

Supplements  
plus

FABULOUS

Spring 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 April 21, 2010

ask Alice



PERSONAL BESTS!

With the 2010 Vancouver Olympics coming to an end, I predict the excitement will carry on by each one of us striving to meet our personal BESTS! So what will it be for you and how will you reach your GOLD? Maybe it is time to finally lower your lousy (LDL) cholesterol, or maybe it is time to pay attention to your blood pressure. Perhaps you have been well on your way with your weight loss goals, but you are hitting a plateau. Not to worry, this flyer is truly one of our best yet, providing you with a wide selection of products to help you obtain your health targets. It's time to leave joint pain, digestive problems, and extra pounds behind! Say, "Yes I can", to lessening the chance of cardiovascular disease! Say, "Not only will I be around to see my grandchildren born; they will be running to catch up to ME!" Don't let age or a seniors discount tell you, you are old. It's up to you to decide! I am 63 years old, but I feel 30 and I give credit to my supplements as well as my positive attitude. Always remember, you are not alone. Here's to perseverance and reaching our personal bests together!

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 63 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.



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  
Buy 6, get one FREE

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



**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 50% clogged arteries. After only 4 months with Strauss Heart Drops, his checkup at St. Paul's showed all the four arteries 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 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: April 21, 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

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


**REBUILD 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

**\$19<sup>99</sup>**  
**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!**

**\$19<sup>99</sup>**  
 90s  
**\$39<sup>99</sup>**  
**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

**\$12<sup>99</sup>**  
 90s  
**\$21<sup>99</sup>**  
**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.**

**\$44<sup>99</sup>**  
**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.**

**\$22<sup>99</sup>**  
**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**  
**\$179<sup>99</sup>**  
 2 boxes of 60s  
**\$95<sup>99</sup>**  
 box of 60s


**salba**



**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 Coupon**  
 1 bag of Seeds or 2 bags of ground

**UNBELIEVABLE PRICES!**



**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**  
 Buy 120 Get 140!

**PAIN RELIEF!**



**Arnica Gel with 30ch Arnica 80s**  
 Boiron (France) Arnica gel and pellets are homeopathic remedies used widely in Europe and N. America for **relieving muscle aches and arthritic pain by reducing swelling, bruising and inflammation. Fast acting and quickly absorbed. Safe to use on children.** Use with the Arnica pellets for quicker pain relief ... it's amazing!

**\$14<sup>99</sup>**  
 Shrink Pack Gel & Pellets


**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.

**\$29<sup>99</sup>**  
 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.**

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


**GUM FOR THE WHOLE FAMILY!**



**Probiotic Gum with BLIS K12™**  
**- 1st in Canada!** Do you know that your mouth is 'home' to billions of bacteria? Some of these bacteria are 'friendly', protective probiotic bacteria that acts as your first line of defense against the 'unfriendly' bacteria and viruses that enter through your mouth and nose!  
**Cheating JUST A PIECE OF Probiotic K12 Gum daily will 'populate' your mouth with 500 Millions cfu of these infection-fighting probiotics and help protect your throat, mouth, nose and ears. This gum will control and destroy bacteria that cause: Bad Breath; Sore Throat; Ear infections; Sinus; Upper Respiratory Infections, etc.**

**\$5<sup>99</sup>**  
**8 Gum Tabs with \$1 Coupon off Save \$1.40**


**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!

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

**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!

**\$10<sup>99</sup>**  
**60s**  
**\$19<sup>99</sup>**  
**120s**  
**Save up to \$15**  
**Buy 6, get one FREE**


**GLAUCOMA? CATARACTS?**



**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 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

**\$8<sup>99</sup>**  
**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

**\$16<sup>99</sup>**  
**60s**  
**\$29<sup>99</sup>**  
**120s**  
**Save up to \$8**  
**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. **First Cleanse** a 15 day all natural herbal cleanse, formulated specifically for the "first time" or "sensitive" cleanser. It is designed to stimulate the cleansing and detoxification process of the body's 7 channel of elimination: liver, lungs, colon, kidneys, blood, skin and lymphatic system. First Cleanse is strong enough to be effective, yet gentle enough to avoid a "cleansing crisis" common among more advanced cleanses.

**\$19<sup>99</sup>**  
**15 Day Kit**


**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.

**\$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 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.

**\$18<sup>99</sup>**  
**15ml**  
**\$27<sup>99</sup>**  
**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

**\$5<sup>99</sup>**  
**60s**  
**\$14<sup>99</sup>**  
**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, athletes foot, diaper rash, yeast infections, bad breath etc.

