

Supplements plus FABULOUS Winter Savings!



SERVING YOUR HEALTH CARE NEEDS SINCE 1983 WITH 29 LOCATIONS IN CANADA
 Associate Chains: *Alive Health Centres in BC & Morning Sun Health Foods in Alberta*

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!

\$43⁹⁹
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!

\$29⁹⁹
60s
Buy 6, get one FREE



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!"**

\$37⁹⁹
50ml
\$68⁹⁹
100ml

BOTTLE RECYCLING

We REWARD you for recycling. Bring your empty vitamin bottles to purchase any vitamins and receive 50¢ OFF. One empty bottle to one product purchased 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.

Supplements plus

Redeemable by bearer for merchandise at any Supplements Plus stores in Toronto 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. Coupon cannot be combined with any other coupon offer.

\$2 OFF

Expiry Date January 31, 2010

DEALS! Arthritis * Bonus Packs * Free Capsules * Depression DEALS!

INFLAMMATION PAIN



Joint Formula MSM & Glucosamine Sulfate – 1000 mg **33% MORE!**
 Very effective treating inflamed, painful joints like **Osteoarthritis**. 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

\$26⁹⁹
Bonus Pack
60 caps FREE
 Buy 180s, get 240s

TENDONS CARTILAGE



Glucosamine Sulfate 500mg **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

\$19⁹⁹
Super Size
NEW LOWER PRICE!
200 caps FREE!
 Buy 300s, get 500s

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 **severe joint pain can greatly benefit from this combination**, 79% improved Van Sun 2/23/06.
 NPN 80009744 **NEW LOWER PRICE!**

\$19⁹⁹
 90s
\$39⁹⁹
Bonus Pack
45 caps FREE!
 Buy 180s, get 225s

INFLAMMATION 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 respond effectively with MSM**. NPN 80009655

\$12⁹⁹
 90s
\$21⁹⁹
Bonus Pack
60 caps FREE!
 Buy 180s, get 240s

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**.

\$44⁹⁹
Bonus Pack
NEW LOWER PRICE!
60 caps FREE!
 Buy 180s, get 240s

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.

\$21⁹⁹
Bonus Pack
30 caps FREE!
 Buy 120s, get 150s

AMAZING ENERGY & FEEL GREAT!



Mikei Red Reishi 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 Reishi 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
\$189⁹⁹
 2 boxes of 60s
\$99⁹⁹
 box of 60s



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.

\$11⁹⁹
GROUND
 150g/180g
\$19⁹⁹
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

UNBELIEVABLE PRICES!



CoEnzyme Q10 – 60 mg - The little pills that keep you young! Your heart, arteries, immune system, energy level, peridontal 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!

\$29⁹⁹
BONUS
 Buy 120 Get 140!

ARE YOU TOO ACIDIC?



Morning Rise & Shine! Energize * Alkalize * Cleanse * Hydrate! Do you get up in the morning with the following: **Fatigue? Bad Breath? 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 alkalizing minerals** helps to balance your pH helping to remove toxins and lower acidity to **prevent acid reflux and other related problems above**.

\$19⁹⁹
 126g
 Save \$6
FREE Vit D3 1000iu 90T

HAIR LOSS



Hair Force™ FREE ULTRASIL 90s!
 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 \$23.99 value) FREE with the purchase of Hair Force.

\$29⁹⁹
Shrink Pack
 Buy 90s, get 90s UltraSil FREE!


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**.

\$18⁹⁹
Bonus Pack
30 caps FREE!
 Buy 120s, get 150s


★ 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!

\$14⁹⁹
8oz
\$45⁹⁹
1L
Save up to \$6


TWO INTERNATIONAL PATENTS WITH 10 YEARS RESEARCH!



LeafSource™ Pain? Low Immune? 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! PI come in and learn about this unique product as there is not enough space here to say how terrific it is!

\$23⁹⁹
60 Vcaps
Save \$11


★ NEW! CHILDREN'S OSCILLO



Oscilloccoccinum – 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!

\$11⁹⁹
Children 6 doses
\$19⁹⁹
Adult 12 doses


★ GLAUCOMA? CATARACTS?



