

MorningSun

Health Foods

Snowfall of Savings

Changing the world through healthy living by putting **YOU** first!

Associate chains: Alive Health Centre in BC & Supplements Plus in Toronto



Serving Your Health Care Needs With 29 Locations in Canada Since 1983

Sale Ends January 31, 2012



ask Alice

ANTI-AGEING - WHAT DOES THIS MEAN TO YOU?

Someone once told me bluntly: "The bad news is, we are all going to die one day, but the good news is we have a choice of how to live the years we spend on this earth." So the next time someone splashes the words Anti-Ageing in front of you, think about what it means to you? For some it is: to regain well-being and vitality, to optimize the body's ability to defend against pathogens and to help protect against the ageing process. A common argument is that we are all going to age and that it is inevitable; an attitude conveying "why bother". It is true, we are all going to get old, BUT it is the quality of life that we are striving for. You can live 90 years, but of those 90 years don't you want to be functional, walking around, telling stories and laughing? That is why my team at Alive Health Centres + chains and I are whole heartedly committed to changing the world through healthy living. We strive to prevent signs of accelerated ageing such as premature memory loss, pains, frequent infections, persistent fatigue, digestion problems and age related illnesses. How can this be achieved? It takes more than just exercise and healthy eating, it takes vitamins and one of my favourite essential supplements is Royal Jelly because it is truly one of the most all encompassing nutrients out there. While it appears costly, the abundance of health benefits makes the Alive Brand Royal Jelly PRICELESS! I often kid that Royal Jelly is part of my health insurance. In all seriousness, it is working for me every day by protecting my body's cells from free radicals, allowing the brain to focus, keeping healthy skin, hair and nails, protecting my immune system, providing me with antibacterial properties and countless other functions. Now when you hear the words Anti-Ageing remember it is more than banishing that stubborn wrinkle, but rather preventing more serious health issues that can get in the way of living. Remember, LIFE is the most important thing and together we can make the most of it...

Alice Chung has been in the health industry since 1978. She owns Alive Health Centres (BC), MorningSun (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.



PHASE 2™ - White Kidney Bean Extract Block Carbs From Being Absorbed!

Dr. Oz (April 28/2011) showed an excellent animation to help make sense of what occurs when you eat those tasty, irresistible carbohydrates such as: **pizza, bread and pasta!** Dr. Oz explained that as your body digests carbohydrates they convert into sugar right away, then flow through the blood stream and lastly it deposits itself as **FAT!** While they are tasty, they definitely do not help the waist line. Like many North Americans we know carbohydrates are the enemy, but yet it is impossible to cut them out as much as we should...BUT now you can take the **White Kidney Bean Extract (Phase 2)!** It works by paralyzing the enzyme in your stomach that would normally turn the starch into sugar. By stopping your body from absorbing the sugar, it cannot turn into the dreaded unwanted **FAT!** Dr. Oz recommends you take the **White Kidney Bean Extract** before starchy meals. Remember, you can try to eat white kidney bean, **BUT you would have to eat A LOT in order to get the same benefit as you get from the extract found in capsule form.** The natural and safe answer is finally here! **You now can have your cake and eat it too with the fabulous Phase 2!**

\$21.99
60s
Save \$7
Buy 6, get one FREE

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 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 30 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!"

Deal of a Lifetime!
50ml-100ml-
250ml
**BUY 1,
GET ONE
FREE**



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. \$40 Net Purchase will receive 1 Nutracleanse trial size FREE with this coupon.

\$2 OFF

Expiry Date:
January 31, 2012



www.alivehealthblog.com

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.



INFLAMMATION PAIN

Alive Brand Joint Formula MSM & Glucosamine Sulfate 1000mg *Extremely effective in treating inflamed painful joints from Osteoarthritis or overuse. Inflammation is subsided by MSM-a derivative of DMSO. Together with Glucosamine painful joints can become manageable. Glucosamine helps to reduce pain, build cartilage, tendons and ligaments allowing for increased mobility. This formula is also fantastic to prevent joint pain in the first place. Athletes are huge advocates of prevention; they know how important it is to replace and to continually repair the joints. The combination of Glucosamine and MSM helps increase mobility for elderly, for athletes and people experiencing pain. Remember PREVENTION is key! It's time to FEED your joints! NPN 80009706*

33% MORE!

\$12⁹⁹

90s

\$24⁹⁹

Bonus Size

Buy 180s, get 240s



A MUST CREAM FOR YOUR BODY!

Aroma Crystal GARDENER'S DREAM CREAM - The cream for all you can dream of! Winner of 16 National Awards of Excellence for "Best Body and Skin Care Product", Gardener's Dream Cream has been hailed as the go-to cream for a variety of ailments. Consumer testimonials (online) include success with soothing dry, cracked (including heels) or itchy skin, dry cuticles, aches & pain, and specific conditions such as weild rashes, psoriasis and eczema. If you have sinus problems, apply a little below the nose area and your nostrils will open up. A little goes a long way. Made with an infusion of essentials oils and other key natural ingredients.

