



Fabulous Fall Savings

SERVING YOUR HEALTH CARE NEEDS WITH 29 LOCATIONS IN CANADA SINCE 1983.
Associate Chains: Supplements Plus in Toronto & Morning Sun Health Foods in Alberta

Wide selection of brand name Supplements | Herbs | Vitamins | Fat/Weight Loss | Anti-Aging | Homeopathics & Professional Lines **Sale ends October 21, 2010**



ask Alice

BREAKFAST AND WEIGHT LOSS

Most people who try to lose weight will often skip breakfast, thinking they will lose weight. Some even skip lunch and eat just one meal. For some, drinking a cup of coffee or having some crackers is breakfast. Kendy, a dietitian has this to say: First of all, when you skip breakfast, it can increase your body's insulin response, which in turn increases fat storage and weight gain. In fact, studies have shown that skipping breakfast can actually increase your risk of obesity. Secondly, eating breakfast reduces your hunger later that day, making it easier to avoid overeating. When you skip breakfast, you may feel so hungry later on and be tempted to reach for a quick fix, such as a candy bar and muffin, which are usually high in calories. Lastly, eating breakfast gives you energy, which increases your physical activity during the day. A healthy breakfast refuels your body and replenish the glycogen stores that supply blood sugar (glucose). Similar to a car is refilling gas at the gas station. Skipping breakfast is associated with decreased physical activity. Unfortunately, whether it is for weight loss or not, many people are skipping breakfast due to lack of time in the morning in order to get to work on time. If you are one of them - whether you're trying to save time or cut calories - you may want to reconsider, especially if you're trying to control your weight. There are many ways to get a quick healthy breakfast: Here are a few examples: A healthy smoothie drink, or protein shake is delicious and healthy and take less than 5 minutes to make. Just add water for those on weight control. Another is plain yogurt with fruits. There are also delicious meal replacement protein bars. These are available at our stores.

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.

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
Save \$7
Buy 6, get one FREE

Unclogged Arteries!



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 were unclogged!"**

\$36⁹⁹
50ml
\$67⁹⁹
100ml



Redeemable by bearer for merchandise at any Alive Health & Supplements Plus stores in B.C. when you purchase a minimum of \$30 (excluding tax).

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

\$2 OFF

Expiry Date:
October 21, 2010

BOTTLE RECYCLING

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

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

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

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



INFLAMMATION PAIN

Joint Formula MSM & Glucosamine Sulfate – 1000 mg 33% MORE!

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

\$12⁹⁹
90s
\$26⁹⁹
Bonus Size
Buy 180s, get 240s



ENERGY ANTI-AGING

Pure Queen Bee Royal Jelly 1200mg

Royal Jelly has been used for thousands of years in China. It's popular for **boosting energy, rejuvenating the glandular system and internal organs, anti-aging, improve hair and nail growth and balance the immune system**. RJ has been used by athletes, students, high stressed people, young & elderly to increase energy, focus and concentration effectively!

Buy one, get one **FREE**



OSTEOARTHRITIS

Glucosamine & Chondroitin Sulfates (95%) – 900 mg 25% MORE!

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

\$19⁹⁹
90s
\$39⁹⁹
Bonus Size
Buy 180s, get 225s



MEMORY

Ginkgo Biloba Hi-Potency/One-A-Day 150 mg Standardized Extract 33% MORE!

With most Ginkgo, you must take 2-3 daily. You only need 1 daily with this 150 mg formula. Ginkgo has been effective for **memory retention** and is used by **seniors, students, executives** and anyone who experiences **memory problems**. Excellent also for **circulation to the eyes and ears to improve eye sight and hearing**. NPN 80015342

\$21⁹⁹
90s
\$44⁹⁹
Bonus Size
Buy 180s, get 240s



REBUILD TENDONS & CARTILAGE

Glucosamine Sulfate 500 mg 66% MORE!

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

\$9⁹⁹
150s
\$22⁹⁹
Super Size
Buy 300s, get 500s



SKIN HEART CIRCULATION

Vitamin E-400 I.U. 25% MORE!

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

\$14⁹⁹
90's
\$29⁹⁹
Bonus Size
Buy 180s, get 225s



PAIN, ECZEMA, PSORIASIS

MSM – 1000 mg 33% MORE!

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

\$12⁹⁹
90s
\$21⁹⁹
Bonus Size
Buy 180s, get 240s



IMMUNE

Ester-C® 25% MORE

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

\$18⁹⁹
Bonus Size
Buy 120s, get 150 Vcaps



NON-CONSTIPATING IRON!

Floradix Liquid Iron - Iron deficiency -

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

\$45⁹⁹
500ml + 250ml
Save \$24



IMMUNE ALLERGIES

Ester-C® Supreme 25% MORE!

In addition to the ingredients in the regular SISU Ester-C® (see above), 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**.

\$22⁹⁹
Bonus Size
Buy 120s, get 150 Vcaps



INCREDIBLE LOW PRICE

CoEnzyme Q10 – 60 mg - The little pills that keep you young!

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

\$29⁹⁹
Bonus Size
Save \$28
Buy 120s get 140 Vcaps



HAIR LOSS

Hair Force™ + FREE Ultra Sil!

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

\$30⁹⁹
Shrink Pack
Buy 90s, get 90s UltraSil FREE!



1st Tuesday of every month is Customer Appreciation Day – 15% OFF entire stock, except sale items. Please note: 20% OFF all other Alive brand vitamins, 180 size and larger, not listed in this flyer.

