



**Supplements
plus**



Fabulous Spring 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 April 21, 2011**



ask Alice

LIFE IS WHAT YOU MAKE IT!

First of all, my heart goes out to our loyal customers! Thank you ALL for 28 years of having the pleasure to assist you with your health! We are excited for many more years to come! Our customers who feel more like friends always ask me: "Alice how can I slim down, how can I get my energy back, or how can I find the strength to just follow through... what is the magic pill!!!" It breaks my heart to see people struggle, and this is why I LOVE my job; I have the chance to make a difference! I know it sounds cliché, but the secret is simply paying attention to your mental state. Tell yourself everyday that YOU are going to do everything with determination, perseverance and commitment!! Once you know what you want, write it down along with the steps it will take you to get there! Even at 64, I keep a note book of my health aspirations to keep me on track. We have millions of thoughts a day, but many of them get lost because we are too busy. Put yourself 1st and take the time to write down your ideal health regime and YOU WILL succeed in your goals!! Whether you want to lose weight, lower your blood pressure, improve your digestion, or to simply just feel better we have the tools through natural supplementation, but the key is to STICK with it! I am honest; there is no one magic pill... but I am eager and waiting to help you with whatever your health aspirations are, along with our dedicated TEAM who love what they do. Enjoy the flyer filled with LOADS of INFO, LOWER PRICES and the NEWEST products! Remember, a smile is free and we can't wait to give you one!!

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 64 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.

BIPOLAR? ADHD? HELP IS ON YOUR WAY!



Truehope EMP (Empower Plus) Bipolar, Anxiety, Depression? FINALLY AVAILABLE! Both TrueHope and EMPowerplus have been the subject of numerous articles and TV segments which some of you may remember including the Supreme Court case which they won. And no wonder-the true story of how a Nutritional Supplement came to be developed for Mental Illness and the many personal stories of success are of interest to a great many people. Autumn Stringham wrote a book "Astonishing True Story of a Woman Afflicted with Bipolar Disorder And The Miraculous Treatment that Cured Her, talks about how EMP helped her! This and many testimonials are in the Truehope website. Susan: "My son who is 9 now is no longer on Psycho meds". MF: "I am Bioplar and have been taking EMP and nothing else for over 4 years now. I have not had any episodes at all during that time and no side effects". Donna: "In just one day I no longer want to die. Stress, Anxiety & Depression does not exist in my life". There are also numerous research data on the success of EMP. It contains 35 micronutrients and using an unmatched proprietary 4 step process and delivery system to provide you with nutrition the way nature intended. **Help is on your way!**

**\$46⁹⁹
180s
Save \$8**

LONGEVITY REMARKABLE ENERGY, YOUTHFULNESS & PRODUCTIVITY!



Royal Jelly: Whats all the Buzz is about?? Royal Jelly is not the same as pollen or propolis. It's a secretion from the glands in the heads of the worker bees which is secreted to feed the Queen continuously and Worker larvae are only fed 3 days. The Queen Bee is fed large quantities of Royal Jelly, she lives 4-5 years, and the Worker Bees fed with pollen, honey live just 6 weeks. Why? The Secret is Royal Jelly. The Queen is the most energetic and the most remarkable insect in the insect kingdom. Won't you like to live long, be energetic, healthy, youthful-looking, and be as nutritiously fed as the Queen Bee? Epigenetic Effects: The honey bee Queens and Workers represent one of the most striking examples of environmentally controlled phenotypic polymorphism. In spite of their identical, clonal natures at the DNA level they are strongly differentiated across a wide range of characteristics including anatomical and physiological differences, the longevity of the queen and reproductive capacity. A female larva destined to become a queen is fed large quantities of royal jelly that triggers a cascade of molecular event resulting in queen development. It has been shown that this phenomenon is mediated by an epigenetic modification of DNA. This finding suggest that DNA methylation in honey bees allows the expression of epigenetic information to be differentially altered by nutritional input. Royal Jelly is a nutritional powerhouse - all the B vitamins, high concentration of B5, enzymes, 18 amino acids, DNA, relatively high amounts (5%) of fatty acids, 12.5% protein, trace minerals, antibacterial and antibiotic components, Vit C and more... Alice has been taking RJ for over 20 years!

