

Supplements  
plus

# Fabulous Spring Savings



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

Wide selection of brand name Supplements | Herbs | Vitamins | Fat/Weight Loss | Anti-Aging | Homeopathics & Professional Lines

Sale ends April 21, 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!**

**\$46<sup>99</sup>**  
180s  
**Save \$8**

**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 50% clogged arteries. After only 4 months with Strauss Heart Drops, his checkup at St. Paul's showed all the four arteries were unclogged!"

**\$35<sup>99</sup>**  
50ml  
**\$65<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:  
April 21, 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.

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

**\$24<sup>99</sup>**  
**Bonus Size**  
**60 caps FREE!**  
 Buy 180s, get 240s

**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

**Lower Price**  
**\$16<sup>99</sup>**  
 90s  
**\$32<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

**Lower Price**  
**\$19<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 polysaccharides, quercetin and multi-anthocyanidins (bioflavonoids from bilberry, grape, etc). These added ingredients improve the formula. **Better formula for those with allergies.**

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

**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 daycleanse 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 60s**

**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 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!**

**\$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

**PAIN RELIEF**



**Arnica Gel with 30ch Arnica 80s**

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

**\$14<sup>99</sup>**  
 Gel & Pellets  
 Save \$9

**AMAZING DEAL!**



**CleanseMore – Do you Empty Your Bowel At Least Once A Day?**

If you are not, then you may be 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!

**INCREDIBLE MUSHROOM FORMULA!**



**Immune 7X- High Quality Mushrooms Combination with Extremely High Beta Glucans!** A potent immune formula containing 6 Organic whole mushrooms mycella consisting of Agaricus, Cordyceps, Coriolus Versicolor, Maitake, Shitake, Red Reshi with up to 58.5 beta glucans each including Nitricol antioxidant to amplifies its delivery for those who **need Serious Immune Support, to Strengthen, Rebuild and Maintain the body. Immune7X provides the immune system with the elements necessary to prevent and arrest diseases! Each species uniquely support the immune response and is exceptional for serious conditions and diseases.**

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


**CURES TOENAIL FUNGUS!**



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

**\$33<sup>99</sup>**  
6.5ml  
**Save \$6**


**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.

**LOWER PRICE**  
**\$18<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**


**OFFICIAL MULTIVITAMIN OF THE CANADIAN SKI CROSS TEAM**



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

**\$38<sup>99</sup>**  
60s  
**Save \$11**


**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!

**\$16<sup>99</sup>**  
30s

**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**

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.



**HELPS COPE WITH STRESS!**

**Sisu 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<sup>99</sup>**  
 Save \$8.59



**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



**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 \$17



**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 antibiotic or have other stomach/digestive issues, you MUST TAKE IT!

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



**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!

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



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

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

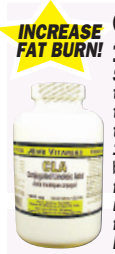
**\$20<sup>99</sup>**  
 50s  
 Save \$5  
 Buy 6, get one FREE



**STOP WEIGHT GAIN!**

**goAtrim Contains Dr Oz 2010 Best Choice for Wt Loss "Glucosmannan"** 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.

**\$45<sup>99</sup>**  
 126 Capsules  
**\$27<sup>99</sup>**  
 21x28g Sticks



**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>**  
 120 Softgels  
 Save \$3



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

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

**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 but it also has Hyaluronic which is fantastic to Stimulate Collagen and "Plump the skin from inside out" and it's one of the Most Rehydrating ingredient for the skin ultimately giving a wrinkle free, smooth and tight skin reducing sagging and lines!**

**\$42<sup>99</sup>**  
30ml  
**Save \$7**

**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 wakeup 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**

**BUILD NEW BONE**



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

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

**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 Goji, Hyaluronic Acid, Geranium, Green Tea, Cucumber, etc. which are rich in antioxidants (reduce daark 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!**

**\$39<sup>99</sup>**  
15 ml  
**Save \$6**

**TOO MUCH YEAST?**



**CandiGONE: - 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!** Say goodbye to the agony of YEAST overgrowth!

**\$31<sup>99</sup>**  
15 Day Kit  
**FREE**  
**Florasmart 30s**  
**(value \$18.99)**

Women's Health  
Strong Bones  
Anti-aging  
Beauty Aids

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



**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, 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**

**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 Woodland 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" D/LPA, Boswellia (BosPure®), Curcumin® (BCM-95®) and Nattokinase of superior quality and purity.