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.

\$11⁹⁹
60ml
Save \$2

FREE
SMOOTH
DIGEST 90s



PGX Daily – What if ... You could feel good about eating again? This newly discovered “super fiber” has undergone extensive research at U of Toronto, demonstrating its effectiveness in weight loss!. It works by “helping you painlessly shed pounds without ever feeling starved” according to Drs. Murray and Lyon, because **PGX creates and maintains a satisfying sense of fullness, controls and balances blood sugar levels and lowers the glycemic index of your meals by up to 50%.** Therefore, you’ll have less cravings for sugars and carbohydrates, ultimately losing weight!

\$27⁹⁹
120 Softgels
\$52⁹⁹
240 Softgels

LOW
THYROID?



ThyroSense - Up to 25% of Canadian women have low thyroid. Tired? Depressed? Thinning hair? Gaining weight? Dry skin? Hypothyroid affects 20-25% of females and 10% of males. An additional 20% may also have subclinical or mild hypothyroidism. If your thyroid gland is not operating at peak performance you will have trouble losing weight, have drastic weight increases, your hair may thin, and your skin will wrinkle excessively and be dry and you may experience menstrual problems or severe menopausal symptoms. Combine ThyroSense with multi-vitamins/minerals for optimal health.

\$44⁹⁹
Buy 180 Vcaps
get 90
FREE

SKIN,
MOOD
SWING



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

\$14⁹⁹
90 Softgels
\$27⁹⁹
180 Softgels
Save up to \$15
Buy 6 get 1 FREE

CONQUER
YEAST
INFECTIONS!



Ultimate Flora Vaginal Support When your yeast infections won't go away... **Ultimate Flora Vaginal Support to the rescue!** Ultimate Flora Vaginal Support's 50 Billion culture formula contains therapeutic amounts of **Lactobacilli and Bifidobacteria.** The **9 strains in Ultimate Flora Vaginal Support** were chosen for their prevalence in a healthy vagina and urinary tract. It is **safe, no side effects;** this is your **good bacteria** keeping you in balance! The convenient **ONE A DAY** dose will **eliminate** yeast infections and **prevent** recurrence! It's time to **stop putting up with yeast infections** when you can do something about it with Ultimate Flora Vaginal Support.

\$31⁹⁹
30 Vcaps
Save \$3

COMPLETE
CLEANSE



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

\$29⁹⁹
12 day
Save \$16

FIRMER
LARGER
BREASTS!



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

\$42⁹⁹
100ml cream
\$155⁹⁹
160s
Save up to \$34

WEIGHT
LOSS
RESULTS!



Lose Weight Like “Kim Kardashian” did with QUICK Trims COMPLETE Weight Loss System - Always wonder why you can't keep the weight off? Are you tired of yo-yo diets? Quick Trims complete program is designed to give you ALL the tools for success! Quick Trim combines: **1) the Fast Cleanse in a delicious lemonade drink** designed to **cleanse the body.** 2) Then the **Burn & Cleanse** gets you **burning calories all day, while cleansing at night.** 3) Lastly, for maintenance the **Extreme Bum** helps you **burn calories, up to 8000/month!** So whether you want to say goodbye to a few stubborn pounds, drop a dress size for a special occasion, or are seeking a long term healthy lifestyle, Quick Trim is for you! **Get the results you've been waiting for!**

**20%
OFF**

STRESS
BUSTER



New Chapter Holy Basil – Feeling down, and want an answer? Try Holy Basil! Do you WANT to wake up feeling refreshed, and uplifted? Stop dragging your feet and try the cream of the crop: Holy Basil by New Chapter. Holy Basil is here to help you get through your busy day while feeling relaxed! New Chapters is known for their high quality care that they take in preserving the herbs in their complete complex form. Holy Basil maintains the **Phytonutrients and active molecules: Caryo-phyllene, Ursolic Acid, Rosemarinic Acid, Eugenol and Oleanolic Acid** known to: **reduce stress, balance blood sugar, support healthy metabolism, restore adrenal balance, reduce free radical damage, and increase physical and emotional endurance!** Stop succumbing to stress; enjoy your life with Holy Basil!

\$30⁹⁹
60s
\$51⁹⁹
120s
Save up to \$12

WEAK
NAILS?



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.

\$26⁹⁹
500ml
FREE Mirror
(value @ \$9.99)
Save up to \$19.98

Chromium Picolinate 400 mcg – The Mineral that “MELTS FAT! BOOST METABOLISM! & STOPS FAT STORAGE!” Woman's World 7/12/05. **The Magic Dose:** Maybe you have taken chromium picolinate before and you haven't lost much weight or fat. David Katz, MD, Director of Yale School of Medicine answer is this: (according to Woman's World) Dosage was too low to be effective. Dr. Katz **recommends 800 mcg per day** to be effective. Chromium works by **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

FAT &
WEIGHT
LOSS



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

\$10⁹⁹
180s
\$18⁹⁹
360s

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



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 & 5HTP (serotonin booster)**. **Within 3 weeks I wasn't having hot flashes anymore ... nothing! I now have my life back!**

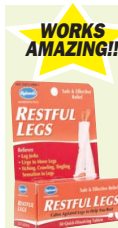
\$47⁹⁹
Vegicaps
Buy 180
get 90
FREE



QUICK MENOPAUSE RELIEF!