**1200 mg
Buy 1,
get one
FREE
Save 50%**

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 80% clogged arteries. After only 4 months with Strauss Heart Drops, his checkup at St. Paul's showed all the four arteries were unclogged!"

**Lower Price
\$35⁹⁹
50ml
\$65⁹⁹
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:
April 21, 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
 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

33% MORE!

\$12⁹⁹
90s

\$24⁹⁹

Bonus Size
Buy 180s,
get 240s



OSTEOARTHRITIS

Glucosamine & Chondroitin Sulfates (95%) – 900 mg

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

25% MORE!

Lower Price
\$16⁹⁹
90s

\$32⁹⁹

Bonus Size
Buy 180s,
get 225s



REBUILD TENDONS & CARTILAGE

Glucosamine Sulfate 500 mg

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.

66% MORE!

Lower Price
\$7⁹⁹
150s

\$22⁹⁹

Super Size
Buy 300s,
get 500s



PAIN, ECZEMA, PSORIASIS

MSM – 1000 mg

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

33% MORE!

Lower Price
\$19⁹⁹

Bonus Size
Buy 180s,
get 240s



NON-CONSTIPATING IRON!

Floradix Liquid Iron - Iron deficiency - America's hidden epidemic!

A delicious, all natural liquid formula containing herb extracts, fruit concentrates, honey 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.

25% MORE!

\$45⁹⁹
500ml + 250ml

Save \$24



INCREDIBLE LOW PRICE

CoEnzyme Q10 – 60 mg - The little pills that keep you young! Your heart, arteries, immune system, energy level, periodontal diseases can greatly benefit from this little known wonder nutrient. Woman's World (11/30/04) says, "Research shows a daily dose of 100mg - 150 mg of this super 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



PAIN RELIEF

Arnica Gel with 30ch Arnica 80s

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

Great Deal!
\$14⁹⁹
Gel & Pellets
Save \$9



MEMORY

Ginkgo Biloba Hi-Potency One-A-Day 150 mg Standardized Extract

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

33% MORE!

Lower Price
\$19⁹⁹
90s

\$39⁹⁹

Bonus Size
Buy 180s,
get 240s



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



IMMUNE

Ester-C®

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**.

25% MORE

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



IMMUNE ALLERGIES

Ester-C® Supreme

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.**

25% MORE!

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



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 \$25.99 value) FREE with the purchase of Hair Force.

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

2




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.

Fat Burners
 *
 Metabolism Boosters
 *
 Stop Yeast
 *
 Belly Fat

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.



\$8⁵⁹
 50ml
 Save \$1.40

CLA HELPS LOSE WEIGHT!


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

FREE BOOK “THE VICE BUSTING DIET”


PGX Daily – (Dr Oz Best Wt Loss 2010 is “Glucmannan” 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 glyceric index of your meals by up to 50%!



\$27⁹⁹
 120 Softgels
\$52⁹⁹
 240 Softgels

LOW IRON CAUSE HAIR LOSS!


Ironsmart to STOP HAIR LOSS !! – Loma Vanderhaeghe... “Hair Loss in women is caused by low iron, low thyroid and not enough minerals in the diet. **Low Iron** is the most common reason for hair loss and you don’t have to be anemic to have hair fall out. Hair follicles contain iron and when iron levels drop to low normal, hair not only falls out, but it also becomes dry, fragile and loses pigment. Severe hair loss can occur with low-normal iron. Women with **low thyroid** will also develop hair loss too. And you could be getting normal thyroid tests and still lose your hair. Lastly, hair loss can occur from not having enough minerals in the diet. Thankfully, we can halt hair loss by adding **Ironsmart Liquid iron** to increase iron levels quickly. Ironsmart has a **delicious caramel taste** and it does not constipate or cause digestive upset like other iron supplements”.



\$26⁹⁹
 250ml
\$38⁹⁹
 475ml
 Save up to \$13

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

TOO MUCH YEAST?