Bilberry Extract - High Quality Indena Grade from Italy Bilberry is a powerful antioxidant containing a group of flavonoids called anthocyanosides which increase 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

\$25⁹⁹
120s
Save up to \$10
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

\$8⁹⁹
90s
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

\$16⁹⁹
60s
\$29⁹⁹
120s
Save up to \$8
Buy 6, get one FREE


★ ALZHEIMERS? INFLAMMATION?



Turmeric (Curcumin) Extract - Help for alzheimer's and Cancer Prevention! (Vancouver Sun) reported / UCLA reported that "curcumin may slow Alzheimer's disease" 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!

\$10⁹⁹
60s
\$19⁹⁹
120s
Save up to \$15
Buy 6, get one FREE


★ 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 particles, helping to relieve congestion.

\$22⁹⁹
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 antiparasitic 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.

\$18⁹⁹
15ml
\$27⁹⁹
30ml
Save up to \$12


★ 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

\$5⁹⁹
60s
\$14⁹⁹
180s
Save up to \$4
Buy 6, get one FREE


★ 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. Very effective on cuts, acne, herpes, athlete's foot, diaper rash, yeast infections, bad breath etc.

\$17⁹⁹
250ml
\$27⁹⁹
500ml
Save up to \$4

★ STILL VERY HOT!



NETI POT – OPRAH CREATES BIG BUZZ For ANCIENT SINUS REMEDY! Consumers are going crazy for "Neti Pots" thanks to a recent episode of the Oprah Show. You couldn't buy one anywhere! "Dr. Oz" gave 20 million Americans their first look at neti pot therapy. 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

\$12⁹⁹
*Other E.N.T. concerns *smoking cessation aid.

Bring your empty vitamin bottles to purchase any vitamin or supplement and receive 50¢ OFF your purchase. Empty bottles must be presented at time of purchase. One empty bottle per one item purchased.

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.



\$16⁹⁹
 60s
\$28⁹⁹
 120s
 Buy 6, get one FREE



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.

\$21⁹⁹
 500ml
 FREE
 Manicure Nail Set (value @ \$19.99)

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!**



\$13⁹⁹
 60s
 Save \$4

DETOX ENTIRE BODY!



WildRose 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.

\$31⁹⁹
 12 day

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.

\$22⁹⁹
 60s
\$42⁹⁹
 120s
 Buy 6, get one FREE

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!

\$16⁹⁹
 14s
\$31⁹⁹
 30s
 Save up to \$8

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, no habit forming. Results: weight loss, no bloating or gas & beautiful skin!

\$20⁹⁹
 50s
 Save \$5
 Buy 6, get one FREE

INCREASE FAT BURN!



CLA (Conjugated Linoleic Acid) 1000 mg Article published in Nat. Post & Van Sun 12/6 & 12/23/06 & PBS broadcast. Subjects taking CLA were able to lose 2.2 pounds of fat from the abdomen without even trying and no change in their diet, compared to the placebo group who gained 1.5 pounds in two months. CLA prevents fat from being deposited into cells by speeding up the body's fat metabolism, promotes muscle tone and significantly reduces body fat. The article reports CLA "also keeps fat cells from proliferating and it causes pre-fat cells to kill themselves".

\$19⁹⁹
 90 Softgels
\$35⁹⁹
 180 Softgels
 Save up to \$15
 Buy 6, get one FREE

NEW FORMULA! EXTRA GOOD! 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.

\$18⁹⁹
 120s
 Save \$4

Chromium Picolinate 400 mcg – The Mineral that "MELTS FAT! BOOSTS 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 turning 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.

\$10⁹⁹
 60s
\$29⁹⁹
 180s
 Buy 6, get one FREE

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.

\$28⁹⁹
 30 Day Kit
 Shrink Pack
 With FREE FibreSmart 60s

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 You 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.

\$21⁹⁹
 14 Patches
 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™**, **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.**


\$39⁹⁹
30ml
Save \$20
Compare internet price from \$78.99 to \$145.00!



A 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.**

\$24⁹⁹
127/164g
\$51⁹⁹
380/491g
\$29⁹⁹
90 tabs
\$32⁹⁹
150 caps




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.

\$29⁹⁹
60s
\$52⁹⁹
120s




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.


\$27⁹⁹
Kit
FREE
FibreSmart
60s



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!


\$21⁹⁹
90s
\$37⁹⁹
180s



LOWERS BLOOD PRESSURE!

