

Supplements  
plus

# Fabulous Winter Savings

**FREE**  
with purchase  
of \$100 & up

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

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



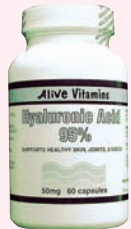
**VERY EFFECTIVE BIG DEMAND!**

### 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!

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

**VERY 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!

**\$43<sup>99</sup>**  
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 \$0% clogged arteries. After only 4 months with Strauss Heart Drops, his checkup at St. Paul's showed all the four arteries were unclogged!"**

**\$36<sup>99</sup>**  
50ml  
**\$67<sup>99</sup>**  
100ml

Supplements  
plus

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

Coupon must be presented at time of purchase. One coupon per family. Not redeemable for cash. Coupon cannot be combined with any other coupon offer.

**\$2 OFF**

Expiry Date:  
January 31, 2011

### BOTTLE RECYCLING

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

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

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

**Immune DEALS!**  
**Free Capsules**  
**Bonus Sizes**  
**Arthritis**  
**DEALS!**



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

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



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

**\$19<sup>99</sup>**  
 Super Size  
**NEW LOWER PRICE!**  
**200 caps FREE!**  
 Buy 300s,  
 get 500s



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

**\$19<sup>99</sup>**  
 90s  
**\$39<sup>99</sup>**  
 Bonus Size  
**45 caps FREE!**  
 Buy 180s,  
 get 225s



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

**\$12<sup>99</sup>**  
 90s  
**\$21<sup>99</sup>**  
 Bonus Size  
**60 caps FREE!**  
 Buy 180s,  
 get 240s



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

**\$22<sup>99</sup>**  
 Bonus Size  
**30 caps FREE!**  
 Buy 120s,  
 get 150 Vcaps



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

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



**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**  
**\$179<sup>99</sup>**  
**2 boxes of 60s + Bonus 10 FREE caps**  
**\$95<sup>99</sup>**  
 box of 60s



**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!**

**\$7<sup>99</sup>**  
 5 oz  
**Save \$2**



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

**\$24<sup>99</sup>**  
 Bonus Size  
 Buy 120  
 Get 140 Vcaps



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

**\$14<sup>99</sup>**  
 50ml  
**\$23<sup>99</sup>**  
 100ml  
**Save up to \$6**



**AMAZING DEAL!**  
**CleanseMore – Do you Empty Your Bowel At Least Once A Day?** If you are not, then you may beholding 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.

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



**HAIR LOSS**  
**Hair Force™ + FREE Ultra Sil**  
 An effective nutritional formula for **improving the health and beauty of hair and prevent hair loss**. Rich in biotin, B-complex, L-cysteine and important minerals. Use with Vegetal Silica to get maximum results. **BONUS:** Receive a 90 size UltraSil (Vegetal Silica \$23.99 value) FREE with the purchase of Hair Force.

**\$29<sup>99</sup>**  
 Shrink Pack  
 Buy 90s, get 90s UltraSil FREE!

**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.

**\$9<sup>99</sup>**  
125ml  
**Bonus Pack 5 dose FREE Coryzalia for colds**

**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, Shiitake, Red Reshi with up to 58.5 beta glucans each including Nitricol antioxidant to amplifies its delivery for those who **need Serious Immune Support, to Strengthen, Rebuild and Maintain the body. Immune7X provides the immune system with the elements necessary to prevent and arrest diseases! Each species uniquely support the immune response and is exceptional for serious conditions and diseases.**

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

**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 disease" and also may help with cancer prevention.** In India, where curries (which have curcumin) are eaten daily, **Alzheimer's rates are 4.4 times lower than North America! Turmeric also stimulates production of bile in the liver; reduces inflammation to relieve joint and bone pain and many more!**

**\$15<sup>99</sup>**  
60s  
**\$29<sup>99</sup>**  
120s  
**Save up to \$14**  
**Buy 6, get one FREE**

**DRY EYES STRAINED EYES CATARACT?**



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

**\$25<sup>99</sup>**  
120s  
**Save up to \$10**  
**Buy 6, get one FREE**

**COLD SORE & SHINGLES FIGHTER**



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

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

**BALANCE BLOOD SUGAR**



**Cinnamon Extract 20:1 - Diabetic? Insulin Resistance?** A study from the Human Research Center of USDA and the Univ. of California, suggests **"this remarkable spice can improve insulin sensitivity and glucose metabolism and potentially counter or reverse the course of obesity".** Cinnamon has an active ingredient known as MHCP which appears remarkably similar to insulin. Together, the cinnamon compound and the body's own insulin combine to lower blood sugar levels. **Customers who are insulin resistance (pre-diabetic) or diabetic, have greatly benefitted taking Cinnamon Extract resulting in weight loss and sugar balanced. NPN 80013266**

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

**FIRST CLEANSE ... A 15 day All Natural Herbal Cleanse, formulated specifically for the "first time" or "sensitive cleanser".** 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. 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. Vegicaps.