Harmony's formula **is unlike any other available on the market!** It addresses more than just hot flashes. 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 used to normalize your life again!**

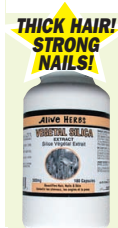
\$26⁹⁹
 60s
\$44⁹⁹
 120s
Save up to \$8



WORKS AMAZING!!

Restful Legs — Stops Leg Jerks and Twitches An estimate of **9-45 million people suffer from symptoms of leg jerks, agitation and tingling sensations in the legs and a compelling urge to move the legs. This can drive someone up the wall or lose sleep. Restful Legs is the only OTC product that can calm agitated or restless, jerky legs. Jamie: "This saved my life!" She has leg jerks and twitches and has not slept well for years. Just using it the 1st time worked - she slept!**

\$10⁹⁹
 50s
Quick Dissolving Tabs
Save \$2



THICK HAIR! STRONG NAILS!

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

\$13⁹⁹
 90s
\$25⁹⁹
 180s
Save up to \$9
Buy 6 get 1 FREE



THE SILENT DISEASE!

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

\$18⁹⁹
 180s
Save \$4



Life TIME

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

\$18⁹⁹
\$20⁹⁹
Pina Colada/ Blueberry
Save up to \$4



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 1 FREE



ANTI-AGING NEAR PERFECT ANTIOXIDANT

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

\$29⁹⁹
 60s
Save \$10
Buy 6 get 1 FREE



BUILD NEW BONE!

Bone Basics - Osteoporosis? Don't want to take medication, this is for you! Made from Microcrystalline Hydroxyapatite Complex (MCHC), extract of bovine bone that retains the microcrystalline structure and micronutrient content of whole bone and a full spectrum nutrient source. **Proven in over 30 years of clinical trials to be the best calcium source for bone building and maintenance. MCHC is rich in phosphorous, which makes up more than half of the mineral content of bone and is needed for the functioning of osteoblasts, which are the cells that are responsible for building new bone.** With Osteoporosis Bone Building is a MUST!

\$40⁹⁹
 240 Vcaps
Save \$10



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.

\$67⁹⁹
Vegicaps
Buy 120 get 60 FREE



BANISH HOT FLASHES!

Naka Nutri Meno — Highest Absorption Liquid Menopause Formula! Fight **hot flashes, night sweats, disturbed sleep, forgetfulness, irritability** and other menopause symptoms with **Nutri Meno** and you will **win!** **Nutri Meno is in liquid form providing you with the highest absorption!** If you hate swallowing pills, this tasty berry flavor has come to your rescue. There is no need to suffer any longer: **red clover, black cohosh, gamma-oryzanol, maca, sage, chaste tree berry and schizandra** is your natural formula that will **set yourself free from menopause!** How the ingredients work: the **red clover contains isoflavones**, which get rid of hot flashes, **gamma-oryzanol supports the adrenals and reduces anxiety** and **maca** is one of women's favourites, it is excellent in **providing energy and a healthy libido!** Here's to a new you!

\$32⁹⁹
 500ml
Save \$9



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.** Vegicaps.

\$33⁹⁹
Buy 120s, Get 60 FREE (valued @ \$22.99)
Save \$22.99

HIS & HERS ACNE FREE SKIN!



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 known to trigger acne and problem skin.**

\$21⁹⁹
60 Softgels
\$39⁹⁹
120 Softgels
Save up to \$11

NEED AROUSAL?



Love Personal Lubricant – The Love Lube you have been waiting for!

Vaginal dryness can occur at different stages of your life. Lubrication occurs during arousal in most women. But for some due to hormones, stress, anxiety and prescription medications, lubrication just doesn't happen. **So, if you are moaning from pain due to inadequate lubrication during sex or you can't get excited because of lack of lubrication then Love Lube is for you!** Love Lube contains unique ingredients to reduce stress & increase sexual excitement. Love Lube is not just for sexual intercourse and can be used throughout the day if you have vaginal dryness to prevent infections, itching, burning, heat and pain from the dryness. "Tastes Good", odor free, latex condom compatible, non staining and non toxic, no parabens.

\$18⁹⁹
220 ml
Save \$6

RECOMMENDED BY DR OZ



Tamanu Nut Oil – The RAVE created by Dr Oz Continues! To Beautify or Treat Problem Skin!

What is Tamanu Oil that Dr.Oz is raving about? Tamanu Oil comes from the nut kernel of the apricot sized, green coloured Tamanu fruit. This brilliant oil can most likely solve whatever your skin problem is: **pimples, scarring, age spots, wrinkles, dry skin, itchy irritated skin, sunburns, and stretch marks!** Tamanu Oil contains an overabundance of antioxidants, anti-bacterial, anti-microbial, antifungal and anti-inflammatory ingredients all encouraging new cell regeneration! Tamanu Oil penetrates all 3 layers of the skin, it's safe for the family including pets, absorbs quickly, and doesn't leave an oily appearance. This amazing oil is a **must have!**

\$12⁹⁹
15ml Roll-on
\$17⁹⁹
30ml
Save up to \$4

RECURRING URINARY TRACT INFECTION?



D-Mannose – Are you plagued with recurring urinary tract infections that antibiotics never seem to completely cure? Or do you hate the idea of subjecting your body to another round of antibiotics? D-Mannose just might be your answer!