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

**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

**STILL VERY HOT!**



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

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

**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.**

**ENERGY!  
REDUCE  
HUNGER!  
LOSE WEIGHT!**



**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.

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

**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  
 Buy 6, get one FREE



**Original SILICEA Liquid Gel –** 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.

The amazing  
**\$21<sup>99</sup>**  
 500ml  
 FREE  
 Manicure Nail Set (value @ \$19.99)

**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.

**\$31<sup>99</sup>**  
 Buy 120S,  
 Get 60 FREE  
 (valued @ \$22.99)

**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.

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

**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

**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 one FREE

**AS SEEN  
ON DR OZ  
SHOW!**



**Passionflower Drops – Stop Belly Fat Growing!** According to Dr Oz, stress "will make you pack on the pounds!" He says that from your belly size, he can tell how stressed you are! Stress will make your belly larger! Your adrenals suffer tremendously when you are under stress or anxious. Not to worry, Dr Oz recommends Passionflower drops to the rescue! You can put the drops on your tongue or in water, once or a few times a day depending on the degree of your stress or anxiety or depression. Dr Oz also recommends you to relax by closing your eyes and think of happy things! Passionflower is used as a "calming" herb for anxiety, insomnia, seizures, and hysteria. It is believed that passionflower works by increasing levels of a chemical called gamma-aminobutyric acid (GABA). GABA lowers the activity of some brain cells, making you more relaxed.

**\$14<sup>99</sup>**  
 50ml  
 Save \$3

**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".

**\$19<sup>99</sup>**  
 90 Softgels  
**\$35<sup>99</sup>**  
 180 Softgels  
 Save up to \$15  
 Buy 6, get one FREE

**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.

**\$19<sup>99</sup>**  
 120s  
 Save \$3

**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.

**\$28<sup>99</sup>**  
 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.

**\$21<sup>99</sup>**  
 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 fine lines, sunspots, redness and pore size.**

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




**HAVE HORMONE RELATED PROBLEMS?**

**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>**  
Bonus 150s  
30 Caps FREE



**QUICK MENOPAUSE RELIEF!**

**Harmony** ♀ Harmony's formula **is unlike any other available on the market!** It addresses more than just hot flushes. 21 symptoms may be experienced and Harmony works specifically on hormone and heat regulation to menopausal symptoms. **Cooling & Calming:** Harmony helps **cool the heat; calm the mind; feel less irritable and sleep soundly!** **Nourishment and Moisture:** Harmony's nourishing formula **prevents the vaginal dryness that comes with age.** **Hormone Balance:** Harmony **targets the underlying cause of menopause that are out of balance.** With this rebalancing comes **effective relief of many other symptoms to normalize your life again!**


**\$26<sup>99</sup>**  
60s  
Save \$5



**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.**


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



**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!**


**\$29<sup>99</sup>**  
60s  
Save \$10  
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

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




**AS ADVERTISED IN ALIVE & VISTA**

**FIBERrific™** Certified Kosher & Parve  
So you think that powdered fiber are unpleasant to take. Now, FIBERrific offers you all the benefits you want without the drawbacks. Just mix in hot or cold water or any drinks. It dissolves completely in liquid, taste free, you won't even know it's there! **BUT YOU GET ALL THE BENEFITS!** FIBERrific from instantized inulin contains 4.5g of fibre per teaspoon. The one with Probiotic contains 300,000,000 shelf stable probiotic flora. Probiotic will support your digestive and immune system. Benefits: **lowers blood cholesterol; controls blood pressure; aids digestion & elimination; relieves constipation; improve vitamin & mineral absorption.**

**\$15<sup>99</sup>**  
250g  
**\$19<sup>99</sup>**  
250g with Probiotic


It's natural, vegan, gluten-free, shelf stable and Kosher.



**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>**  
7 Day Kit




**MUSCLE SPASMS? RESTLESS LEGS? LOWER 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.**

**\$20<sup>99</sup>**  
200g  
Save \$6


A must for many!



**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



**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, 1,000 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.**


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



**PREMIUM HYALURONIC ACID**

**HA Premium – Hyaluronic Acid Concentrated Eye & Face Toning Serum.** Want to erase years from your face? Try this concentrated serum. Hyaluronic Acid (HA), a naturally occurring substance in the body which unfortunately decreases with age, **holds up to 1,000 times its weight in water.** It's unmatched hydrating properties **PLUMP the skin from inside out, stimulate collagen, resulting in firmer, smoother and youthful looking skin. Your eyes will look firmer, softer & radiant!**

**\$36<sup>99</sup>**  
15ml  
Save \$3



Women's Health \* Strong Bones \* Anti-aging \* Beauty Aids

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.



### 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.**

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



### 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  
 Buy 6, get one FREE



### 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 \$11 • 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.**

**\$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

**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. X Strength also on Sale!**

**\$29<sup>99</sup>**  
 150g  
**\$59<sup>99</sup>**  
 350g  
**\$33<sup>99</sup>**  
 180s  
**\$61<sup>99</sup>**  
 360s



### 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.

**\$11<sup>99</sup>** 250ml  
**\$21<sup>99</sup>** 500ml  
**\$18<sup>99</sup>** 90 Softgels  
**\$33<sup>99</sup>** 180 Softgels



**MACULA CATARACTS GLUCOMA**



### 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.

**\$29<sup>99</sup>**  
 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. 800s are available.**

Buy 200s get 100s FREE  
 300s for **\$65<sup>99</sup>**  
**\$104<sup>99</sup>**  
 400s