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

**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.**

**\$29<sup>99</sup>**  
90s  
**Save \$4**

**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.**

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

**HIGH QUALITY VERY EFFECTIVE**



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

**\$5<sup>99</sup>**  
60s  
**\$14<sup>99</sup>**  
180s  
**Save up to \$4**  
**Buy 6, get one FREE**

**18 DOSE SPECIAL OFFER!**



**Oscillococcinum - 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!

**\$21<sup>99</sup>**  
18 Dose  
**Bonus Pack 6 Extra Doses!**

**CONTAINS LOTS MORE THAN BASICS!**



**Platinum Super Easymulti Plus 45+ (Omega Suspension 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.

**\$49<sup>99</sup>**  
60s  
**Save \$15**

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



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

**Acai Berry Pure 500mg - P.E. 10:1 Extract**  
 Alive Acai is certified to contain 500mg of 100% pure acai berry extract 10:1 (10:1 means e.g. 10# of fresh acai berries to make 1# of extract - high concentration). Acai berries do have one of the highest concentration of antioxidants compared to other fruits to help combat free radical damage to the body, including premature aging. Because of its ability to give you high energy when consumed, Acai has been helpful to stimulate sluggish metabolism to burn calories and reduce hunger.

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

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



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

**\$22<sup>99</sup>**  
 60s  
**\$42<sup>99</sup>**  
 120s  
 Buy 6, get one FREE



**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.

**\$21<sup>99</sup>**  
 500ml  
**FREE Mirror**  
 (value @ \$9.99)  
 Save up to \$19.98

**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 it 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.

**\$18<sup>99</sup>**  
 15ml  
 500 Servings of 1,000IU  
 Save \$6

**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.

**\$29<sup>99</sup>**  
 12 day  
 Save \$16

**IMPORTANT BUT OFTEN 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!

**\$31<sup>99</sup>**  
 30 Vcaps  
 Save \$8

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



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

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

**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, goAtrim 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.

**\$48<sup>99</sup>**  
 126 Capsules  
 Save \$8

**INCREASE FAT BURN!**



**CLA (Conjugated Linoleic Acid) 1000 mg** Article published in Nat. Post & Van Sun 12/6 & 12/23/06 & PBS broadcast. Subjects taking CLA were able to lose 2.2 pounds of fat from the abdomen without even trying and no change in their diet, compared to the placebo group who gained 1.5 pounds in two months. CLA prevents fat from being deposited into cells by speeding up the body's fat metabolism, promotes muscle tone and significantly reduces body fat. The article reports CLA "also keeps fat cells from proliferating and it causes pre-fat cells to kill themselves". NPN 89917761

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

**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.

**\$19<sup>99</sup>**  
 Bonus Size  
 150 Softgels  
 Save \$3

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

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

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



**\$28<sup>99</sup>**  
 30 Day Kit  
**Shrink Pack With FREE FibreSmart**

**FEET DETOX PADS**



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

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

**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 glycermic index of your meals by up to 50%!*

**\$27<sup>99</sup>**  
120 Softgels  
**\$52<sup>99</sup>**  
240 Softgels

**HORMONE-RELATED PROBLEMS?**



**EstroSense – Natural Hormone Balancing.** EstroSense contains vital ingredients to **help all women 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.**

**\$55<sup>99</sup>**  
Vcaps  
**Buy 120 get 60 FREE**

**QUICK MENOPAUSE RELIEF!**



**Harmony** ♀ 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 to normalize your life again!**

**\$26<sup>99</sup>**  
60s  
**\$44<sup>99</sup>**  
120s  
**Save up to \$8**

**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!**

**\$26<sup>99</sup>**  
120s  
**Save \$8**

**Alpha Lipoic Acid High-Potency One-A-Day - 300mg (50% R(+)) 50% S(-)) “The Near Perfect Anti-Oxidant”.** All other anti-oxidants will either quench free radicals in water or in fat environment but Alpha-Lipoic Acid will quench them in both, i.e. both inside and outside our cells. **Free radical damage has been shown in research studies to be the basis for the aging process, damage to cells and impairing the immune system.** Dr. N. Perricone in his book, The Wrinkle Cure, highly recommends Alpha Lipoic Acid both externally as a cream and internally as a supplement to **maintain our youth and prevent wrinkles.** Don’t leave home without it! NPN 80013064