Every year millions of people (mostly women) suffer with urinary tract infections (UTIs). Nearly 90% of these infections are caused by the bacteria E.coli. Overuse of antibiotics can encourage the mutation of bacteria, creating antibiotic-resistance strains. Good news is **you may never need an antibiotic for a UTI again!** D-Mannose is an all natural product which may prove just as effective as an antibiotic. **It serves as a kind of "magnet" in the urinary tract, attracting any present E. coli bacteria and keeping it from attaching to the bladder lining and dislodging any bacteria which are already attached! The bacteria "cling" to the D-Mannose molecules, and are flushed out with the normal urine flow. Bingo!**

\$25⁹⁹
500 mg
60 Vcaps
Save \$5

NEW! HATE LINES AROUND YOUR EYES?



Viva Revitalizing Eye Gel – Decrease Expression Lines, Repair Fines Lines, Reduce Puffy Eyes, Lighten Dark Circles!

You may be spending hundred of \$ buying very expensive eye creams, but **this natural eye gel will not disappoint you!** Contains superb ingredients like Goji, Hyaluronic Acid, Geranium, Green Tea, Cucumber, etc. which are rich in antioxidants (reduce dark circles), vitamins and minerals to help heal and soothe lines, reduce inflammation (puffiness), supply hydration (reduce wrinkles and lines). **You will find your eyes and area surrounding tighten, has more elasticity giving you a refreshed, relaxed and younger appearance!**

\$39⁹⁹
15 ml
Save \$6

ERASE WRINKLES!



Wrinkle & Frown Line Cream

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

\$39⁹⁹
50ml
Save \$20
Available in BC Only!

POWERFUL ANTIOXIDANT!



OPC Grape Seed Extract Hi Potency

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

ONE A DAY \$31⁹⁹
90s
Save \$20
Buy 6, get 1 FREE

FIRMER & LARGER BREASTS



Inno-Breast & Balance™ (previously called La Femme) – Breast Enhancement!

When breast development begins at puberty, a young woman's breast tissue growth occurs most efficiently with the balanced presence of estrogen, progesterone, prolactin, prostaglandins, and other growth factors. **An improper balance of these hormones can lead to poor breast development. At some point after adolescence, your body ceases to produce these growth factors, resulting in the halting of breast tissue growth. The natural combination of herbs in Inno-Breast & Balance™ stimulates changes in the concentration of these hormones, increases the level of growth factor compounds, resulting in the growth of new breast tissue!** These herbs can influence the glandular tissue in the breast, leading to naturally firmer and larger breasts!

\$49⁹⁹
240 Vegicaps
Save \$20

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!**

\$29⁹⁹
120 softgels
Save \$10

RENOVAGE™ SERUM!



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

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

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

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!**

\$36⁹⁹
15ml
Save \$5

HERBATINT



Herbatint Organic Hair Colour

Herbatint is **manufactured in Italy.** It covers grey hair completely! It contains **no ammonia, conditions your hair beautifully. Does not cause hair loss or dry hair** but instead give it a natural brilliance, shine and lustre! **FREE Bowl & Brush with purchase of 3 Herbatints**

\$13⁹⁹
4 oz
Save \$5

Breast Enhancer * Skin Care * Love Lube * Perfect Skin * Hair

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





CURES TOENAIL FUNGUS!
Fungal FREE Nails – PENETRATES the Nail When Others Don't! Unless you kill all the nail fungus, new nail will not grow! This is a fact! Unlike other oils or applications, which you have purchased many to try with no success, **Fungal FREE Nail works by PENETRATING DEEP DOWN INTO THE FUNGAL NAIL AND KILL IT!** The nail starts to get clearer and clearer as it grows out; with time and two applications a day, **your new beautiful nail will grow, pushing the ugly, black nail out.** Ask Alice Testimonial: My toenail started to get darker and I applied Oregano and Tea Tree, but they didn't help because the nail **became black and stopped growing!** I found out these **oils cannot penetrate into the nail.** I discovered Fungal FREE Nail and within 4 months, I have a beautiful toenail. I have lots of Happy Customers at the Oakridge store!

\$33⁹⁹
6.5ml
Save \$6



BRING ON THE GLUTEN & DAIRY!
Gluten Relief – Are Gluten and Dairy causing you Grief? Not Anymore With Gluten Relief! – An estimated **75% of the world's population has lactose and gluten complaints!** This equates to a gross amount of unhappy people dealing with **daily discomfort of gas, bloating and digestive PAIN!** If you have ever tried a **Gluten/Dairy free diet you will know it's next to impossible.** So **STOP struggling and challenge gluten** (the sticky protein found in wheat and other grains) and **Lactose** (known as milk sugar found in milk and dairy products) with **Gluten relief!** Gluten Relief is a specific **enzyme formula** that helps: **improve food sensitivities/allergies, celiac disease, optimizes absorption of nutrients, and is suitable for vegetarians!** There's no need to suffer, **Gluten Relief is HERE!**

\$19⁹⁹
90 Vcaps
Save \$6



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



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

\$31⁹⁹
255/283g
\$59⁹⁹
510g
Save \$32

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

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

CleanseSmart is an advanced, 30 day cleanse designed for those who have cleansed before. CleanseSmart is designed to stimulate the cleansing and detoxification process of the body's 7 channels of elimination, but has specific emphasis on the body's 2 most important detoxification channels - the colon and the liver. Vegicaps.



\$30⁹⁹
30 Day Kit
Shrink Pack
With **FREE FibreSmart**



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

\$17⁹⁹
7 Day Cleanse
Save \$5



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 supplement.