Buy 250ml, get 90ml

FREE

Value @ \$20.99



OSTEOARTHRITIS

Alive Brand Glucosamine & Chondroitin Sulfates (95%) 900mg - Freedom to MOVE!! It's time to get back to moving around without having to think about whether it's going to hurt or not. Glucosamine helps to build up those soft tissues, tendons, cartilage and ligaments, but Chondroitin is the secret to feeling the fluidity in your movement again! It draws fluids and water into the joints providing lubrication. According to an article in the Vancouver Sun in 2006 those with Osteoarthritis greatly benefited from this combination of Glucosamine and Chondroitin (79% felt improvements). As long as you stick to the dosage and take it every day, you will remember what it felt like to be 10 years old as your flexibility and ease of movement is restored. NPN 80009744

25% MORE!

\$32⁹⁹

Lower Price

Bonus Size

Buy 180s, get 225s



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



REBUILD TENDONS & CARTILAGE

Alive Brand Glucosamine Sulfate 500mg - Don't Live Another Day in Discomfort! 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. NPN80002123

33% MORE!

\$22⁹⁹

Lower Price

Super Size

Buy 300s, get 400s



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



PAIN, ECZEMA, PSORIASIS

Alive Brand MSM 1000mg - Does More Than Banish Inflammation! Inflammation is the root of many diseases today. MSM a derivative of DMSO is extremely powerful and non-toxic. It has been used successfully for reducing pain and inflammation associated with various joint disorders including arthritis, fibromyalgia and bursitis. MSM also increases blood supply, reduces muscle spasms and softens scar tissue. It has also been shown to support the synthesis of collagen on the joints. Additionally many of our customers have found complete relief from skin disorders such as acne, rosacea, eczema and psoriasis. MSM is becoming well studied and the findings are incredible! MSM is an ANTIOXIDANT that cleanses the body of pathogens, benefiting those who need seasonal respiratory support. This nutrient improves digestion and metabolism, increases blood circulation, and enhances memory and concentration.

33% MORE!

\$19⁹⁹

Lower Price

Bonus Size

60 caps FREE! Buy 180s, get 240s



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



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.

\$45⁹⁹

500ml + 250ml

Save \$24



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, spider/varicose veins and bruising.

25% MORE!

\$23⁹⁹

Bonus Size

Buy 120s, get 150 Vcaps



INCREDIBLE LOW PRICE

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

\$24⁹⁹

Bonus Size

Buy 120s get 140 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!

OZ
REDUCE FAT STORAGE!



SEABUCKTHORN – How does Seabuckthorn Aid Weight Loss? According to Dr Oz show on June 3rd: Seabuckthorn (SBT) oil contains Omega-7 fatty acids. Preliminary research shows this can trigger the brain to stop storing unnecessary fat. Dr Oz talked about the results of a study where mice fed seabuckthorn oil were about 1/2 the body weight of other mice that were not fed the oil. The study showed that 2 groups of mice were fed exactly the same high fat diet. One group was given seabuckthorn oil containing Omega-7 fatty acids. Mice in that group maintain their weight during the experiment. The other mice gained a large amount of weight. SBT has been used for over 12 centuries in China and Tibet to treat a variety of skin problems including rosacea and eczema.

\$22⁹⁹
30 Softgels
Save \$4

NEW! DELICIOUS WEIGHT MANAGEMENT



Intuition for My Waistline - Low in Calories, Convenient and Easy to Use!

Who knew weight management could taste this GOOD? My Waistline is a special blend of 20 different medicinal herbs that act to manage your appetite and help promote a healthy weight. My Waistline works to stimulate your metabolism, suppress your appetite and facilitate the way your body processes the food you eat. A special blend of fruit concentrate and natural flavours adds a delicious taste that keeps you in tip top shape, inside and out! Drink 1 to 2 tubes per day mixed with water... you'll love the light and refreshing taste of lemongrass lemonade without any of the guilt!

\$21⁹⁹
14 Servings
Save \$3

UNDERACTIVE 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 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

HUNGRY FREE FOREVER



PGX Daily – (Dr Oz Best Wt Loss 2010 is “Glucomannan” or Konjac Root - 1st ingredient in PGX) This “super fiber” with Glucomannan have undergone extensive research at U of Toronto, demonstrating it's effective in weight loss. It works by “helping you painlessly shed pounds without ever feeling starved” accordingly to Drs. Murray and Lyon, because PGX creates and maintains a satisfying sense of fullness, controls and balances blood sugar levels and lowers the glycemic index of your meals by up to 50%. Therefore, you'll have less cravings for sugars and carbohydrates, ultimately losing weight.

\$26⁹⁹
120 Softgels
\$49⁹⁹
240 Softgels

LOOK PREGNANT??



