



Fabulous Winter 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 January 31, 2011**



ask Alice

HEALTHY SUPPLEMENTS & FOOD FOR WINTER BLUES, MOODS & MORE

Dr. Brenna Jacks, ND, 11/2010 Alive Magazine has some excellent suggestions for supplements and food to improve the above condition. Does your mood improve after you eat a proper, balanced meal? This is due to the influx of vitamins and minerals your brain needs to make you feel good. If your lifestyle doesn't allow you to eat as healthy as you wish, there are some supplements especially helpful to beat the winter blues. Vitamin D deficiency is linked to lower moods and an increased risk of depression. Research on Vitamin D to improve mood is still underway, but it seems like a safe treatment and is cost-effective. Cod Liver Oil contains high Vitamin D levels. Vitamin D supplements in pill or liquid is readily available. When D is low, your calcium levels also may suffer since vitamin D is required for calcium absorption. Another mood enhancer is 5-hydroxytryptophan (5HTP). It's a precursor to serotonin, a responsible for balancing mood, sleep and hunger. To elevate serotonin levels, 5HTP supplementation is an option. Consult your health practitioner for a proper dose and to avoid potential drug interactions. Adding whole grains and nuts to your diet also boosts your serotonin. Omega-3 oils have also been found to support healthy mood and thought patterns. Recent studies found that EPA in fish oil must be present to help elevate mood, not just DHA. Omega-3 oils are found in salmon, mackerel, herring, sardines & walnuts. B complex vitamins are important to regulate the nervous system and for mental and emotional well-being. Good winter foods high in B vitamins include oats, beef, turkey, potatoes and legumes. All supplements mention above are all featured in this flyer.

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!
GREAT
DEMAND!**

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

**EFFECTIVE!
MANY
REPEAT
CUSTOMERS!**



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

**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



\$2 OFF

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.

Expiry Date:
January 31, 2011

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



FibreSmart 240s with 120 FREE Capsules!
 FibreSmart dietary fibre **enhances the body's ability to remove toxins and increases the volume of your stools**. Most people take dietary fibre to reduce constipation, however, **most constipation is due largely to dehydration in the colon**. A lot of fibre products sold is **highly water-soluble, which means that it absorbs water, which can further dehydrate the colon, making most people even more constipated**. FibreSmart contains **50% soluble and 50% insoluble fibre**. This ratio allows FibreSmart to absorb toxins, **without the constipating side effects created by some other fibre products**.

\$43⁹⁹
 Value @
\$23.99
 Get 120 Capsules FREE



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, peridental 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 antioxidant 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!

\$24⁹⁹
Bonus Size
 Buy 120s get 140 Vcaps



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

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

AS SEEN ON DR OZ SHOW!

Organic 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
50ml
Save \$2

FREE BOOK “THE VICE BUSTING DIET”

PGX Daily – (Dr Oz Best Wt Loss 2010 is “Glucosmannan” or Konjac Root - 1st ingredient in PGX) Helping 1 Million People to Lose Weight! ... Dr.Oz “Julia has walked the walk and shares her insights into how we can join her in gaining wellness through healthy weight control”. Julia Harvey, author of The Vice Busting book (FREE with PGX purchase) is healthy, vibrant and 130lbs lighter talks about weight loss - **LASTING WEIGHT CONTROL** which is “sensible, definitely doable, and wonderfully empowering”. It is also tried and true! Together with PGX and tips from her book, you will be the next Julia Harvey in terms of losing weight and have a lasting one! PGX is extensively researched and will create and maintain a satisfying sense of fullness, controls and balances blood sugar levels and lowers the glycemic index of your meals by up to 50%!

\$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.

\$36⁹⁹
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 \$8

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

MALE FACIAL HAIR? SKIN TAGS? BELLY FAT?