EXCLUSIVE PROMOTION
\$179⁹⁹
2 boxes of 60s
\$95⁹⁹
60s



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

\$14⁹⁹
90s
\$24⁹⁹
180s
Save up to \$15
Buy 6, get one FREE



REAL TESTIMONIALS
Bell “Help for Skin Disorders” – The response from an Ad by Bell recently created such a **BUZZ** that all the stores in Canada went out of stock! If you have **ACNE, ECZEMA, PSORIASIS, PIMPLES, RASHES** and you have tried everything under the sun, try this product. These testimonials are from real people and Bell will provide phone numbers: **Terrible Acne – Mylene, 19, QC – 3 years on Benzoyl Peroxide, Proactiv, etc. no help. After 4 days on Skin Disorders, skin started to clear up, from terrible to beautiful skin! Within 6 days Eczema Cleared Completely: Latifa, 43, ON. I had Severe Psoriasis over 95% of my body. Last 5 years I stunned every doctor and dermatologist. Within 2 days on Skin Disorders I saw my skin clearing up, I'm speechless, Jessica, BC.**

\$29⁹⁹
60s
Save \$4



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



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.



\$19⁹⁹
120 softgels
\$35⁹⁹
240 softgels
Save up to \$6



RELIEF FROM GAS!
NaturPharm Digestion Formula Forte One of the highest labeled digestion formula available. Contains enzymes to digest five different types of proteins – grains, beans, carbs, fats and all other foods we eat!
• Wt-loss – regulate metabolism and normalize wt. • Prevents gas, bloating & constipation • Effective to reduce food allergies • Heart burn
A must for any dieters and anyone over 25 years old should use enzymes to prevent or reduce symptoms above.



\$18⁹⁹
60s
\$43⁹⁹
180s
Save up to \$8

ACID REFLUX

AOR Gastro Relief – Say Goodbye to Acid Reflux!

If you have heartburn, meaning abdominal pain, or wake up at night with an **awful burning sensation** unfortunately you are not alone. More than 60 million people suffer from **Acid Reflux!** People suffer from **Gastro esophageal Reflux Disease (GERD)** for a number of reasons: **obesity, pregnancy, and acid forming foods such as deep fried foods.** GERD is a condition where the contents of the stomach come back up into the esophagus **due to the sphincter between the stomach and esophagus not functioning properly.** **Gastro Relief** by AOR has been carefully formulated to **work quickly with NO side effects!** Key ingredients such as **mastic gum wipe out the bacteria that cause gastric and duodenal ulcers.** The ingredient, **alginate acid** forms a raft like substance that prevents the gastric contents from being pushed back up to the esophagus. It's time to join others in taking control of your acid reflux without the side effects once and for all; **try AOR Gastro Relief!**

\$33⁹⁹
60 vcaps
Save \$6

SKIN PROTECTION!

Genuine Health – DERMA LIPID from the makers of PERFECT SKIN!

Want **radiant and firm skin without going under the KNIFE?** You don't have to with **DermaLipid to the rescue!** **Borage** (Omega 6), and **squalene oil** (olive oil) help **DermaLipid to lock in moisture, protect the first layer** (epidermis) from harmful pollutants, and help to **improve the skins "brick wall"!** The skins **brick wall becomes tighter and closer together** so the skin **doesn't lose its shape.** If topical creams are not doing enough, finally you can **moisturize the skin from the inside out!** Whether your **skin is oily, or dry, DermaLipid will improve the health of your skin.** Let your **inner glow show through your skin!**

\$21⁹⁹
60s
\$39⁹⁹
120s
Save up to \$11

YUMMY LIQUID GREENS!

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

\$28⁹⁹
500ml
Save \$11

BEST FLU BUSTER!

Oscilloccoccinum – 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!

\$19⁹⁹
12 doses
Save \$6

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

REMOVES NASTY TOXINS!

Flor•Essence – The Amazing Herb Formula!

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

\$33⁹⁹
Large
941ml Size
Save \$24

ROLLS ROYCE OF PROBIOTICS!

Progressive HCP Symbiotic Kit (Pre & Probiotic) – Protect your Gut! Your Host of Over 400 Bodily Functions! **HCP@70 (Human Colonizing Probiotic, 70 Billion Cells)** is a full spectrum **dairy free** probiotic supplement featuring **6 human strains that implant healthy flora throughout the digestive tract!** **Prebiotics** are **FOOD for the good bacteria which allow proper colonization.** This kit addresses: **eczema, vitamin production, immune function, weight management, bloating, IBS, poor complexion, flatulence, food allergies, oral and vaginal health.** Why is HCP different from other probiotics? It is **100% human strains** and according to research **only human strains will colonize within the GI tract where plant source strains have failed.**

\$42⁹⁹
60 Vcaps
\$59⁹⁹
Kit Pre & Probiotic
Save up to \$25

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
14 Vcaps
\$31⁹⁹
30 Vcaps
Save up to \$8

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. Vcaps.

\$19⁹⁹
15 Day Kit

WT-LOSS EDEMA

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

\$32⁹⁹
908g
Save \$30

ANTIVIRAL ALLERGIES, SKIN

Brazilian Bee Propolis Extract Alcohol-FREE

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

\$10⁹⁹
30ml
Save \$4
Buy 6, get one FREE

COLD SORE & SHINGLES FIGHTER

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


\$8⁹⁹
90s
Save \$3
Buy 6, get one FREE

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



UNIQUE JOINT FORMULA!