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

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

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.

\$31⁹⁹
12 day
Save \$16

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

NEW! DREADED BELLY FAT



SafSlim – Reducing Belly Fat Just Got Easier!

Can't stomach carrying around that unsightly, health threatening belly fat? Experts agree that omentum fat is the most dangerous because it is sneaky as it inserts itself around our vital organs such as the heart. Belly fat is comprised of visceral or omentum fat. This fat is different from subcutaneous fat (the fat you can pinch) – it lies underneath and acts as a storage facility for our fat! SafSlim works by activating GOOD hormones such as adiponectin which helps mobilize dormant midsection fat. It also helps curb appetite, kick start the metabolism and improve insulin sensitivity to inhibit belly fat accumulation. It uses a special blend of NON GMO high linoleic safflower oil which has been shown to help reduce belly fat by up to 9.4% in only 16 weeks without diet or exercise! This is your ticket to ridding yourself from belly fat!

\$36⁹⁹
450ml
Save up to \$6

NO STIMULANTS, NO LAXATIVES!



Renew Life DietSTART – Accelerate Your Weight Loss Without the Jitters!

Want to lose weight faster with out side effects, all while still being able to eat? Its possible with the help of DietSTART! DietSTART is a 14 day, 2 part kit that contains some of the most exciting weight loss ingredients on the market today, Svetol and FraxiPure. These highly researched key ingredients work to release stored fat from the body's fat cells for energy, balance blood sugar, increase lean muscle mass and enhance bowel elimination without purgatives! HOW it works? The ingredients inhibit both the absorption of excess sugar by the kidneys and intestine as well as the production of sugar by the liver! By maintaining healthy blood sugar, your body will go to the stored fat in our adipose tissue to give you energy instead of using the immediate sugar you have just ingested. DietSTART is for people wanting to kick start their body into losing weight, for people looking to accelerate weight loss naturally and for anyone who wants assistance in enhancing bowel elimination without the use of laxatives. Now you can OUTSMART your body with DietSTART!

\$25⁹⁹
14 Day Program
Save \$8

NEW! THE WEIGHT LOSS ANSWER!



Renew Life Simply Trim – A Brilliant Product That Uses Your Fat Storage For Energy!

SIMPLY TRIM is ideal for anyone who would like to accelerate weight loss results. It is stimulant free so it will NOT cause jitters, anxiety, racing heart rate or nausea. Simply TRIM contains the same ingredients as DietSTART PART 1 Svetol and FraxiPURE. The difference is the length (30 day supply instead of 14) and it does not have the colon elimination. A double blind clinical study of 50 subjects showed the following with Simply TRIM: After 8 weeks of consuming either 400 mg of Svetol® or a placebo with no change to diet and exercise habits, the Svetol® group showed a reduction of body weight of 5.7% or an average weight loss of 11 lbs. This is twice as much as the placebo group. Perhaps even more exciting is that the Svetol® group showed an increase in lean to fat mass ratio of 4%. Lean body mass is what determines your basal metabolic rate, so an increase in lean muscle mass corresponds to an increase in metabolism. Start with DietSTART (above) to accelerate weight loss + clean out the colon and then continue with Simply TRIM until desired weight is reached!

\$29⁹⁹
30s
Save \$10

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 Pili Box, value@\$5.99
Save up to \$11

NEW! BOOST METABOLIC RATE!



GREEN TEA & APPLE CIDER VINEGAR – Great combination for Weight Management

Green Tea extract containing Polyphenols (Catechins) and Caffeine has been shown to induce thermogenesis and stimulate fat oxidation, boosting the metabolic rate 4% without increasing the heart rate (Dulio AG et al, Am J. Clin Nutr. 70 (6): 1040-5). Apple Cider Vinegar helps with digestion. This is a great combination and if used with a program of reduced intake of dietary calories and increased exercise can help with weight management. This combination contains 80% Catechins, 20% Caffeine and 50% EGCG - antioxidant polyphenol of green tea.

\$17⁹⁹
180s
\$29⁹⁹
360s
Save up to \$15

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).

MorningSun
Health Foods

Fat Burners
Metabolism Boosters
Thyro Support
Weight Loss



MY LIFE IS GREAT NOW!

MenoSense — Relief from Hot Flashes and Sleep Throughout the Night Again! Testimonial: JN, BC "I am 48 yrs old, and I started getting hot flashes this past summer that was really disrupting my life! I would have them continuously throughout the day and wakeup during the night 3 or 4 times. I was a wreck from sleep deprivation. Finally I tried a combination of **MenoSense & 5HTP**, pg 9, (serotonin booster). Within 3 weeks I wasn't having hot flashes anymore ... nothing! I now have my life back!

\$39⁹⁹
Vegicaps
Buy 180 get 90 FREE



QUICK MENOPAUSE RELIEF!