CandiGONE + FREE FloraSmart: Do you suffer from...Yeast Infections, Sugar Cravings, Bloating or Itchy Skin? If you identify with **uncontrollable BLOATING** or above symptoms **STOP living with poor digestion and try CandiGONE!** What’s “Candida”? It simply means an overgrowth of yeast (*Candida Albicans*) resulting in an unbalanced gut. When *Candida* becomes systemic (meaning released in the blood stream) we suffer from digestive problems that then spread to other parts of the body: *like the skin (eczema), fingernails/toenails (fungal), the head (haziness), weight gain, for women vaginal yeast and mouth!* The other essential way to create a balance in your body is to **take PROBIOTICS (Good Bacteria)**. Yogurt will not cut it and that is why you get **FloraSMART 30’s FREE** with the purchase of CandiGONE 15 day yeast cleaning system!



\$31⁹⁹
 15 Day Kit
 FREE FloraSmart 30s (value \$18.99)

SKIN, PMS & MENOPAUSE


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.** Symptoms of PMS like mood swings, bloating, water retention improved significantly with taking Evening Primrose Oil.



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



\$24⁹⁹
 500ml
 FREE Mirror (value @ \$9.99)
 Save up to \$21.98

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

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!

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 \$17

FAT & WEIGHT LOSS

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



\$10⁹⁹
 180s
\$18⁹⁹
 360s

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

Alive Health Centre

3

Antioxidants * Natural HRTs * Osteoporosis * Cystitis * Hormone Balance



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

\$39.99
Vegicaps
Buy 180 get 90 FREE



HARMONY
QUICK MENOPAUSE RELIEF!

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!**

\$26.99
60s
\$44.99
120s
Save up to \$3



LOOK PREGNANT??

ABS+ - Bonus Pack! - Lose Your Tummy Fat and Speed Metabolism

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.**

\$49.99
210s Bonus Size
30 FREE Capsules
Save \$17



HOW IMPORTANT IS YOUR HAIR?

Biotin 1000 mcg - Your Hair and Style Can Create a Lasting Impression! If you have nice thick healthy hair, you can have any style you want. Those with thin hair can only do so much ... Billions of \$ are used in commercials promoting topical hair products, but nutrients for your hair play an even more important part. **Biotin, one of the B Vitamins plays an important part for hair growth and to maintain healthy, lustre looking hair.** Deficiency of Biotin has been linked to **hair loss, brittle nails, dermatitis and more ...** Biotin has also been used to **strengthen muscles, bone tissues, new skin cells making them healthier and more abundant.** Biotin converts **fatty acids and glucose into fuel to provide energy.** **Avoid uncooked or raw egg if you experience hair loss** because findings show that this can prevent the absorption of Biotin in your body, resulting in hair loss and other conditions relating to Biotin deficiency.

\$8.99
100 caps
Save \$2



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.

\$18.99
180s
Save \$4



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.

\$17.99
\$19.99
Pina Colada/ Blueberry
Save up to \$5



HELPS COPE WITH STRESS!

Rhodiola - Don't underestimate the impact STRESS has on your Life!

Trouble with stress is you can't see it, so we ignore it ... this is not a good idea since **stress is the SILENT KILLER that is linked to the diseases we fear: cancer, mental disorders and heart disease!** Studies show **the herb Rhodiola to be effective within 30 minutes of ingesting!** Rhodiola rosea is an adaptogen — a substance that helps body systems return to normal function during and after stress. Rhodiola's benefits: **improve work performance, alleviate sleep difficulties, stimulates poor appetite, helps overcome irritability, regulates high blood pressure, relieves headache and reduces anxiety in the face of severe physical and mental strain. Rhodiola, it is meant to be taken in mild cases for every day stresses as well.** For example, a study that used cadets (separated in two groups) found the group who took rhodiola performed significantly better despite severe fatigue than did the placebo group.

Buy 60's get 30 FREE
\$16.99
Save \$8.59



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.