MagSense – What is the Role of Magnesium?
Magnesium may be the **most important mineral** needed by the human body. It is a **co-factor activating over 350 different biochemical reactions including energy production, stop muscle spasms (cramps), tics, restless leg, night spasms and twitches, increase bone density in postmenopausal women with osteoporosis, reduce PMS (weight gain, swelling of the extremities, abdominal bloating), improve low moods, etc. Extremely effective to lower high blood pressure and overcome insomnia. A must for many!**


\$20⁹⁹
200g
Save \$6



ALIVE GOLD AWARD!

Progressive MultiVitamins & Minerals
Progressive MultiVitamins & Minerals for Women & Men Over 50+ - Formulated by Dr. Adam specifically for those over 50+ with special ingredients to deal with pre and menopause, prostate and andropause symptoms or just supplementation of essentials vitamins and minerals, greens, omega fish oils, CoQ10, herbs to deal with everyday stress, fatigue, insomnia, low immune and well being. If you are 50 or over, leading a busy, stressful life, or not eating as well as you should, having male or female age-related symptoms, you definitely should take a **COMPLETE** multivitamins and minerals like Progressive's **because this is not just an A-Z multi's, it's a complete multi's with all the "trimmings"!**

\$35⁹⁹
150 Vcaps
120+30 FREE



MANY REPEAT CUSTOMERS!

PERFECT SKIN – Clear, acne & 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 know to trigger acne and problem skin.


\$21⁹⁹
60 Softgels



Alpha Lipoic Acid High-Potency One-A-Day - 300mg (50% R(+) 50% S(-)) "The Near Perfect Anti-Oxidant". All other anti-oxidants 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

YOUR PERFECT ANTIOXIDANT!


\$29⁹⁹
60s
Save \$10
Buy 6, get one FREE



IONIZED, MOST ABSORBABLE

Japanese Okinawa Coral Calcium - with 74 minerals & vitamin D. 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: **Fantastic relief from twitching, bone pain, heart palpitation, acid reflux (ph 8.6), fatigue, insomnia, joint pain, tendonitis, etc.**


\$16⁹⁹
90s
\$31⁹⁹
180s
Buy 6, get one FREE



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


\$11⁹⁹
90s
\$20⁹⁹
180s
Save up to \$8
Buy 6, get one FREE



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.

\$7⁵⁹
7.5ml
\$49⁹⁹
60ml
Save up to \$10



Bring your empty vitamin bottles to purchase any vitamin or supplement and receive 50¢ OFF your purchase. Empty bottles must be presented at time of purchase. One empty bottle per one item purchased.

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, auto-immune conditions; rosacea, eczema, psoriasis. Critical: Per Capsule 490mg EPA, 240mg DHA for cardiovascular problems, cholesterol, bowel issues or inflammatory problems.**



\$26⁹⁹
 Super Critical 30s
\$24⁹⁹
 Critical 60s
 Save up to \$8


PERFECT OMEGAS

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



\$16⁹⁹
 90 Softgels
\$31⁹⁹
 180 Softgels
 Buy 6, get one FREE


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.



\$22⁹⁹
 120 Softgels
\$20⁹⁹
 200ml
\$40⁹⁹
 500ml
\$23⁹⁹
 200ml w/D
 1000 IU

INCREDIBLE MUSHROOM FORMULA!

Immune 7X- High Quality Mushrooms Combination with Extremely High Beta Glucans!
 A potent immune formula containing 6 Organic whole mushrooms mycelia consisting of Agaricus, Cordyceps, Coriolus Versicolor, Maitake, Shiitake, Red Reshi with up to 58.5 beta glucans each including Nitricol antioxidant to amplifies its delivery for those who need **Serious Immune Support, to Strengthen, Rebuild and Maintain the body. Immune7X 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.**



\$41⁹⁹
 120s
 Save \$8

Udo's Choice Capsules & Ultimate Oil Blend – Contains an ideal balance of the Omega 3, 6 and 9 essential fatty acids, including flax, sunflower, sesame, mct and others. Excellent for building the immune system, moisturizing the body and for easing elimination problems.