Harmony — Harmony's formula is unlike any other available on the market! It addresses more than just hot flashes. 21 symptoms may be experienced and Harmony works specifically on hormone and heat regulation to menopausal symptoms. **Cooling & Calming:** Harmony helps cool the heat; calm the mind; feel less irritable and sleep soundly! **Nourishment and Moisture:** Harmony's nourishing formula prevents the vaginal dryness that comes with age. **Hormone Balance:** Harmony targets the underlying cause of menopause that are out of balance. Testimonials with positive results when using the product IN as little as 4 days after all else failed!

\$26⁹⁹
60s
\$44⁹⁹
120s
Save up to \$8



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



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.

\$8⁹⁹
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.

\$18⁹⁹
180s
Save \$4



Life TIME

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

\$16⁹⁹
\$18⁹⁹
Pina Colada/Blueberry
Save up to \$7



NEW Roots Organic 100% Argan Oil – Dr OZ and Celebrities ALL Raving about ARGAN OIL!! You've been asking for Argan Oil and it's finally here!!! **New Roots 100% pure organic argan oil** is striking up quite the popularity in the health industry! The Anti aging properties contained in this **pure, cold pressed** is extracted from the kernels of the argan tree - a unique tree found only in a small area in **Morocco**. The **amazing Argan oil** is rich in **natural antioxidants, essential fatty acids, carotenoids, ferulic acid, sterols, polyphenols**. It also contains remarkably high levels of vitamin E and **Squalene!** Argan Oil **does not clog pores** and has an amazingly diverse range of cosmetic benefits for the skin, hair and nails. **BENEFITS... wrinkles, acne, dry skin, dry scalp, hair growth, diaper rash, cracked feet, eczema and psoriasis**. Contrary to what you may think, fighting your oily skin/ACNE with Argan Oil will help! **Argan oil is capable of controlling the action of sebum**, an oily substance released by the oil glands present under the skin. People with oily skin are extremely bothered by the excessive oiliness caused by sebum. Join other Argan oil users that are happy to be rid of using harsh irritants such as benzoyl peroxide and salicylic acid that just dry out the skin.

\$13⁹⁹
50ml
Save \$3



BLADDER INFECTION

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

\$11⁹⁹
90s
\$20⁹⁹
180s
Save up to \$8
Buy 6 get 1 FREE



ANTI-AGING NEAR PERFECT ANTIOXIDANT

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

\$29⁹⁹
60s
Save \$10
Buy 6 get 1 FREE



BUILD NEW BONE!

AOR 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!

NEW Econo Size \$49⁹⁹
360 Vcaps



HORMONE RELATED PROBLEMS?

EstroSense – Natural Hormone Balancing. EstroSense contains vital ingredients to help all woman to balance hormones and to prevent hormone related problems. Who needs hormone balancing therapy? All women but especially those with: • Endometriosis • Fibrocystic Breast • Peri-menopause • Acne • Ovarian Cysts • Uterine Fibroids • PMS • Flooding periods

\$55⁹⁹
Vegicaps
Buy 120 get 60 FREE




ESSENTIAL FOR LIFE

Prairie Naturals – Vitamin D3 1000iu + 90 FREE! Studies show low blood levels of vitamin D are associated with increased mortality. There are whole books written on the benefits of Vitamin D due to credible studies that demonstrate how vital it is for our health. Vitamin D helps to regulate the concentration of calcium and phosphate in the bloodstream ultimately promoting the healthy growth and remodeling of bone. Vitamin D prevents rickets in children. Also together with calcium it helps to protect adults from osteoporosis. Vitamin D also affects neuromuscular function, inflammation and influences the action of many genes that regulate the proliferation, differentiation and apoptosis of cells.

\$24⁹⁹
500 Softgels
Get 90 FREE


STOP WEIGHT GAIN!



WeightOFF® - According to a Study...Lose an Avg. Of 11lbs in 60 Days!! WeightOFF's clinically PROVEN ingredients help: increase **satiety (FEEL LESS HUNGRY)**, increase **energy expenditure (BURN MORE CALORIES)** and improve **lean body composition (BURN FAT NOT MUSCLE)!!** This Safe and Effective formula **WeightOFF actually targets FAT stores** with its breakthrough proprietary complexes: **1. Slim Force** helps kick your body into a fat burning state. **2. Lipo Glow** is a release and burn technology that helps to increase calorie burning while making you feel less hungry resulting in greater weight loss! WeightOFF covers all the challenges of losing fat. Join in on all the fun of successful weight loss stories: **one woman lost 17lbs in 50 days another lost 11lbs in 30 days!**

\$28⁹⁹
60 GelCap
Save \$5


FIRMER LARGER BREASTS!



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

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


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!

\$34⁹⁹
30ml
\$24⁹⁹
45 Vcaps
\$43⁹⁹
90 Vcaps


PHYSICAL OR MENTAL STRESS?