\$16.99
60s
\$30.99
120s
Save up to \$9

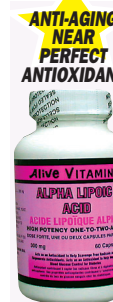


BLADDER INFECTION

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**

\$11.99
90s
\$20.99
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

\$29.99
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!**

\$39.99
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 • Perimenopause • Acne • Ovarian Cysts • Uterine Fibroids • PMS**

\$55.99
Vegicaps
Buy 120 get 60 FREE



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

Skin Care ✨ Recurring Cystitis ✨ Collagen ✨ Fungal Free Nails ✨ Hair

CURES TOENAIL FUNGUS!



Fungal FREE Nails – PENETRATES the Nail When Others Don't! Unless you kill all the nail fungus, new nail will not grow! This is a fact! Unlike other oils or applications, which you have purchased many to try with no success, Fungal FREE Nail works by PENETRATING DEEP DOWN INTO THE FUNGAL NAIL AND KILL IT! The nail starts to get clearer and clearer as it grows out; with time and two applications a day, your new beautiful nail will grow, pushing the ugly, black nail out. Ask Alice

Testimonial: My toenail started to get darker and I applied Oregano and Tea Tree, but they didn't help because the nail became black and stopped growing! I found out these oils cannot penetrate into the nail. I discovered Fungal FREE Nail and within 4 months, I have a beautiful toenail. I have lots of Happy Customers at the Oakridge

\$33⁹⁹
6.5ml
Save \$8

LOVE LIFE AGAIN!



Veeva: – Rise ABOVE Stress, Mood Disorders, OCD + More! There are many "Stress" supplements, but the all natural no side effects Veeva takes it a step further to OVERCOME: Obsessive Compulsive Disorder OCD, agitation, emotional instability, mental confusion and even speech impediments! Keep Veeva handy, all you need is 2 vegetarian capsules per day and improvements are usually seen within 15 days! After 10 years of research, Veeva emerged as the most complete stress as well as mood enhancement formula. The secret is in the complete formula of herbs, amino acids and their proprietary Cyrcacos Lemon Balm. Don't live in fear of mood disorders, or with the potential side effect of anti-depressants when Veeva can help YOU find the brighter side of life!

\$9⁹⁹
10 Vcaps
\$39⁹⁹
60 Vcaps
Save \$8

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

CAN'T BELIEVE IT'S NOT DESSERT!!



BARLEAN'S Omega Swirls: – TASTES Delicious! A Must for Kids and Adults that Can't Stand Fish Oil!!! Sweetened with Xylitol Recommended by Dentists! Fish oil is always at the top of the list for "MUST take!" Why? It benefits your heart, babies brain development, aids in autism/ADHD, colon health and helps skin conditions i.e. eczema! Omega Swirls taste like a fruit smoothie yet provide optimal levels of Omega-3 EPA/DHA to bring you vibrant health! In a clinical study conducted by The Centre for Nutritional Studies, Barlean's Omega Swirl was found to be 90% more bio-available than standard fish oil, with the total percentage of oil that reached the bloodstream 10-times greater with Omega Swirl than the same dose of regular fish oil. HOW? Barlean's proprietary Swirl technology significantly reduces the size of fish and flax oil molecules, it allows the oil to pass through the intestinal wall and into the bloodstream. Now everyone can enjoy the benefits of Omega-3 without the oily taste and texture or swallowing large capsules. (Product of the USA).

15% OFF ALL SWIRLS

FINE EYE LINES TELL YOUR AGE!



Viva Revitalizing Eye Gel – Often Neglected but LINES AROUND YOUR EYES REALLY TELL YOUR AGE! YOU CAN do something about this! You may be spending hundred of \$ buying very expensive eye creams, but this natural eye gel will not disappoint you! Contains superb ingredients like Gogi, Hyaluronic Acid, Geranium, Green Tea, Cucumber, etc. which are rich in antioxidants (reduce dark circles), vitamins and minerals to help heal and sooth lines, reduce inflammation (puffiness), supply hydration (reduce wrinkles and lines). You will find your eyes and area surrounding tighten, has more elasticity giving you a refreshed, relaxed and younger appearance!

\$39⁹⁹
15 ml
Save \$8

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

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

STOP WEIGHT GAIN!



go4trim Contains Dr Oz 2010 Best Choice for Wt Loss "Glucosamine"

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.