SMART WOMAN'S GUIDE TO WEIGHT LOSS

Glucosmart - Fights Belly Fat, Skin Tags, Male Facial Hair Growth in Women and More - Glucosmart containing ChiroSitol™ has over 30 studies done at the Virginia Medical school where it was shown to **normalize insulin, control diabetes, stop skin tags, lower cholesterol and enhance serotonin, which thereby halts sugar cravings and reduces appetite.** Glucosmart also **normalizes testosterone in women, which halts male facial hair growth, acne and PCOS.** But where **Glucosmart REALLY SHINES is fighting belly fat in both men and women!**

\$55⁹⁹
30 Vcaps
with **FREE BOOK**

NEED TO LOSE 1-2 SIZES IN 2 DAYS?

QuickTrim® - Fast Cleanse 48 Hour Super Diet Detox endorsed by Kim Kardashian - LOOK SLIM AND SEXY! - When you absolutely, positively **MUST** fit into your favorite dress or jeans, **QuickTrim® Fast Cleanse™** will help you **make an impression!** A delicious lemonade flavored drink designed to help **rid the body of excess water weight, belly bloating and intestinal bulk in as little as 2 days!** The key ingredients have been used in Hollywood for many years to help actors, models and celebrities look **Slim and Sexy!** **Fast Cleanse will be your new secret weapon!** You'll lose up to 2 sizes in 2 days; helps cleanse and detoxify, jump start weight loss and reduce belly bloating!

\$29⁹⁹
950ml
Save \$8

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

FAT LOSS & DIABETES

Chromium Picolinate 400 mcg – The Mineral that “MELTS FAT! BOOST METABOLISM! & STOPS FAT STORAGE!” **Woman's World 7/12/05. The Magic Dose:** ***aybe 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

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**, pg 9, (serotonin booster). **Within 3 weeks I wasn't having hot flashes anymore ... nothing! I now have my life back!**


\$39⁹⁹
Vegicaps
Buy 180 get 90 FREE



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 used to normalize your life again!**

QUICK MENOPAUSE RELIEF!


\$26⁹⁹
60s
\$44⁹⁹
120s
Save up to \$8



LOOK PREGNANT??

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


\$49⁹⁹
210s Bonus Size
30 FREE Capsules
Save \$17



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.


\$17⁹⁹
\$19⁹⁹
Pina Colada/Blueberry
Save up to \$5



NEW! MULTI FOR THE WHOLE FAMILY!

Vitaplex Easy Multi Plus Softgel — "His & Hers; Active & 45 Plus" Just one bottle for the Entire Family! You don't have to buy 3 or 5 different Multi, one for each member of your family now because **Vitaplex is designed for every member of your member who is past teen or weighs more than 100 lbs.** If you are active or 45 Plus, if you find hard tablet difficult to swallow, this is in a softgel for easy swallowing. In addition to the basic vitamins and minerals, it also contains **anti-oxidant like Grape Seed (allergies, pigmentation or age spot on skin); Ginkgo (memory); Milk Thistle (blood and liver cleansing); Silica for hair, nails and skin; Siberian Ginseng (adrenal support to reduce stress and increase energy).** Taking a multi is essential for all ages as not everyone eats as well as he should and supplementation is essential. In addition, it is essential to help the body to metabolize carbohydrates, fats and proteins, maintain eyesight, skin and membranes, immune function and in the function of the thyroid gland.


\$16⁹⁹
60s
\$30⁹⁹
120s
Save up to \$9



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 phosphorus, 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!


\$39⁹⁹
240 Vcaps
Save \$11



HORMONE RELATED PROBLEMS?

EstroSense — Natural Hormone Balancing. 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**


\$55⁹⁹
Vegicaps
Buy 120 get 60 FREE



AMAZING DEAL!

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

YOUR SECRET TO REDUCE WRINKLES AND INCREASE BONE DENSITY!



BioSil – Regenerates Your Own Collagen with Your Own DNA!