\$11⁹⁹ 250ml
\$21⁹⁹ 500ml
\$18⁹⁹ 90 Softgels
\$33⁹⁹ 180 Softgels

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.**



\$10⁹⁹ 60s
\$17⁹⁹ 120s
 Save up to \$11 • Buy 6, get one FREE

EFFECTIVE FOR 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 in the eye's macula.



\$29⁹⁹
 60s
 Save up to \$12
 Buy 6, get one FREE

USED BY 100 MILLION PEOPLE!


Wobenzym®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. 400s and 800s are available.



\$58⁹⁹ 200s
\$104⁹⁹ 400s
\$195⁹⁹ 800s

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.



\$35⁹⁹
 120 Softgels

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.** If you are in this category, please make sure you take milk thistle to protect your liver!



\$14⁹⁹ 90s
\$24⁹⁹ 180s
 Save up to \$15
 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.



\$18⁹⁹
 60 Vcaps

INCREASE SEROTONIN

NaturPharm M7+ (formerly M7) Highest potency digestive enzyme and a total of **18 enzymes:** protease, amylase, amyltase, invertase, lactase, lipase and cellulase. For all age groups, especially seniors with chronic or difficult digestive complaints: **gas, bad breath, bloating or fatigue** after eating, **constipation, diarrhea, overweight,** etc.



\$23⁹⁹ 90s
\$43⁹⁹ 180s

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.

\$36⁹⁹
60 softgels

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 work independently of diet changes! Only one a day!**

\$22⁹⁹
 30s
\$41⁹⁹
 60s

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.**

\$18⁹⁹
 60s

OSTEOPOROSIS? TRY THIS!

Bone Basics™ – Have Osteoporosis? Not Sure What Works?
 AOR's Bone Basics is recommended by health practitioners for those who do not wish to take medication for Osteoporosis because of possible side effects. There are many types of calcium on the market but if you have Osteoporosis, you want the best. **Contains MCHC, a natural source of calcium which is the best type of calcium for bone building and maintenance. Bone Basics will help cells to build new bones, slow the rate of bone breakdown.**

\$22⁹⁹
 120 Vegicaps
\$42⁹⁹
 240 Vegicaps

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!**

\$36⁹⁹
 30ml
Save \$6

CHRONIC BLADDER INFECTION?

AOR UTI Cleanse – Wanted to stop your antibiotics, but couldn't? Can't stand drinking another drop of Cranberry Juice?
 Bladder infection (Cystitis) is almost becoming an epidemic and many of you who suffer wish to put a stop to this - right? But what can you use other than constantly taking antibiotics to stop the infection - which eventually - for many, doesn't work anymore? **UTI Cleanse has been extremely effective for the treatment and prevention of urinary tract infections. Results have been as incredible as 12 hours!**

\$22⁹⁹
 30s

ST. FRANCIS HERB TOP SELLER!

Protect Your Family & Yourself from H1N1!
Deep Immune – Weak Immune? Prone to Colds & Flu? Chronically Run Down? If you are prone to colds and the flu, have weak adrenals, chronic fatigue & exhausted, overworked, you need Deep Immune! This amazing herb formula will enhance your immune system to overcome low immunity, frequent or chronic infections, increase white blood cell count, restore stamina, overcome fatigue and help the body deal with stress, overwork & chronic illness. Children formula: Above condition applies to children who may be even more prone to infections, colds and flu when they attend school. Get prepared and protect yourself and your family! Prevent!

Adult & Kids
\$15⁹⁹
 50ml
\$25⁹⁹
 100ml

INCREDIBLE PRICE!

Nutri-Flex – The Most Advanced, Absorbable and Effective Liquid Formula!
 Just a spoonful a day helps to keep arthritis and joint pain away! Nutri-Flex is not just another Glucosamine product, this advanced formula combines with Hydrolyzed Gelatin and other anti-inflammatory herbs to provide an important matrix of nutrients needed to repair and slow down joint degeneration. Gelatin contains 20 amino acids including those which are known to strengthen and rebuild joint cartilage and speed muscle recovery time. That's why a lot of athletes take Nutri-Flex, which is the Official Joint Care Supplement for the Hockey Hall of Fame!

\$21⁹⁹
 500ml

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.

\$13⁹⁹
 120ml

IRRISISTIBLE PRICE!