Sisu B Stress with 250mg Rhodiola Bonus Size Complete B Complex plus 250mg Rhodiola to support overall health, particularly in people under physical or mental stress. B Vitamins support liver detoxification, healthy cholesterol levels, adrenal function, and hormone balance. Rhodiola is an adaptogen, meaning it normalizes production of certain hormone within the nervous system to invigorate a sluggish system or calm an agitated one. Rhodiola is clinically proven to improve general well-being, decreases mental fatigue and improve performance during period of stress.

\$26⁹⁹
Bonus Size
Buy 120, get 150 Vcaps


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

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


AS SHOWN ONLY ON TUBE CLINICALLY PROVEN!



AGEOFF® Face & Body Nutrition™ & AGEOFF® Wrinkle-Reduction Serum™ - Decrease Cellulite, Reduce stress & fatigue levels...NOT too good to be true ... Popular and in high demand for a number of GOOD reasons...**AGEOFF Serum reduced appearance of wrinkles by 45% in just 56 Days!** Then the amazing **internal AGEOFF formula found in a 12 week clinical study that the test subjects lost an average of 9.9lbs of pure FAT without the loss of muscle mass and increased bone mineral density!!** With 1 capsule twice daily you are on the road to youthful skin, **FAT LOSS and reduction of STRESS!!** The **ALL-NATURAL** AGEOFF serum contains a precise concentration of amino acid peptides suspended in hyaluronic acid and is fortified with certified organic plant nutrients. Highlights include: 1)Phenoxyethanol-free, Paraben-free and Alcohol-free. 2) Ultimate peptide concentration leads to a more pronounced tightening effect. 3) Highest per centage technically possible of hyaluronic acid! **AGEOFF well researched capsules consists of CoQ10, Alpha Lipoic Acid, Forskolin, Lutein and other world leading natural ingredients designed to optimize longevity.** Take the Internal Capsules and use the Serum topical to get the maximum results! A Youthful Slim you in 2 months!

\$51⁹⁹
60 Vcaps
Save \$9
\$46⁹⁹
Serum 30ml
Save \$8

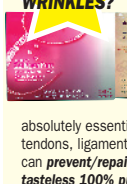
POWERFUL ANTIOXIDANT!



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 aging, 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


WHAT WRINKLES?



Mitsuwa Collagen Pure - Feel Fabulous Inside and Out! Did you know that **Collagen fibers make up 75% of your skin and are responsible for maintaining its structure, hydration and daily repair and therefore VITAL to our health?** If neglected or exposed to damaging elements such as: sun exposure, pollution, poor nutrition and lifestyle habits; collagen loss directly influences skin deterioration and speeds up the aging process. In fact **collagen starts to break down as early as our mid 20's!** Maintaining collagen in our body is absolutely essential to living a **higher QUALITY of life**. Collagen makes up our: tendons, ligaments, joints, skin and more! **Hate swallowing pills?** Now you can **prevent/repair aches, pains and dreaded wrinkles by simply drinking the tasteless 100% pure Mitsuwa Collagen every morning** on an empty stomach!

\$99⁹⁹
60 sachets
Exclusive Offer: **FREE Reishi Cream (\$19.99)**


AMAZING CREAM FROM FRUIT STEM CELLS CULTURES!



ANDALOU Advanced Super Berry Peptide "Fruit Stem Cell" Lift and Firm" Age-Defying Cream 1st of its kind using **fruit stem cell cultures** from rare Swiss Apple, and Grape from Burgundy to "copy" itself to grow new skin, **repairs skin's DNA by "renewing dormant cells", "repairing damaged cells", protect against stress and aging factors.** Also includes **BioActive 8 Berry Complex: Provides a potent portfolio of Super Antioxidants to combat "environment stresses", "support cell turnover", increase Collagen & Elastin, and strengthen dermal immunity** with a certified organic blend of Acai, Rose Hips, Seabuckthorn and other berries with **Bilberry Fruit Stem Cell Cultures**. Certified Organic Aloe to soothe, oxygenate & replenish, providing the optimal dermal delivery of all the active ingredients!

\$22⁹⁹
50ml
Save \$4


PREMIUM HYALURONIC ACID



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

\$36⁹⁹
15ml
Save \$6

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!**

\$42⁹⁹
30ml
Save \$7

Fat Belly * Skin Care * Recurring Cystitis * Collagen * Hair Colour

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

MorningSun
Health Foods

5

SUPER & ULTRA CONCENTRATE HIGH EPA!



to

Norwegian Ultra and Super Concentrate Fish Oils - Finally 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 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, 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

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 3 powerful, effective and clinically proven ingredients into one award-winning product to relief pain like never before" DLPa, Boswellia (BosPure®) and Curcumin® (BCM-95®).

\$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!

\$34⁹⁹
30ml
Save \$8

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.



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.