Reduce Wrinkles and Fine Lines, Maintain Thick, Strong, Healthy Hair, Strong Nails, Increase Bone Density and Flexibility! Collagen is your secret to prevent wrinkles from forming, give skin elasticity, help to create thick and strong hair, strengthen nails and bones. You lose 1% collagen yearly starting at age 21, by age 30, signs of reduced collagen become visible. **BioSil is not your ordinary collagen you ingest where your body breaks it down and use as food. BioSil's patented ch-OSA® complex helps your body to GENERATE ITS OWN COLLAGEN! Huge difference with ingested Collagen!** Bio-Sil works through your body's natural pathways, the collagen it generates has your own DNA fingerprint! **Therefore, you will see results very quickly!**

\$24⁹⁹
45 Vcaps
\$34⁹⁹
30ml
Save up to \$5

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 en-couraging 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

REMOVE DEAD SKIN CELLS COMPLETELY



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

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

\$7⁹⁹
7.5ml
\$49⁹⁹
60ml
Save up to \$10

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: **Matrityl™** 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

DR OZ 2010 BEST WT-LOSS GLUCOMANNAN IS 1ST INGREDIENT!



Dr Oz 2010 Best Choice for Wt Loss "Glucomannan" is 1st Ingredient -Always Hungry? Eat Emotionally? Blood Sugar Spikes? Dead Metabolism?

Weight management is becoming increasingly important as obesity rates and related disease and mortality continue to rise. There are various reasons why a person gain weight and there is no "one size fits all" solution. **To this end, go4trim is formulated with a 4-prolonged approach to weight loss to help target the various reasons why you put on weight and why you cannot lose it?**
1. Makes you feel full - Enhanced satiety to curb overeating; 2. Increases fat burning and improves metabolism - Helps the body to metabolize carbs and fats, without the use of caffeine; 3. Reduces the likelihood of emotional eating - Minimizes stress/mood-directed cravings & the related consumption of 'comfort foods'; 4. Balance blood sugar levels - Reduces sugar spikes to control sugar and carb cravings.

\$48⁹⁹
126 Capsules
Save \$8

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
FREE Pill Box!

RENOVAGE™ SERUM!



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

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

\$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 \$6



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

Skin Care * Recurring Cystitis * Collagen * Perfect Skin * Hair Colour

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).



SUPER & ULTRA CONCENTRATE HIGH EPA!



Norwegian Ultra and Super Concentrate Fish Oils - Are you looking for a One-A-Day High Potency EPA Omega-3 Fish Oil, Molecularily Distilled, 3rd party tested, enteric coated, you find your choice here! Super Concentrate Omega-3 - IFOS certified. Contains 400mg EPA and 200mg DHA for cardiovascular health, reduce serum triglycerides, support cognitive and brain health. Ultra Concentrate Omega-3 - Enteric coated, Bump-Free. Contains 790mg EPA and 140mg DHA. Although Omega-3 fatty acids have been known as essential to normal growth and health since 1930s, awareness of their health benefit has dramatically increased in the last few years due to more research and approval by Health Canada to make certain claims. In addition, to above claims, Omega-3 has been very helpful to reduce pain associated with Arthritis, skin conditions like rosacea, eczema, psoriasis, mood and depression, and more. We received NPN from Health Canada for both products: NPN80022323 & 80022457

\$20⁹⁹

Super 60s

\$37⁹⁹

Super 120s

\$21⁹⁹

Ultra 30s

\$38⁹⁹

Ultra 60s

Save up to \$11

AMAZING ENERGY & IMMUNE



Mikei Red Reishi Essence Capsules

Experience the **hottest selling supplement from Japan!** (Yes this is the one that everyone is 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
\$179⁹⁹

2 boxes of 60s + Bonus 10 FREE caps
\$95⁹⁹
box of 60s

EXPERIENCE PAIN RELIEF LIKE NEVER BEFORE!