**HEART PARKINSON**



### 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

**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!

**\$14<sup>99</sup>**  
 90s  
**\$24<sup>99</sup>**  
 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.

**\$19<sup>99</sup>**  
 60 Vcaps



### 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.

**\$23<sup>99</sup>**  
 90s  
**\$43<sup>99</sup>**  
 180s

**LOSING YOUR MEMORY?**



### 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

**YOUTHFUL SKIN & JOINTS**



### Nutri-Collagen 400mg – The Glue of Life!

Have you ever wondered why the typical complaints of **painful joints, weak bones, wrinkled skin and thinning hair** are so common? Research shows that the degradation of the collagen matrix is the underlying factor. Starting at approximately **age 25, collagen production slows down dramatically and then the complaints begin!** Collagen is in our eyes, joints, skin, bones, tendons and it provides the body with **firmness, shock absorption, strength and structure.** Not to worry, studies show that collagen supplementation reverses lost collagen and alleviates aging complaints! Here's to **improved flexibility, skin suppleness, and youthful joints!**

**\$29<sup>99</sup>**  
120 softgels  
Save \$10

**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

**IMPROVE BONE DENSITY!**



### Nutri-Bone 500ml – Conquer Osteoporosis!

While osteoporosis is a preventable disease, **more women die each year as a result of osteoporotic-fractures than from ovarian and breast cancer combined!** When bones lose their collagen matrix and supportive minerals too quickly, osteoporosis occurs making the **bones porous, fragile and prone to fractures.** Nutri-Bone's fantastic, highly absorbable liquid is here to help you **prevent and treat osteoporosis, enhance connective tissue formation, and maintain muscle function!**

**\$25<sup>99</sup>**  
500ml  
Save \$8

**NEW PAIN RELIEF!**



### Fast Joint Care + Proven to get you moving!

**Don't have time for joint pain, but still feel like you have tried everything?** Look no further and find your solution with Genuine Health's **NEW effective product called Fast Joint Care +.** It is proven to start getting you the **results in as little as 7 days, with just one capsule a day!** Complete Joint Care + uses **NEM (Natural Eggshell Membrane)** a new super food for your joints which include: **collagen, glucosamine, chondroitin, and hyaluronic acid!** The

time for joint relief, repair, reduced inflammation and flexibility is here!

**\$29<sup>99</sup>**  
30 caps  
Save \$11

**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.

**\$13<sup>99</sup>**  
60ml

**ULTIMATE VISION!**



### Vision Essentials: See Clear, Far and Near!

– Formulated by Julian Whittaker, M.D. Don't take your eyes for granted! All over the world, **cataracts are the leading cause of blindness and this is happening as young as 40 years old!** You only get one pair and one chance to prevent serious eye complications such as: **night blindness, macular, glaucoma, and cataracts!** It is absolutely crucial to take the time to nourish your eyes with **Dr. Julian Whittaker's** amazing synergistic formula called **Vision Essentials.** It includes 19 key nutrients such as: **lutein, bilberry, zeaxanthin, vitamin A** and many more natural ingredients!

**\$56<sup>99</sup>**  
30 packets  
Save \$14

**OSTEOPOROSIS? TRY THIS!**



### AOR 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.**

**\$23<sup>99</sup>**  
120 Vegicaps  
**\$42<sup>99</sup>**  
240 Vegicaps

**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!

**\$24<sup>99</sup>**  
30s  
**\$28<sup>99</sup>**  
50g

**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!

**\$21<sup>99</sup>**  
500ml

**IRRESISTIBLE 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!**

**\$21<sup>99</sup>**  
500ml

**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

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.

Super Multi \* Performance \* Bone Density \* Lung \* Liver \* Greens



**BEFORE**



**AFTER**



**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.

**\$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

**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!

**\$23<sup>99</sup>**  
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.

**\$33<sup>99</sup>**  
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.

**\$38<sup>99</sup>**  
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.

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

**\$22<sup>99</sup>**  
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.**

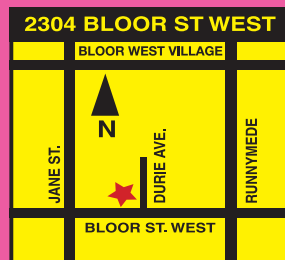
**\$22<sup>99</sup>**  
60 Softgels  
**\$50<sup>99</sup>**  
120 + 60 Softgels  
Shrink Wrap

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

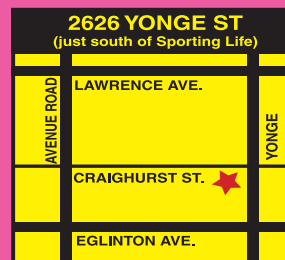
**STORE HOURS:** Please call each store for store hours. Phone our mail order service at (416) 977-3088 or 1-800-387-4761 (7 days a week, during store hours), or email: sales@supplementsplus.ca 24 hours/7 days per week on-line ordering: visit www.supplementsplus.ca www.alivehealthblog.com

**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.