SierraSil: Shell Bussey felt knee pain relief in 1 month! Want a supplement that **relieves joint pain but also does so much more?** **SierraSil is what you have been waiting for!** This amazing product supplies the body with **numerous essential minerals**, which are required for **thousands of daily biological functions: energy production, cell formation, blood formation and regulation of acid-alkaline balance.** The beauty of SierraSil is it can be used with many complimentary ingredients such as glucosamine/chondroitin; **it is 100% natural and vegan!** SierraSil helps the joints by acting as a **natural anti-inflammatory, builds cartilage, and eases muscle stiffness.** It also aids in digestive conditions: **leaky gut, IBS, Acid Reflux, and Crohn's Disease!**



\$31⁹⁹
90s
\$56⁹⁹
180s
Save up to \$8

MUSCLE & JOINT PAIN?


Traumeel® – Works Deep Down to Treat Muscle and Joint Pain! **Scientifically proven, Traumeel® works directly at the root of your muscle, backaches and joint pain. It relieves pain, inflammation and bruises associated to injuries such as sprains, dislocation and contusions. Convenient for the entire family, Traumeel® is a "must have" in your first-aid kit!** Available in an odorless cream, gel and in tablets.



15% OFF
50g Gel/Cream
50 Tabs

SHELF STABLE!


Acidophilus Pearls™ – Goodbye to BLOATING! Acidophilus is a general name for a group of 'probiotics'. Probiotics are 'live' microorganisms needed to keep the host 'you' healthy! Because it is a 'live organism' it is important to refrigerate the product or purchase special **non-refrigerated form.** Supplements have been the preferred choice because of higher potency and it's more stable. **It's wide benefits range from protecting the immune systems, anti-cancer potential, against anti-biotic diarrhea, yeast infection, traveler's diarrhea, inflammatory bowel disease, irritable bowel syndrome, lactose intolerance and more.** These Acidophilus Pearls use the patented True Delivery™ to stabilize at room temperature and protect from harsh stomach acid.



\$19⁹⁹
30 Softgels
Save \$4

TROUBLE SWALLOWING PILLS?


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



\$32⁹⁹
500ml
Save \$7

INCREDIBLE MUSHROOM FORMULA!


Immune 7X- High Quality Mushrooms Combination with Extremely High Beta Glucans! A potent immune formula containing 6 Organic whole mushrooms mycella consisting of Agaricus, Cordyceps, Coriolus Versicolor, Maitake, Shitake, Red Reshi with up to 58.5 beta glucans each including Nitric 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
120 Vcaps
Save \$8

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


STOPPED LUNG CANCER!



\$34⁹⁹
90s/57ml
Save \$9

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
8 oz
\$45⁹⁹
1 L
Save up to \$6

MULTI ONE DAILY BEST SELLER

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




\$23⁹⁹
90s
\$41⁹⁹
180s
Save up to \$10

Smart Healthy Children & Teens

KIDS LOVE THIS!


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



\$20⁹⁹
120s+60s
Shrink Wrap
Save \$11.99

SMART KIDS!


Kid's DHA – HI-POTENCY Only 2 Daily. DHA is needed daily for the proper development of a child's brain. Research shows DHA helps with children's behavior, focus, mood, memory and learning. **Kids DHA is molecularly distilled, 3rd party tested for purity, including PCB's and all metal toxicity.** Comes in delicious creamy orange flavor. NPN80005644



\$17⁹⁹
90 Softgels
\$26⁹⁹
180 Softgels
Save up to \$4 Buy 6 Get 1 FREE

A MUST FOR TEENAGERS!


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



\$13⁹⁹
90s
Save up to \$3

WORRIED ABOUT SUGAR?

Sugar Free Gummy Multi-Vitamin & Minerals – 1st of its Kind! Concerned your kids won't take Multi's unless it is tasty but it has sugar? Herbaland has come up with this **delicious Gummy Multi which is Sugar Free, naturally sourced colors, flavors, preservative free, no milk, eggs, soy or gluten.** Both your children and adults can enjoy this Gummy Multi. Nowadays it is not unusual that children have diabetes and there is nothing in the market which is sugar free. **Supplementing children with a complete multi vitamin and mineral is important for their growth, immune and general health. Therefore, if your child is "picky" this will be a welcome choice!** NPN80019294



\$14⁹⁹
90s
Save \$4

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 metabolizes 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
Save up to \$12
Buy 6, get 1 FREE

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

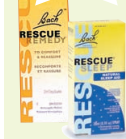
INCREASE
SEROTONIN



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
60s
\$34⁹⁹
120s
Save up to \$8

PANIC
ATTACKS?
INSOMNIA?



Bach Rescue Remedy/Bach Rescue Sleep – Anxiety, Panic Attacks? Insomnia? Emotional Animals? Rescue Remedy is excellent for daily stress, emotional upheavals, exams, fear of dentist, job interviews, fear of flying, bad news, anxiety & panic attacks. Veterinary doctors highly recommend this for emotional animals. Rescue Sleep is very effective for insomnia due to stress and anxiety.

\$17⁹⁹
20ml
\$19⁹⁹
20ml Spray
\$18⁹⁹
Rescue Sleep
20ml Spray

FAST PAIN
RELIEF



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

\$30⁹⁹
120s
Save \$7
Buy 6, get one FREE

REDUCES
INFLAMMATION
VERY
EFFECTIVE!