Curamin® - When Pain is the Problem, CURAMIN® is the ANSWER! - *Woman's World, 11/1/10 Back Pain Cure.* "Nearly 90% of American Adults do at some point in their lives suffer pain, but Nancy Woolland was one of the worst sufferers. She herniated the L4-L5 disks of her lumbar spine. She had to use a cane, cannot dress herself, lots of painkillers and even after surgery, it was not helping!" "Miracle in a Bottle" Nancy's health food store recommends Curamin®. Nancy was skeptical "but what do I have to lose?". Hobbling to her car, Nancy swallowed the recommended dosage of Curamin® right there in the parking lot. By the time she got home, she was "standing upright without her cane-and that her pain level had gone from a 10 all the way down to zero in just an hour!" Curamin® contains 4 powerful, effective and clinically proven ingredients into one award-winning product to relief pain like never before* DLPA, Boswellia (BosPure®), Curcumin® (BCM-95®) and Nattokinase of superior quality and purity.

\$34⁹⁹

60 capsules
Save \$6

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

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

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

90s

Save \$4

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

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 feelings are all gone! Feel younger, vibrant and full of energy after using the patches.

\$21⁹⁹

14 Patches
Save \$4

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.



\$29⁹⁹

30 Day Kit
Shrink Pack With FREE FibreSmart

GAS? CONSTIPATION? FREE PRODUCTS VALUE \$4



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

1000IU 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

Bonus Size
150 softgels
Save \$3

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

DR. OZ
2010
BEST!

Menopause by Vogel - (Organic Sage 3400mg Tincture per tablet) Dr Oz 2010 Best Product for Night Sweats and Hot Flashes is SAGE!



Dr. Oz recommends Sage Extract in 2 of his recent shows for above symptoms. He said that **when a woman reaches the age of 40, your body is on a downward slide in which you may encounter 6 plagues that can rob you of your youth and vitality. Experiencing hot flashes and night sweats is one of them. To make sure you get a good night sleep and are not stressed out by hot flashes and to look young & energetic, take Sage!**

\$24⁹⁹
30s
Save \$5

REDUCE
STRESS &
BELLY FAT!



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

\$26⁹⁹
120s
Save \$8

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
FREE Pill Box!

18 DOSE
SPECIAL
OFFER!



Oscillococcinum – Best Flu Buster! The home-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!

\$21⁹⁹
18 Bonus Pack
6 EXTRA Doses!

A MUST TO
PREVENT
COLDS, FLU
& MORE



Oil of Oregano – A POWERFUL COLD AND FLU REMEDY! Fights Infection & Boost Immunity!

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 certified 100% organic. 2010 Gold Winner for Best Herbal Product. 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.

\$24⁹⁹
500ml Size
Save \$11

BEYOND
BONE
HEALTH!



Certified Organic Vitamin D3 Liquid – 500 Servings of 1,000IU!

New research is revealing that Vitamin D is not just for bone health. It plays critical roles in **“health of the brain and nerves, the cardiovascular and immune systems, and in pregnancy and child development. Virtually every cell in the human body has receptors for Vitamin D because is not just a vitamin, it is also a hormone that affects cellular production of important proteins and peptides and regulates many genes, including those involved in cancer.” (NF article).** Although we can get Vit D from the sun, there is a deficiency in Vit D because many people now avoid exposure to sunshine due to risk of skin damage from UV rays. **In Canada, far from the equator, the sun is not strong enough to stimulate Vit D production from September to mid May leaving us susceptible to increased incidence and severity of colds, flus, and infections, and increasing risk of degenerative diseases. Those with osteoporosis and depression can definitely benefit from taking this.**

\$18⁹⁹
15ml
500 Servings
of 1,000IU
Save \$6

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

SHORT
BUT
POWERFUL!



Total Body RAPID CLEANSE

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

\$27⁹⁹
Kit
Save \$6

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).



Sage * Wt-Loss Protein * Immune Support * Probiotic

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
\$57⁹⁹
180s
Save up to \$7

ANXIETY? DEPRESSION?



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

\$13⁹⁹
100s
Save \$2

NON REFRIGERATED ACIDOPHILUS



Pearls Intensive Care Probiotics (IC) – One-A-Day Stable at Room Temperature! The convenience and quality of Pearls IC is unmatched! **You know when you need serious support. When your digestive system is calling out for intense relief, go beyond basics and turn to Pearls IC. IC provide more strains to promote deep intestinal care and long-term colon health.** Take this after antibiotics to replenish your friendly bacteria to prevent yeast infection.

