plaza** 403-948-8777  
Airdrie (Behind Shell Station on Main St.)
- The Shoppes at Shawnessey** 403-254-6966  
Calgary (between Zellers & Canadian Tire)
- Deerfoot Mall** 403-730-8562  
Calgary (near Winners)
- Signal Hill Centre** 403-217-3304  
Calgary (across from Superstore)
- Sherwood Park Mall** 780-449-3528  
Sherwood Park (near Food Court)
- Mill Woods Town Centre** 780-468-2868  
Edmonton (across from Dollarama)

We accept all major credit cards & debit cards.  
SALE PRICES AVAILABLE AT ALL LOCATIONS WHILE QUANTITIES LAST