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

**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**

**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.

**\$23<sup>99</sup>**  
120 Softgels  
**\$22<sup>99</sup>**  
200ml  
**\$44<sup>99</sup>**  
500ml  
**\$24<sup>99</sup>**  
200ml w/D  
1000 IU

**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!

**\$65<sup>99</sup>**  
X Strength 360s  
**\$61<sup>99</sup>**  
X Strength 350g  
**\$61<sup>99</sup>**  
Regular 360s  
**\$56<sup>99</sup>**  
Regular 350g



**Udo's Choice Capsules & Ultimate Oil Blend**

Contains an ideal balance of the Omega 3, 6 and 9 essential fatty acids, including flax, sunflower, sesame, mct and others. Excellent for building the immune system, moisturizing the body and for easing elimination problems.

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

**MACULA CATARACTS GLUCOMA**



**Lutein Eye Formula - 18 mg With Blueberry & Bilberry. Without sight, the world is dark!**

The only lutein on the market with blueberry, due to popular demand. This unique formula is a must for anyone with macula, cataract or other eye and vision problems. This formula is recommended for prevention also. Scientists believe that lutein filters out the blue light from the retina and prevents oxidative stress or free-radical damage in the eye's macula.

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

**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 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**

**HEART PARKINSON**



**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.

**\$29<sup>99</sup>**  
120 Softgels  
**FREE Vit D**  
**value \$5.59**

**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**

**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**




**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,

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

**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 OVER-COME: 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 **Cyracos 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!**



**\$9<sup>99</sup>**  
**10 Vcaps**  
**\$39<sup>99</sup>**  
**60 Vcaps**  
**Save up to \$8**

**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**

**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 vcause 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**

**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!**



**\$25<sup>99</sup>**  
**60s**  
**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!**



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

**BUST ALLERGIES & INFLAMMATION!**


**Quercetin Complex: Fights Aging and Inflammatory Conditions like Allergies!** For stubborn ALLERGIES. 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 Q-10!** This complete formula is here to help you **fight unnecessary: aging, inflammation, allergic responses and free radicals!**



**\$20<sup>99</sup>**  
**90 Vcaps**  
**Save \$10**

**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!**



**\$25<sup>99</sup>**  
**50g**  
**Save \$4**

**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**

**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!



**\$30<sup>99</sup>**  
**30 caps**  
**Save \$12**

**IRRESISTIBLE PRICE!**


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



**\$21<sup>99</sup>**  
**500ml**  
**FREE PILL BOX**

**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**

**WINNER OF MANY AWARDS!**

**alive 2008 GOLD Product of the Year**  
**alive 2009 GOLD Product of the Year**

**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 scrumptous!**



**\$59<sup>99</sup>**  
**1030-1064g**

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





**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>**  
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**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.

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**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 machine!" "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.

**\$27<sup>99</sup>**  
60 caps  
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.

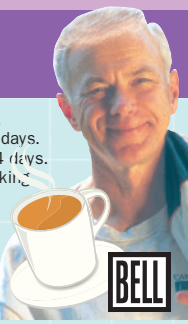
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Duo Pack 120+120  
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**FREQUENT BATHROOM TRIPS?**

**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 rky. Jim Moody, Mississauga, ON ● Doctor said to keep on takin the tea. 100% relief. Drugs didn't help. Leonard Pearcey, Wassis, NB ● Wow! This tea really works. Quick 75% relief. Luther Muth, North Battleford, SK ● Dozens of letters! Results guaranteed: **MUST HELP OR MONEY REFUNDED.** Bell Prostate Ezee Flow Tea #PRS120, 2-4 weeks supply.

**\$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.**

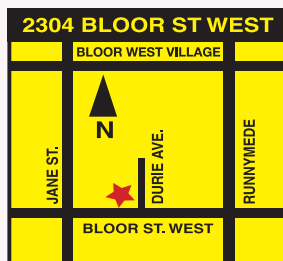
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60 Softgels  
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Shrink Wrap

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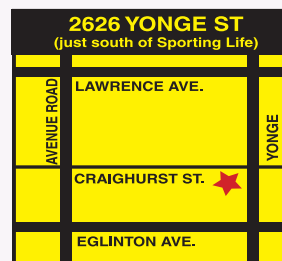
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