\$45⁹⁹
126 Capsules
\$27⁹⁹
21x28g Sticks

DR OZ SAYS DMAE CREAM IS AMAZING!



Viva DMAE Serum with Hyaluronic Acid, Alpha Lipoic Acid & C Ester (Amaze Concentrated Anti-Aging Serum)

DMAE is proving beneficial in reversing the effects of Skin Aging, such as Wrinkles, Sagging and to Tighten Skin. Dr Perricone who appeared on Dr Oz Show said "by using DMAE Cream on your skin, you will immediately see a change in your skin and an increase in your Skin Radiance!" Dr Oz showed a "before and after" picture of a woman who used DMAE Face Cream and the results were really Astonishing! Amaze Concentrated Anti-Aging Serum contains DMAE as 1st ingredient

\$42⁹⁹
30ml
Save \$7

ATTACK WRINKLES!



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

A light, yet creamy serum that attacks wrinkles, age spots, large pores and facial redness! This is a rare product containing real Renogate™, 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

DR WOWS DMAE CREAM!



DMAE Cream with Alpha Lipoic & C Ester by Derma-E DMAE is proving beneficial in reversing the effects of Skin Aging, such as Wrinkles, Sagging and to Tighten Skin. Dr Perricone on Dr Oz Show said that "by using DMAE Cream on your skin, you will immediately see a change in your skin and an increase in your skin radiance. It will take 35 days to see the results. Dr Oz said these DMAE creams are not a gimmick and showed a "before and after" picture of a woman who used DMAE Cream and the results were really Amazing - better than some plastic surgery treatments he has seen!

\$21⁹⁹
56g
Save \$4



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

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. Molecularly 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, Burp-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

**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

**AMAZING
ENERGY**



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

\$36⁹⁹
30ml
Save \$6

**DO YOU EAT
ENOUGH
VEGGIES?**



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

\$46⁹⁹
360s
\$33⁹⁹
255/283g
\$62⁹⁹
510g

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.



\$28⁹⁹
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

**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

**LIVER
CLEANSE**



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

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

**REAL
TESTIMONIALS**



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

\$29⁹⁹
90s
Save \$4

**FEET
DETOX
PADS**



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

\$21⁹⁹
14 Patches
Save \$4

**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
120 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 BEST
MENOPAUSE
2010**



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 \$4

**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 \$3

**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!

**FIGHTS
HAYFEVER &
ALLERGIES!**



Pollinosan — Stop Seasonal Allergies Quickly! This homeopathic formula helps stop seasonal allergy symptoms such as **runny nose, sneezing, nasal congestion, scratchy throat, watery eyes,** etc.caused by trees, flowers, grass. The ingredients in this formula will help to **relieve nasal inflammation, inflammation of the eyes, congested nose at night, etc.** Take with Quercetin (below) for Maximum Effect!

\$14⁹⁹
120s
\$13⁹⁹
50ml
Save up to \$3

**BUST
ALLERGIES &
INFLAMMATION!**



Q-10! This complete formula is here to help you fight unnecessary: aging, inflammation, allergenic responses and free radicals!

Quercetin Complex: Fights Aging and Inflammatory Conditions like Allergies! For stubborn ALLERGIES, Quercetin Complex works extremely well with the above product Pollinosan. What Quercetin offers is a way to alleviate allergy symptoms as well as address the root cause of the immune system's overreaction to certain stimuli. Other benefits of Quercetin Complex are: improves circulation, expands airways, maintains healthy blood pressure/cholesterol levels, protects heart/ liver and prevents accelerated aging due to controlling INFLAMMATION – the root of disease/aging. What are the formulas disease fighting nutrients? Quercetin, grape seed extract, blood orange extract, turmeric extract, and coenzyme

\$20⁹⁹
90 Vcaps
Save \$10

**A MUST TO
PREVENT
COLDS, FLU
& MORE**

Oil of Oregano — A POWERFUL COLD AND FLU COLD, 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

**SERIOUS
INSOMNIA
JET LAG**



Nite Eze — Works Amazing! You Must Try This! Amazing formula which works for all the reasons why you cannot fall sleep, stay asleep, repair your circadian rhythms for jet lag & shift work. **Testimonial:** Recommended to a customer who hasn't slept well for years, looked very tired with swollen red puffy eyes. Came back 3 weeks later to purchase 2 more bottles, looking beautiful, smiling, happy & rested. After taking Nite Eze for 90 days, sleep rhythms may be restored to normal and you won't need to take this anymore!