\$19⁹⁹
30 Softgels
Save \$4

TROUBLE SWALLOWING PILLS?



Liquid B Complex Solution – Yeast Free, Suitable for Diabetes, Pleasant Tasting! Contains the complete 11 B Vitamins, including **P5P, the most effective form of Vitamin B6, and Methylcobalamin the most active B12.** Why take B Complex? It supports and increases the rate of metabolism; Maintain proper heart pulse rate; Enhance immune, nervous system and brain function; Promote cell growth and division-including that of the red blood cells that help prevent anemia. **Symptoms of B Vitamin Deficiency: All the 11 B Vitamins should be taken together because the lack of one or more of any one of them may be the cause of these symptoms: Hair loss, stunted nail growth, skin rashes, cracks on lips and corner of the mouth; Tiredness, listless feelings, mental problems, crying spells, or an inability to cope; Indigestion; Tingling in hands, feet and toes; Chronic fatigue, Lack of energy...**

\$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 Nitricol antioxidant to amplifies its delivery for those who **need Serious Immune Support, to Strengthen, Rebuild and Maintain the body. Immune7X provides the immune system with the elements necessary to prevent and arrest diseases! Each species uniquely support the immune response and is exceptional for serious conditions and diseases.**

\$41⁹⁹
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!



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 and physically challenged who regularly contacted pneumonia and bronchitis, given only a few years to live, took Respiractin and after more than 10 years now continually use this, is a healthy young woman!**

\$34⁹⁹
90s/57ml
Save \$9

ASTHMA? PUFFER?



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.**

\$14⁹⁹
8 oz
\$45⁹⁹
1 L
Save up to \$6

MULTI ONE DAILY BEST SELLER



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

\$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!



Sugar Free Gummy Multi-Vitamin & Minerals – Sugar Free Gummy Multi-Vitamins & Minerals - We know you may have Gummy Vitamins. But how about Sugar-Free? Winner of **Alive Gold Award 2010!** For Children & Adults! **Canada #1 Choice for Sugar-Free Gummy Multi-Vitamins made from natural source colors and flavors, and contains no preservatives, milk, eggs, soy or gluten!** Ideal for those with diabetes or sugar balance issues. Nowadays it is no unusual that children have diabetes and they definitely will need supplementation but most chewables are loaded with sugar. Supplementing children with a complete sugar free multi vitamin and mineral is important for their growth, immune and general health. **Please pick up a bottle today!** NPN80019338

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

CHILDREN TOXIN FREE COUGH SYRUP



Boiron Stodal Cough – For Productive and Dry Cough - Toxin, Dextromethorphan & Guaifenesin Free! Keep this handy and use at the first sign of a cough. **Relieve all types of cough - Started coughing? A cough that won't go away? Stodal is a complete solution that relieves DRY & PRODUCTIVE (mucous) COUGH.** Why choose Stodal? **Specifically formulated for children aged 1-11 years old, but the whole family can take it as well!** **Toxins free.** Natural honey taste, alcohol free without dyes, no known interaction with other medication.

\$9⁹⁹
125ml Bonus Pack
5 dose FREE Coryzalia for colds

WORRIED ABOUT SUGAR?




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.

\$12⁹⁹
90s
Save \$3

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

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

MOOD? DEPRESSION? INSOMNIA?


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. NPN80021612



\$18⁹⁹
60s
\$34⁹⁹
120s
Buy 6, get one FREE

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 CATARACT


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. NPN80021624



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

GLAUCOMA DRY & STRAINED EYES


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 PREVENTATIVE AND RELIEF FOR GOUT SUFFERERS!


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 REDUCE JOINT PAIN


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!



\$15⁹⁹
60s
\$29⁹⁹
120s
Save up to \$14
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).