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

\$65⁹⁹
X Strength 360s
\$63⁹⁹
X Strength 350g
\$29⁹⁹
150g
\$59⁹⁹
350g
\$33⁹⁹
180s
\$61⁹⁹
360s

MACULA



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

\$15⁹⁹
30s
\$29⁹⁹
60s
Save up to \$12
Buy 6, get one FREE

GLAUCOMA?
CATARACT?



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

\$25⁹⁹
120s
Save \$10
Buy 6, get one FREE

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.

\$36⁹⁹
60 softgels
Save \$23

VERY
EFFECTIVE
FOR GOUT



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

\$10⁹⁹
60s
\$17⁹⁹
120s
Save up to \$12
Buy 6, get one FREE

ALZHEIMER'S
INFLAMMATION



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

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

CONSTIPATION



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

\$17⁹⁹
250s
Buy 250s get 100s FREE
Save \$8.59

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

Alive
Health Centre

Fast Pain Relief
Gout
Alzheimer's
Vision
Insomnia/Anxiety



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.

\$6⁹⁹ or 2 FOR **\$12⁹⁹**
GROUND
150g/180g
\$12⁹⁹ or 2 FOR **\$20⁹⁹**
SEEDS
300g/360g

NEW! LOWER CHOLESTEROL



Red Yeast Rice Plus - Not Available Until Now! Red Yeast Rice (RYR) is made by fermenting a type of Red Yeast. RYR contains a naturally occurring substance called monocolins. Monocolins, particularly one called Lovastatin, is believed to be converted in the body to a substance that inhibits HMG-CoA reductase, an enzyme that triggers cholesterol production. This is the way the popular statin drugs work. Because of this action, Red Yeast Rice products containing a higher concentration of monocolins have been developed and marketed as a natural product to lower cholesterol. In addition to Red Yeast Rice, it also contains Phytosterols, Policosanol, Choline and Lecithin. An excellent formula to lower cholesterol naturally.

\$19⁹⁹
60s
Save \$3

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. Fish softgels.

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

\$29⁹⁹
30 caps
Save \$11



HIGH EPA & DHA!

NutraSea Omega-3 Fish Oil 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

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
Save \$39

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
Save up to \$11
Buy 6, get one FREE

MOLECULARLY DISTILLED EPA/DHA



Omega 3 Deep Sea Wild Salmon Oil

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

\$13⁹⁹
180 Softgels
\$25⁹⁹
360 Softgels
Save up to \$17
Buy 6, get one FREE



Flora

Udo's Choice Ultimate Oil Blend

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

\$11⁹⁹
250ml
\$21⁹⁹
500ml
Save up to \$6

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. FOS 3rd Party Tested! NPN 80013266

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

FREE 90 CAPS!



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

Get FREE 30s Immune Enhancers w/Antioxidants

Get FREE 90s Kyolic Formula 104

\$25⁹⁹
180s
Formula 100

\$27⁹⁹
180s
Formula 104

\$49⁹⁹
360s
Formula 104



Methyl B12 - Methylcobalamin B12 1000 mcg with Folic Acid 100 mcg.

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

\$12⁹⁹
90 Quick Dissolving Tabs
Save \$4



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

\$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



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

\$16⁹⁹
90s
\$29⁹⁹
180s
Save up to \$17
Buy 6, get one FREE



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

\$33⁹⁹
30s
Save \$6
Buy 6, get one FREE

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

Most men over 50 have this health problem day and night, because of an enlarged prostate. Most have relief in 3-5 days. 99% success rate. ● Was amazed to see a difference in 4 cays. *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 ● Dozens of letters! Results guaranteed: **MUST HELP OR MONEY REFUNDED.** Bell Prostate Ezee Flow Tea #PRS120, 2-4 weeks supply.*

\$22⁹⁹
120 g



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, menopause symptoms and general fatigue,**" Dr. Aquila Calderon, MD, Lima, Peru. Please pick up a pamphlet for more of what doctors say about Maca.

\$22⁹⁹
60 Vcaps
\$35⁹⁹
120 Vcaps
Save up to \$5



INCREASE TESTOSTERONE!
Ultimate Male Energy – Feel and Look Young Again! If you are 35 or over, you are probably starting to feel the debilitating effects of lower testosterone and higher estrogen levels. **Ultimate Male Energy will help to reduce unhealthy estrogen and restore testosterone to healthy levels, will continue to increase muscle mass, maintain prostate health, restore libido, boost brain function, visual acuity and concentration, reduce excess body fat around the waist - all these to make you a successful man in business and life!**

\$23⁹⁹
60 Vcaps
\$44⁹⁹
150 Vcaps
Bonus Size
30 FREE Capsules
Save \$12



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 scrumptious!

\$64⁹⁹
1030-1064g
Save up to \$18



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

\$18⁹⁹
50s
Save \$5



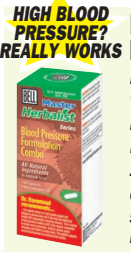
CONTAINS LOTS MORE THAN BASICS!
Platinum Super Easymulti Plus 45+ Men & Women. Using the award winning **OST™ (OmegaSuspension Technology)**, a process that **fully suspends active ingredients in Omega Oils**, Platinum Easy Multi is easier to swallow, digest, absorb and more stable in a liquid softgel. Super Easymulti Plus contains a **powerful combination of antioxidants proven to fight age-related degenerative diseases and reverse the signs of aging from inside out.** These antioxidants help to neutralize free radicals, unstable atoms that cause damage at the cellular level, ultimately causing the body to age. This is not your everyday multivitamin.