**YOUR PERFECT ANTIOXIDANT!**



**Alpha Lipoic Acid High-Potency One-A-Day - 300mg (50% R(+)) 50% S(-)) “The Near Perfect Anti-Oxidant”.** All other anti-oxidants will either quench free radicals in water or in fat environment but Alpha-Lipoic Acid will quench them in both, i.e. both inside and outside our cells. **Free radical damage has been shown in research studies to be the basis for the aging process, damage to cells and impairing the immune system.** Dr. N. Perricone in his book, The Wrinkle Cure, highly recommends Alpha Lipoic Acid both externally as a cream and internally as a supplement to **maintain our youth and prevent wrinkles.** Don’t leave home without it! NPN 80013064

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

**BLADDER INFECTION**



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

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

**YOUR SECRET TO REDUCE WRINKLES, 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, helps 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!**

**\$24<sup>99</sup>**  
45 Vcaps  
**\$34<sup>99</sup>**  
30ml  
**Save up to \$5**

**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.

**\$36<sup>99</sup>**  
Vegicaps  
**Buy 180s get 90 FREE**

**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 wake up during the night 3 or 4 times. I was a wreck from sleep deprivation. Finally I tried a combination of **MenoSense & 5HTP, pg 6 (serotonin booster).** **Within 3 weeks I wasn’t having hot flashes anymore ... nothing! I now have my life back!**

**\$39<sup>99</sup>**  
Vegicaps  
**Buy 180 get 90 FREE**

**IONIZED, MOST ABSORBABLE**



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

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

**REMOVE DEAD SKIN CELLS COMPLETELY**



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

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

**PREMIUM HYALURONIC ACID**



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

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

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

Supplements plus

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

**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

**\$20<sup>99</sup>**  
 Super 60s  
**\$37<sup>99</sup>**  
 Super 120s  
**\$21<sup>99</sup>**  
 Ultra 30s  
**\$38<sup>99</sup>**  
 Ultra 60s  
**Save up to \$11**

**MACULA CATARACTS GLUCOMA**



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

**\$29<sup>99</sup>**  
 60s  
**Save up to \$12**  
**Buy 6, get one FREE**

**EXPERIENCE PAIN RELIEF LIKE NEVER BEFORE!**



**Curamin® - When Pain is the Problem, CURAMIN® is the ANSWER!** - Woman's World, 11/1/10 BackPain 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®), Curumin® (BCM-95®) and Nattokinase of superior quality and purity.

**\$34<sup>99</sup>**  
 60 capsules  
**Save \$6**

**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 trigger 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.**

**\$23<sup>99</sup>**  
 60s  
**Save \$4**

**VERY EFFECTIVE PREVENTATIVE AND 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.**

**\$10<sup>99</sup>**  
 60s  
**\$17<sup>99</sup>**  
 120s  
**Save up to \$11**  
**Buy 6, get one FREE**

**HEART PARKINSON**



**CoEnzyme Q10 100mg - Higher Dosage**  
 Recent studies show that Coenzyme Q10 "can slow the decline of early diagnosis of some serious neurological disorders (e.g. Parkinson disease)," besides heart health (NF Profile data). Those given the largest dose of CoQ10 (1200mg daily) had 44% less decline in mental function, motor movement and ability to carry out daily activities. Those given 300 and 600mg also had less decline than the placebo group but their decline was not as pronounced, but significant. Softgel in a base of rice bran oil for improved absorption.

**\$29<sup>99</sup>**  
 120 Softgels

**HIGH EPA & DHA**



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

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

**LIVER CLEANSE**



**Milk Thistle - Protect Your Liver.** Of all the herbs used to protect and support liver function, the **best known and currently the most well-researched** is Milk Thistle. Scientific studies and clinical trials over the last 40 years have shown that milk thistle **protects the liver against acute & chronic viral Hepatitis, Cirrhosis, harmful environmental chemicals, toxins in our food and water, long-term alcohol consumption and prolonged use of prescriptions.** If you are in this category, please make sure you take milk thistle to protect your liver!