\$28⁹⁹
30 Day Kit
Shrink Pack With FREE FibreSmart

\$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. **20 Free Caps is Exclusive to Alive, Morning Sun and Supp+ Stores and may not offer this again!**

EXCLUSIVE promotion
\$179⁹⁹
2 boxes of 60s + Bonus
20 FREE caps
\$95⁹⁹
box of 60s

OXIDATIVE STRESS AGING, IMMUNE



Stimul'Ace® (FPP®) – Fermented Papaya Preparation "also known as Immun'Age"

At least 35 research papers have been published on FPP - fermented Saccharomyces/Papaya Fruit on Aging, Immune, Oxidative Stress and Free Radical Damage. According to Professor Luc Montagnier (HIV discoverer, 2008 Nobel Prize for Medicine): "We are chronically infected by germs, virus, bacteria, yeasts which are perfectly fixed but stay in a latent status thanks to our immune defenses. When these ones begin to weak, in the second quarter of our spiral (25-50 years), these germs begin to spread and lead to diseases. They especially produce, during their intracellular phase, free radicals, oxygen reactive species which will damage our tissues. They also promote production of free radicals by host defense reaction of our white cells. Adding to external environmental factors, begin an oxidative stress, in other words, unbalance between free radical excess and a low production of our antioxidants (glutathione, enzymes) or a low intake of essential nutrients (vitamins, micro-elements). Oxidative stress is a common factor in all diseases which appears in the two last quarters of our life". **Summary: FPP helps to protect by management of Oxidative Stress (destruction of free radical excess); helps to fight against aging; enhancement of immune system back by research.**

\$84⁹⁹
30 Sachets
90g
Save \$15

OZ



Milk Thistle - Cleanse and Protect Your Liver!

Dr Oz (8/31/11) said **Milk Thistle** contains Silymarin which helps to produce Glutathione in the body (Super Hero of Antioxidant) which is very important to stimulate good cells and dislocate toxic cells. 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

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

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

YOUR VITALITY WILL BE THE ULTIMATE PROOF! You WILL if you use VitaHouse Products!

VitaHouse Ginseng Pure - A Smooth Day Starts With a Clear Mind! Our busy schedules are full of multi-tasking. With so much to remember our minds become cluttered. **Panax Ginseng also known as Korean Ginseng is an effective adaptogen (a herb that enables the body to resist stressors).** Studies have proven Panax Ginseng to help improve cognitive function, reduce mental fatigue, help us to cope with stress and is effective in regulating glucose levels.

VitaHouse Reishi Pure - THE Herb To Protect Your Immune System This Winter Historically, Reshi was so valued in the East for longevity that only Royalty and the extremely affluent could afford this. Today studies show that **Reshi is still amazing for longevity but now it is AVAILABLE FOR ALL!** Reshi is known to: reduce the effects of stress, enhance immunity, rejuvenate energy, regular blood circulation, balance blood sugar and is a fabulous **ANTIOXIDANT.** All Reshi is not the same and VitaHouse prides itself in obtaining the finest quality of Reshi which is made from 100% water soluble extracts.

VitaHouse Cordyceps Pure - your Herb for Physical ENDURANCE! Whether you are a woman on the go, a man on a mission, an athlete, or somewhere in between, your body will be thanking you for supplementing with VitaHouse Cordyceps Mushroom extract. Cordyceps has long been used by athletes in Asia to improve physical performance. Studies show that Cordyceps help enhance physical endurance by improving respiratory function and delaying fatigue through energy promotion. Other benefits include improving immune function as well as lung and kidney support.

Each Product
\$75⁹⁹
90 Caps

ATTACK COLD AND FLU!

KI - Recover FAST & PREVENT

Step 1. KI Cold & Flu ATTACK Formula - Fight the virus, relieve symptoms fast and recover QUICKLY!
Step 2. KI Immune Defence & Energy Formula - Weak Immune System? Prevent Getting SICK Right from the START!

1) Can't afford to miss time off work, suffer through exams or travel uncomfortably due to due to an annoying COLD or FLU? Be dependable this year with KI Cold & Flu Attack Formula. It nips symptoms in the bud FAST!! Take 2 tablets of KI IMMEDIATELY at the first sign of an infection/ fever until symptoms subside. KI's formula consists of Andrographis (KalmCold™), Fresh Ginger and Zinc. Together this formula will out-smart nasty throat infections and swollen glands, chest infections, cough and nasal congestion, headaches, earaches, fever and chills. 2) Then for a solid recovery build your reserves with 1-2/day of KI's Immune Defence & Energy Formula on a continuous basis. Stressed immune systems fail us making a large portion of the population CHRONICALLY SICK! STOP the cycle with KI's Immune Defence formula as it boosts and modulates immunity, is an energy tonic and supports the cardiovascular and digestion system. This wonderful formula consists of Astragalus, Shitaki Mushroom and Olive Leaf. Together this adaptogenic formula helps PREVENT reoccurring infections, the severity of hay fever and sinusitis. Don't take the chance this winter of getting sick! Stock up with this amazing deal!