\$49⁹⁹
60s
Save \$15



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

\$19⁹⁹
60s
Save \$4



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

\$23⁹⁹
60s
Save \$3

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



Cut Fat & Hunger
Carb & Starch Blocker
Coral Calcium

STUDY FINDS CLA WORKS!

CLA (Conjugated Linoleic Acid) – “Supplement Helps Cut Fat, Study Finds”

National Post 12/6/06; Van Sun, 12/23/06 & PBS TV broadcast Dec/06.

Researchers at the Univ. of Guelph & Univ of Wisconsin-Madison, published in the International Journal of Obesity **in a six month study, found the group taking 3.2gms (3,200mg) daily of CLA lost 2.2 of fat with a tendency to shed it from the abdomen. The CLA group lost weight despite reporting 40% decrease in physical activity over six months.** “Despite no difference between the CLA and the placebo group with regards to calorie intake or physical activity throughout the study, the CLA group still managed to lose weight prior to the holiday season and didn’t gain any weight over the holidays”, said Andrea Buchholz, a professor of nutrition at Guelph Univ. She also said **CLA “increases fat-burning in the body”, and “It also keeps fat cells from proliferating and it causes pre-fat cells to kill themselves”.** She would still remind customers to continue with **exercise and dieting “You want to maximize it’s effectiveness”.** NPN #80017761

\$19⁹⁹
90 Softgels
\$35⁹⁹
180 Softgels

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



TAKE WITH ACAI TO LOSE MORE WEIGHT!



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

\$20⁹⁹
50s
\$36⁹⁹
90s
Save up to \$9
Buy 6 get one FREE

ENERGY! REDUCE HUNGER! WEIGHT LOSS!



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

\$16⁹⁹
60s
\$28⁹⁹
120s
Save up to \$7
Buy 6, get one FREE



YOU SEE RESULTS

Japanese Okinawa Coral Calcium – The Most Absorbable Calcium on the Market!

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

\$16⁹⁹
90s
\$31⁹⁹
180s
Save up to \$14
Buy 6, get one FREE

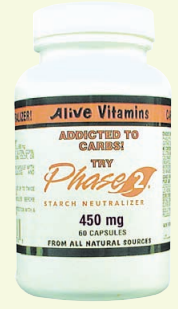


IT REALLY WORKS!

ADDICTED TO CARBS? TRY PHASE 2™ – Starch, carbohydrate and calorie blocker.

Are you trying to lose weight? But **love Pizzas, Breads, Pastas, Fries and lose weight doing it? Sounds Impossible?** This is how it works ... with Phase 2. Since starch makes up 25%-33% of most diet, taking Phase 2 will neutralize about 375 to 495 calories a day even if make no other changes. That’s enough to lose a pound every 7-9 days. You will lose more if you make a few simple switches. Phase 2 means “dieters only have to shift calories not eliminate them”, says Dr. Rosen Blatt. “You shift your diet away from excessive non-starch calories, such as those in fat and sugar, and compensate by consuming more starch”. While starch and sugar are both forms of carbs, calories in sugar are NOT affected by phase 2. When it comes to **food like bread, pastas, Phase 2 will neutralize 75% of their calories leaving you with a far lower net calories intake than before.** This effect is **INSTANT AND SAFE!** Sold in Hong Kong as “Extrim” for double our price! NPN80017761

\$21⁹⁹
60s
Save \$7
Buy 6, get one FREE



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

ALIVE and SUPPLEMENTS PLUS LOCATIONS

www.alivehealthcentre.ca
www.alivehealthblog.com
Mail orders available at all locations. Please call stores direct or fax: 604-273-6121
Long Distance:
Toll free: 1-866-499-9546
Fax free: 1-866-811-8402
e-mail: alive@supplementsplus.ca
We accept all major credit cards & debit cards.
SALE PRICES AVAILABLE AT ALL LOCATIONS WHILE QUANTITIES LAST

Richmond Ctr. North (Bay side near Shoppers Drug)	604-278-2788	Central City (Surrey Place Mall) Surrey, B.C. (Near Food Court)	604-589-3623	Pine Centre (Opposite Coles Bookstore) Prince George, B.C.	250-562-8829 1-866-220-7217
Oakridge Ctr. Vancouver, B.C. (Near Food Court)	604-263-3235	Cottonwood Mall Chilliwack/Sardis (Near Purdy's)	604-858-8796	Park Royal North Park Royal Shopping Ctr. North (Near Talbots)	604-921-1928
Coquitlam Ctr. Coquitlam, B.C. (Near Scotia Bank)	604-464-1828	Sevensoaks Shopping Ctr., Clearbrook, B.C. (Opposite Sears)	604-854-6816	Willowbrook Shopping Ctr. (Near ToysRus) Langley, B.C.	604-534-8838
Metropolis at Metrotown Burnaby, B.C. (Near Superstore)	604-430-9622	Royal City Ctr. New Westminster, B.C. (Near Bank of Montreal)	604-526-6317	Supplements Plus Oakridge Ctr. (Next to The Source) Vancouver, B.C.	604-263-1897
Bentall Ctr. Mall Downtown Vancouver Bentall 3 (Next to Bank of Montreal)	604-689-8262	Semiahmoo Mall White Rock, B.C. (Opposite Lottery Booth)	604-536-0182		
Guildford Town Ctr. Surrey, B.C. (Near Bread Garden)	604-581-3781				