\$25⁹⁹
60s
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 \$3

**50% PROFIT OF
“PINK LEMON”
DONATED TO
BREAST CANCER**



Emergen-C — Electrolyte and Mineral Ascorbates for Energy Boost, Prevents Colds & the Flu! Great for Athletes, Weight Watchers, who have no time to take supplements and those who are often sick with colds and the flu. Those who drink artificially sweetened drinks, trying to lose weight should use Emergen-C to substitute. All you have to do is open a sachet and pour into a bottle of water and drink it throughout the day. Tastes delicious with many flavours to choose from. You will have more energy from the electrolytes and minerals and it will stop your craving for sweets. Multiple Flavors and Low Calorie Available!

\$16⁹⁹
30s

**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.

\$26⁹⁹
Kit
Save \$ 7

**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 Allergies/Hayfever Immune Support Probiotic

7

Vegetarian Multi * Stop Cancer * Arthritis * Smart Children * Anxiety Relief

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!

\$31.99 90s \$57.99 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.

\$13.99 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!

\$19.99 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.

\$32.99 500ml Save \$7

RESTLESS LEGS? INSOMNIA?



Mag-Citrate 250mg with 600mg Malic Acid - High Blood Pressure? Fibromyalgia? Chronic Fatigue? Magnesium may be the most important mineral needed by the human body and is a co-factor activating over 350 different biochemical reactions.

\$12.99 100 caps Save \$3

ATTENTION PAIN SUFFERERS!



Serra-Force 60,000IU: - Putting a STOP to Inflammation! Serra-Force is the product name, but the actual ingredient is Serratia Peptidase (SP) which is a systemic enzyme.

\$24.99 60s \$45.99 120s

STOPPED LUNG CANCER!



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.

\$34.99 90s/57ml Save \$9

NEW! WE ARE MINERAL STARVED!



Ocean Wonder Kelp Extract Known in Japan as "Heavens Grass", Ocean Wonder is from the pristine deep-water of Nova Scotia. Contains over 50 live minerals & trace minerals, 22 organic amino acids, vitamins & enzymes.

\$31.99 16 oz Save \$6

MULTI ONE DAILY BEST SELLER



Super One Plus - Timed Release High potency vegetarian one-a-day with chelated minerals and vitamins. A very popular formula for over 20 years for many regular customers.

\$23.99 90s \$41.99 180s Save up to \$10

DR OZ RECOMMENDS UBIQUINOL



INNO-Q-NOL Ubiquinol - Oxidized or "Pre-converted" Form of CoQ10 CoQ10, a compound found in all cells, helps creates energy in the cell.

\$20.99 50mg 30s \$36.99 100mg 30s

Smart Healthy Children & Teens

GROW BIG AND STRONG!



Progressive Complete Calcium for KIDS! - Most Advanced Calcium for Your Little Ones. Milk and dairy products obviously are not cutting it... did you know that the National Institute of Health indicates that only 13.5% of girls and 36.3% of boys aged 9-18 get the recommended daily amount of calcium!

\$12.99 60 Chew Tab \$21.99 120 Chew Tab

SMART & FOCUSED KIDS!




Kid's DHA - Complete Omega-3 Fish Oil with Hi-Potency DHA - Only 2 Daily. DHA is needed daily for the proper development of a child's brain.

\$17.99 90 Softgels \$26.99 180 Softgels Save up to \$4 Buy 6 Get 1 FREE

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

SUPERB TOPICAL PAIN RELIEF!