\$21⁹⁹
30 Tabs
+ Immune Defence
30 FREE

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!

\$31⁹⁹
30 Vcaps
\$59⁹⁹
72s
12 CAPS FREE!

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

INCREDIBLE MUSHROOM FORMULA!

Immune 7- High Quality Mushrooms Combination with Extremely High Beta Glucans! A potent immune formula containing 6 Organic whole mushrooms mycelia 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. Immune 7 provides the immune system with the elements necessary to prevent and arrest diseases! Each species uniquely support the immune response and is exceptional for serious conditions and diseases.

\$41⁹⁹
120 Vcaps
Save \$8

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!

\$26⁹⁹
500ml
Save \$13
FREE Pill Box!

AMAZING DEAL!!!

Oscillococcinum - Best Flu Buster! The homeopathic flu medicine in N. America & Europe by choice! At the first sign of flu: fever, chills, body aches, sneezing, run-down; take one dose of this amazing product in the morning & evening for 3 days. 3 doses if you already have the flu. Safe for children and the elderly. 4 randomized clinical trials showed clear improvement within 48 hours! No known side effects; no drug interaction, no contraindication. Take a box on vacation, they come in handy!

\$19⁹⁹
18 Bonus Pack
6 EXTRA Doses!

ASTHMA? PUFFER?

Respiractin - Asthma? Bronchitis? Allergies? Puffer dependent? Feels like you can't breathe? Need the Puffer constantly? Stuffy nose at night? Constant Infection? Respiractin, a century old liquid herbal remedy opens the airways, providing clearer breathing. A child mentally and physically challenged who regularly contacted pneumonia and bronchitis, given only a few years to live, took Respiractin and after more than 10 years now continually use this, is a healthy young woman!

\$14⁹⁹
8 oz
\$45⁹⁹
1 L
Save up to \$6

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

MAINTAIN IMMUNE SYSTEM

Joy of The Mountain - Oil of Oregano A+

Helps to maintain Immune Function and Good Health.

\$16⁹⁹ \$26⁹⁹
15ml 30ml
Save up to \$13

COLD SORE & SHINGLES FIGHTERS

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).

MorningSun
Health Foods

UNIQUE JOINT FORMULA!



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

\$31⁹⁹
90s
\$57⁹⁹
Bonus Size
201s - 21
Caps FREE

ANXIETY? DEPRESSION?



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

\$13⁹⁹
100s
Save \$2

NON REFRIGERATED ACIDOPHILUS



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

\$20⁹⁹
30 Softgels
Save \$4

TROUBLE SWALLOWING PILLS?



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

\$32⁹⁹
500ml
Save \$7

RESTLESS LEGS? INSOMNIA?



Trophic Magnesium (Bisglycinate) 560mg **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.** For patients with **chronic fatigue syndrome (CFS) and fibromyalgia,** magnesium may be the **MOST IMPORTANT** critical mineral according to the **CFS Research Foundation.** Studies also show magnesium is especially helpful for those with **HBP, stress, migraines, depression, nervous system issues, lack of energy, etc.** Magnesium Bisglycinate is a preferred form due to its superior absorption and gentleness on the bowels.

\$13⁹⁹
90 Vcaps
Save \$3

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

PANIC ATTACKS? INSOMNIA?



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

\$13⁹⁹
20ml
\$15⁹⁹
20ml Spray
\$15⁹⁹
Rescue Sleep

NEED AN ALTERNATIVE TO LOWER CHOLESTEROL?



Maxion Red Yeast Rice XStrength 300mg **Start lowering your cholesterol naturally - today ...** The good news is that if you have **high cholesterol** and are interested in **lowering your LDL, or "bad" cholesterol,** there is now a natural supplement available that can help you. Whether you are interested in lowering your cholesterol or to improve your health or you have a family history of heart diseases **Maxion Nutrition's Red Yeast Rice Xstrength** is your natural alternative. Red Yeast Rice has been used in China for centuries for medicinal purpose, specifically in helping to lower cholesterol going back to 800 A.D. Red Yeast Rice also contains: **choleine, lecthin, policosanol and phytosterols,** and these are widely thought to aid in lowering cholesterol.

\$23⁹⁹
60s
Save \$4

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**

\$27⁹⁹
Kit
Save \$6

TASTES GREAT!