Cholesterol * **Heart** * **Omega 3-6-9** * **B-12s** * **Diabetes** * **Omega-3 Oils**

DR. OZ BEST SNACK OF 2010!



SaviSeed or what Dr Oz called "SACHA INCA NUTS or INCA PEANUTS from Peru"

It is rated by Dr Oz to be the Best Snack of 2010! Dr Oz said the research on this nut "blew him away" because it's "loaded with Omega-3 and vitamins. Dr Oz loves walnuts, but he found "Inca Nuts (SaviSeed) has 3 times more Omega-3 and 2 times more fibre than walnuts. It contains 27% of protein; 48% of Omega-3, 36% of Omega-

6; 9% of Omega-9. It is one of the largest plant source of the omega family of fatty acids. This nut or seed is used in vegetarian diets to provide a plant source of rich omega 3 fatty acids. It gains International recognition for its taste and health properties. In June 2007 it won Gold Medal in the specialty Food Commodity Competition. Sequel SaviSeed comes in 3 delicious flavors, Cocoa Kissed; Karmalized and Oh Natural. *You will love them! Why not snack on something which is tasty and healthy? Remember it's DR OZ BEST SNACK OF 2010!*

\$7⁹⁹
5 oz
Save \$2

VERY HIGH IN ASTAXANTHIN AND OMEGA-3!

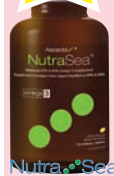


Antarctic Superba Krill Oil - 500mg

Krill are small shrimp like crustaceans, and constitute one of the most abundant sources of marine nutrients on earth. The harvesting of krill is regulated by the Commission for the Conservation of Antarctic Marine Living Resources (CCAMLR). Sunforce krill is harvested from the most pristine water on earth, using sustainable and ecologically sound high tech methods. *Krill oil is high in Omega-3 and some research points out that it reduces cholesterol and lowers LDL more dramatically than fish oil. Another is, krill contains an antioxidant called ASTAXANTHIN. The algae that krill eat produces the bright red pigment astaxanthin. Unlike many other antioxidant, astaxanthin crosses the blood-brain barrier, where it could theoretically protect the eye, brain and central nervous from free radical damage. Unlike fish oil, krill doesn't cause fishy burps or an after taste. Not recommended for those with bleeding disorders.*

\$31⁹⁹
60 Softgels
Save \$8

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

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

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

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
\$25⁹⁹ 180s Formula 100
\$27⁹⁹ 180s Formula 104
Get FREE 90s Kyolic Formula 104
\$49⁹⁹ 360s Formula 104

NEW X STRENGTH! LOWERS CHOLESTEROL



Red Yeast Rice X STRENGTH - 200mg more!

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.**

\$23⁹⁹
60s
Save \$4

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

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.

\$29⁹⁹
120 Softgels
Save \$00

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 testing, IFOS Certified.

\$13⁹⁹
180 Softgels
\$25⁹⁹
360 Softgels
Save up to \$17
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. FOS 3rd Party Tested!** NPN 80013266

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

LOW IRON OR ANEMIC? INSOMNIA?



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.




BEFORE
AFTER

BIO FEN

\$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 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.



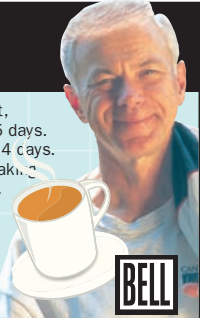
WORKS IN LESS THAN 1 HOUR

\$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 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 ● Dozens of letters! Results guaranteed: **MUST HELP OR MONEY REFUNDED.** Bell Prostate Ezee Flow Tea #PRS120, 2-4 weeks supply.**




\$22⁹⁹
 120 g

BELL

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
\$43⁹⁹
 150 Vcaps
 Bonus Size
30 FREE Capsules
 Save \$13

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. Hammock, 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 \$11

Buy 6, get one FREE



IT REALLY WORKS!



DON'T EAT CARBS WITHOUT THIS

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 you 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!**

\$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.

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

ALIVE and SUPPLEMENTS PLUS LOCATIONS

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