LivRelief. Join Millions of Canadians from Coast to Coast who are Easing Arthritis, Tendonitis and Injuries Topically! What sets LivRelief topical pain cream from the rest? Superb absorption, while blocking all five key pain pathways, compared to major brands, which may block only one! In addition to being 6 TIMES STRONGER than the leading brand, LivRelief is safe, providing pharmacological effectiveness in a formulation derived from all-natural/organic ingredients. What's the secret? Dr. Joseph Gabriele and his team developed their patented DELIVRA base which takes the ingredients deep to where the pain is. In 2009, clinical testing of DELIVRA™ showed that after 6 weeks of using the LivRelief pain cream with DELIVRA™, 70 sufferers found their pain reduced by half, and their mobility and quality of life enhance by more than 30%. Conquer your pain with the help of LivRelief!



\$25⁹⁹
50g
Save \$4

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
\$61⁹⁹
X Strength 350g
\$61⁹⁹
Regular 360s
\$56⁹⁹
Regular 350g

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) +FREE BlueRich Super Concentrate 90's - 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 significant improvements in even severe cognitive impairment.



\$36⁹⁹
60 softgels
FREE
90s BlueRich value \$19.99

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

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

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 FOR 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

NEW X STRENGTH! LOWERS CHOLESTEROL



Red Yeast Rice X STRENGTH - 300mg

Not Available Until Now! Red Yeast Rice (RYR) is made by fermenting a type of Red Yeast. RYR contains a naturally occurring substance called **monocollins**. **Monocollins, 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 monocollins 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

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

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!

\$30⁹⁹
30 caps
Save \$12

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, and 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.**

\$23⁹⁹
120 Softgels
\$22⁹⁹
200ml
\$44⁹⁹
500ml

HEART HEALTH



CoEnzyme Q10 100mg - Higher Dosage + FREE Vit D3, 1000iu 90s

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
FREE Vit D value \$5.59

PERFECT OMEGAS



Omega 3-6-9 - Flax, Borage & Wild Fish Oils

This Omega 3-6-9 is an **optimum ratio blend** of three beneficial essential fatty acids (EFAs). EFAs are the main structural component of every cell membrane in the body, making the balance intake of EFAs absolutely essential for healthy cellular function. Every bodily function is dependent upon the role of EFAs. This includes **regulation of cholesterol and triglycerides, strengthening the cardiac system, maintaining health of skin, hair, brain and eyes, reducing inflammation and many more.** NPN 80011106

\$16⁹⁹
90 Softgels
\$31⁹⁹
180 Softgels
Save up to \$11
Buy 6, get one FREE

MOLECULARLY DISTILLED EPA/DHA



Omega 3 Deep Sea Wild Salmon Oil

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

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

Flora



Udo's Choice Ultimate Oil Blend

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

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

BALANCE BLOOD SUGAR



Cinnamon Extract 20:1 - Diabetic? Insulin Resistance?

A study from the Human Research Center of USDA and the Univ. of California, suggests **"this remarkable spice can improve insulin sensitivity and glucose metabolism and potentially counter or reverse the course of obesity"**. Cinnamon has an active ingredient known as MHCP which appears remarkably similar to insulin. Together, the cinnamon compound and the body's own insulin combine to lower blood sugar levels. **Customers who are insulin resistance (pre-diabetic) or diabetic, have greatly benefitted taking Cinnamon Extract resulting in weight loss and sugar balanced. FOS 3rd Party Tested!** NPN 80013266

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

NATURE'S WONDER "DRUG"!



KYOLIC AGED GARLIC EXTRACT

Elevated Homocysteine, Serum Cholesterol, Triglycerides & Platelet Aggregation?? **It has been researched proven to enhance circulation and reduce a wide range of cardiovascular risk factors such as above. Garlic has been dubbed a "Wonder Drug" with a reputation in folklore for preventing everything from the common cold to flu to the Plague!** Studies have shown that garlic, especially **Aged Garlic can have powerful antioxidant effect and is a powerful natural antibiotic.** Garlic has been added to many skin problem & cleansing formulas to increase their effectiveness.

Get FREE 60s Omega 3 \$49⁹⁹
360s Formula 104
\$27⁹⁹
180s
Formula 104
\$25⁹⁹
180s
Formula 100

LOW IRON OR ANEMIC? INSOMNIA?



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

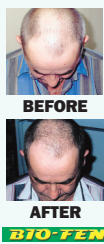
B12 has many benefits, including the **reduction of homocysteine, restoration of normal sleep patterns, and mood effects.** For optimum effect, B12 in the **methylcobalamin form is highly absorbable** under the tongue. Research show that B12 decreases every year with age and supplementation is essential.