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!**

\$21⁹⁹
 500ml

POWER OF OXYGEN

Aerobic Oxygen®
 Non-toxic, stabilized electrolytes of oxygen in a molecular form. Oxygen is one of the five elements required to sustain life. Oxygen deficiency is arguably the greatest cause of disease. Oxygen provides life and energy to every cell. Oxygen is not only a life-giver, but also a killer of harmful anaerobic infectious bacteria. Poor diet, sedentary life style, stress, illness, carbon-based fuels, deplete oxygen in our bodies. Many of us are "oxygen-starved" and we are unaware! When our cells are deprived of oxygen, our immune system weakened, we open our bodies to invasion by viruses and other diseases. Many more serious diseases have been helped by taking Aerobic Oxygen. Mountain climbers, skiers, pilots who are in high altitudes can restore normal breathing with Aerobic Oxygen.

\$13⁹⁹
 60ml

WINNER OF MANY AWARDS!

alive 2008 Gold Product of the Year
alive 2009 Gold Product of the Year

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!

\$64⁹⁹
 1030-1064g

Bring your empty vitamin bottles to purchase any vitamin or supplement and receive 50¢ OFF your purchase. Empty bottles must be presented at time of purchase. One empty bottle per one item purchased.



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. All natural ingredients and together inhibit the enzyme responsible for causing male or 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 added benefits.

\$16⁹⁹
Shamp/Cond
250ml
\$62⁹⁹
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.

\$54⁹⁹
30s
Save **\$10**
Buy 6, get one **FREE**

HIGH BLOOD PRESSURE? THIS REALLY WORKS!



Blood Pressure Formulation Combo by Bell – the brand you can trust! Dr. Hammond recommends Fish Peptide extract which will effectively inhibits ACE, an enzyme responsible for blood vessel constriction. Helps to achieve proper relaxation and dilation of artery walls. Also contains Celery seed, wild garlic, passion flower, barberry - all helping to reduce blood pressure successfully!

\$23⁹⁹
60s

VERY EFFECTIVE



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 an 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.

\$33⁹⁹
30s
Save **\$6**
Buy 6, get one **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.

\$38⁹⁹
60s
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.

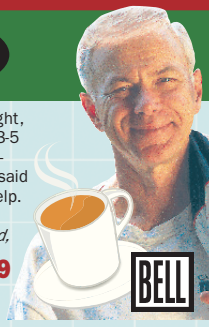
\$22⁹⁹
60s
\$35⁹⁹
120s
Save up to **\$5**

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. I 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, Wassis, NB* Wow! This tea really works. Quick 75% relief. *Luther Muth, North Battleford, SK* 1Dozens of letters! Results guaranteed. **MUST HELP OR MONEY REFUNDED.**

\$19⁹⁹
120 g



REDUCE PROSTATE ENLARGEMENT



Prost-Force™ - Enlarged Prostate?

Contains (80-85% Sterols), Saw Palmetto, Pygeum, Zinc, B6, Lycopene, Nettle, Oyster Extract, and more. Very advanced formula. Dosage excellent. **Effective to help men to reduce frequent or trouble with night urination.**

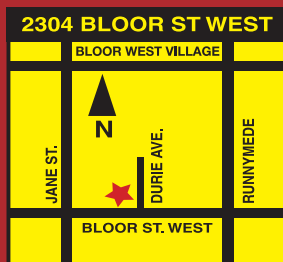
\$22⁹⁹
60 Softgels
\$50⁹⁹
120 + 60 Softgels
Shrink Wrap

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

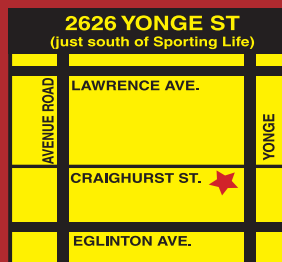
STORE HOURS: Please call each store for store hours. Phone our mail order service at (416) 977-3088 or 1-800-387-4761 (7 days a week, during store hours), or email: sales@supplementsplus.ca 24 hours/7 days per week on-line ordering: visit www.supplementsplus.ca www.alivehealthblog.com

TORONTO STORE LOCATIONS:

2304 Bloor St. West
(416) 766-2004



2626 Yonge Street
(416) 482-5288



Above Sale Prices Available at All Locations While Quantities Last.

We accept all major credit cards & debit cards.