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

**REDUCES INFLAMMATION & PAIN**



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

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

**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.

**\$18<sup>99</sup>**  
 60s  
**\$34<sup>99</sup>**  
 120s  
**Buy 6, get one FREE**



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

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



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

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

**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!**



**\$55<sup>99</sup>**  
 30 Vcaps  
 with **FREE BOOK**

**YOUTHFUL SKIN & JOINTS**  
**FREE**

**Nutri-Collagen 400mg – The Glue of Life!**  
 Have you ever wondered why the typical complaints of **painful joints, weak bones, wrinkled skin and thinning hair** are so common? Research shows that **the degradation of the collagen matrix is the underlying factor.** Starting at approximately **age 25, collagen production slows down dramatically and then the complaints begin!** Collagen is in our eyes, joints, skin, bones, tendons and it provides the body with **firmness, shock absorption, strength and structure.** Not to worry, studies show that collagen supplementation reverses lost collagen and alleviates aging complaints! Here's to **improved flexibility, skin suppleness, and youthful joints!**



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

**AMAZING ENERGY**

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



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

**ASTHMA? PUFFER?**

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



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

**NEW PAIN RELIEF!**

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



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

**POWER OF OXYGEN**

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



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

**HIGH IN ASTAXANTHIN & EPA**



**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 will reduce 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.

**\$31<sup>99</sup>**  
 60 Softgels  
**Save \$8**

**BUILD NEW BONE**



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

**\$39<sup>99</sup>**  
 240 Vegicaps

**RECURRING URINARY TRACT INFECTION?**



**AOR UTI Cleanse (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!**

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

**INCREDIBLE PRICE!**



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

**\$21<sup>99</sup>**  
 500ml  
**FREE Pill Box**

**IRRISISTIBLE PRICE!**



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

**\$21<sup>99</sup>**  
 500ml  
**FREE Pill Box**

**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!**

**\$64<sup>99</sup>**  
 1030-1064g

**Super Multi Performance Bone Density Respiratory Relief Greens**

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

Supplements plus

7

Sexual Enhancers  
\*  
Prostate Health  
\*  
Hair Growth



BEFORE



AFTER



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

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

VERY  
POWERFUL SEX  
ENHANCER



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

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

HIGH BLOOD  
PRESSURE?  
THIS REALLY  
WORKS!



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

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

VERY  
EFFECTIVE



WORKS IN LESS  
THAN 1 HOUR

**BioErect – For him and her!** Reclaim your virility and self-esteem and "see the fireworks!"

Be the lover you were with this African herb. You and your partner will enjoy an increase in stamina, increase in sexual desire and longer performance. BioErect is equally effective for men and women and both of you can be in ecstasy! Use only before activity, not every day. 100% natural.

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

TROUBLE  
WITH  
BREATHING?



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

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

INCREASE  
LIBIDO



**MacaSure™ - Extra Strength Organic Maca 750 mg** Known as the "Peruvian Ginseng", Maca has been shown in human trials to increase libido by 180% and sperm count by 200%. In laboratory studies with rodents, Maca increase mating frequency by 400%!

What doctors say about Maca: "Maca is very useful in treating male impotence, erectile dysfunction, menopausal symptoms and general fatigue," Dr. Aquila Calderon, MD, Lima, Peru. Please pick up a pamphlet for more of what doctors say about Maca.

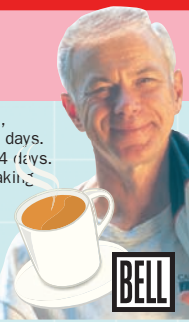
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60s  
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120s  
Save up  
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FREQUENT  
BATHROOM  
TRIPS?

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 rly. 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.**

**\$22<sup>99</sup>**  
120 g



REDUCE  
PROSTATE  
ENLARGEMENT



**Prost-Force™ - Enlarged Prostate?**

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

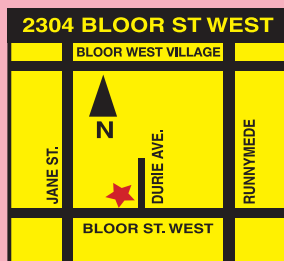
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60 Softgels  
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120 + 60  
Softgels  
Shrink Wrap

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

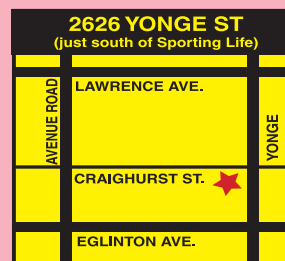
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