\$12⁹⁹
90 Quick Dissolving Tabs
\$19⁹⁹
180 Quick Dissolving Tabs
Save up to \$7

10



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.



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

\$16⁹⁹
 Shamp/Cond
 250ml
\$62⁹⁹
 30s
 Save up to \$23



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

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



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

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



VERY HOT!
BioErect – For him and her! Reclaim your virility and self-esteem and “see the fireworks!” Be the lover you were with this African herb. You and your partner will enjoy 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.

\$29⁹⁹
 30s
 Save \$10
 Buy 6, get one FREE

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

Most men over 50 have this health problem day and night, because of an enlarged prostate. Most have relief in 3-5 days. 99% success rate. ● Was amazed to see a difference in 4 cays. **Jim Moody, Mississauga, ON ● Doctor said to keep on taking the tea. 100% relief. Drugs didn't help. Leonard Pearcey, 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, **\$22⁹⁹** 120 g**



INCREASE LIBIDO
MacaSure™ - Extra Strength Organic Maca 750 mg Known as the “Peruvian Ginseng”, Maca has been shown in human trials to **increase libido by 180% and sperm count by 200%.** In laboratory studies with rodents, Maca increase mating frequency by 400%! What doctors say about Maca: “Maca is very useful in treating **male impotence, erectile dysfunction**, menopausal symptoms and general fatigue,” Dr. Aquila Calderon, MD, Lima, Peru. Please pick up a pamphlet for more of what doctors say about Maca.

\$35⁹⁹
 120s
\$64⁹⁹
 Duo Pack
 120+120
 + FREE Maca Chocolate Bar



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.

\$59⁹⁹
 1030-1064g



NO MORE GASPING FOR AIR!
Snoring & Sleep Apnea Eze – NO MORE “STOP BREATHING OR GASPING FOR BREATH!” An All Natural product which **works wonders! No More Separate Rooms, No More CPAP Machine, No Hose or Mask, NO FEAR!** You can sleep calmly and deeply **Without Stress! Snoring and Sleep Apnea affect a lot of people and can turn into a health hazard and this Product can help you.** A customer came in and told me his condition improved immensely even after 3 days of taking the product. Testimonials like “**Sleep Apnea Stopped!**”; “**I did not like the sleep apnea mach ine!**” “**It is such a joy not having to use the CPAP machine!**”, “**Regained sleep peace!**” and more... Please note: **Take the capsules and Never Sleep on your back. If you sleep on the left side, bend your right knee and put it forward of your left knee; do the opposite if you sleep on the right side.**

\$27⁹⁹
 60 caps
 Save \$4



OFFICIAL MULTIVITAMIN OF THE CANADIAN SKI CROSS TEAM
Platinum Activ-X – Certified for Sport™ by NSF International – FREE of Banned Substances! You work hard, you play hard and you train hard! You constantly raise the bar. You need every advantage you can find to push your body and your mind to new limits, you **NEED ACTIV-X.** Contains unique blend of antioxidants, omega oils and adaptogens in addition to essential vitamins & minerals using the **Omega Suspension Technology** to maximize absorption in a softgel. Added adaptogens give athletes or high stress individuals the boost they need to improve physical & mental performance. Separate formulas for men and women.

\$38⁹⁹
 60s
 Save \$11



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

\$19⁹⁹
 60s
 Save \$4



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

\$23⁹⁹
 60s
 Save \$3

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



Cut Fat & Hunger

★ REDUCE BIG BELLY! 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



★ Carb & Starch Blocker

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



★ Coral Calcium

TAKE WITH ACAL 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

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

Are you trying to lose weight? But **love Pizzas, Breads, Pastas, Fries and lose weight doing it? Sounds Impossible?** This is how it works ... with Phase 2. Since starch makes up 25%-33% of most diet, taking Phase 2 will neutralize about 375 to 495 calories a day even if you make no other changes. That's enough to lose a pound every 7-9 days. 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!**



\$21⁹⁹
60s
Save \$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

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