Prairie Naturals – Citrus Soother Cold & Flu Hot Honey, Lemon & Ginger Mix – Shortens Your COLD! **THE Amazing Natural Cold & Flu Citrus Soother** has you covered through its: Antiviral properties, Immune function enhancement, Upper respiratory tract support & Sleep-inducing effect. When it comes to fighting colds and flu, nothing has a more soothing and protective effect than a hot lemon, honey and ginger drink. Add the therapeutic healing power of **Vitamins C & D, along with immune-boosting zinc, elderberry, lemon balm, and Echinacea root.** Now you have Citrus Soother - a delicious, instant natural cold and flu remedy formulated by **Holistic Pharmacist RoseMarie Pierce, BSc.Pharm.** **Provides relief of cold and flu symptoms including:** Nasal & chest congestion, Body aches & headache, Runny nose & sneezing, Chills & fever. **Let Citrus Soother help shorten the duration and severity of your cold or flu this winter!**

\$20⁹⁹
150g
Save \$5

Healthy Mom and Smart Children!

ONE-A-DAY!!



Platinum Naturals Easy Multi Prenatal – Whether You're Pregnant or Planning Platinum's the 1st Step to a Healthy Pregnancy! **Easy Multi Prenatal** by Platinum Naturals is the perfect balance of quality and convenience. Dosage is just **ONE-A-DAY** of their highly absorbable liquid capsule due to their Omega Suspension Technology. It contains fish oil (DHA) the essential fatty acid that is shown to be crucial for the baby's brain development. **DHA also develops a healthy central nervous system and the retina.** The human body CANNOT manufacture DHA so it must be obtained through diet and supplementation. The purpose of a prenatal multi is to: **Increase the odds of carrying the baby to term, reduce the risk of low birth weight, improve the quality of breast milk and to help prevent common birth defects of the spinal cord (spina bifida) and of the brain (anencephaly).** Moms to be can all agree that a healthy future starts in the womb.

\$36⁹⁹ 60s **Save \$11**

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. Research shows DHA helps with children's behavior, focus, mood, memory and learning. Kids DHA is molecularly distilled, 3rd party tested for purity, including PCB's and all metal toxicity.** Comes in delicious creamy orange flavor. **NPN80005644**

\$17⁹⁹
90 Softgels
\$26⁹⁹
180 Softgels
Buy 6 Get 1 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.

\$42⁹⁹
120s
Save \$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 1 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

IMPROVE
DEMENTIA!



AOR – Advanced B-Complex THE Transmission Fluid for the Human Body
A recent study by researchers at Oxford University had 266 patients (70 plus years age) with mild cognitive impairment and showed that taking a B complex supplement lessened the symptoms of dementia! The improvement of memory (both word recall and fluency of words) was attributed to the reduction of a toxic amino acid called homocysteine. AOR's Advanced B Complex has a balanced ratio of all the B vitamins but in addition all the B vitamins are present in their already active forms thus enabling a rapid and a powerful action. Moreover, certain percentage of the population have difficulty in converting specific nutrients into the active form e.g. folic acid into the more active 5 Methyl Tetrahydro Folate. Other benefits include: metabolism of the three macronutrients (protein, carbohydrates and fat), support for the brain and central nervous system, the growth and development of red blood cells, the maintenance of healthy skin and muscle tone, immune function and hormone activity. The B-Complex has been described as the "transmission fluid" of the human body as it keeps your body running smoothly!

\$26⁹⁹
90s
Save \$7

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!

\$29⁹⁹
120s
Save \$8
Buy 6, get
one FREE

REDUCES
INFLAMMATION
VERY
EFFECTIVELY!



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.

\$62⁹⁹
Extra Strength
360 Vcaps

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 to 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 mem branes 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. NPN80022934

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

ALZHEIMER'S
REDUCE JOINT
PAIN



Turmeric (Curcumin) New Formula 2X Stronger Increased to 500mg - 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!

New
Lower Price
\$10⁹⁹
60s
\$19⁹⁹
120s
Buy 6, get
one FREE

CONSTIPATION



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

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

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

MorningSun
Health Foods

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

**OOH LA LA!
NEW YEAR'S
RESOLUTION!**



Smoke NV The Hottest Alternative to Smoking...Nicotine & Tobacco Free!

Tried everything and just can't kick the habit of smoking cigarettes? Or do you have a loved one that you cannot continue to watch smoke anymore? **Smoke NV is a healthy alternative that is sweeping the globe.** It emits a harmless vapour that satisfies the smoking sensation. Although the nicotine in cigarettes is the chemical that hooks people, there is also a strong addiction to the oral fixation of having something in the mouth. **Smoke NV is a non-flammable electronic atomizing device, utilizing advanced microelectronic technology to atomize the flavour and content of each disposable cartridge.** Now you can satisfy your desire for cigarettes in a safer way. Say good riddance to: smokers breath, yellow stained teeth, second hand smoke, matches, ashes, the stench and most importantly the **HARMFUL** side effects of tar, carbon monoxide and many other detrimental substances. Restaurants/bars allow smoking Smoke NV!

**Kit - Battery & All
\$59.99**
Refills - 1500 Puffs
\$19.99
Disposable - 400 puffs
\$12.99

**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.

\$31.99
60 Softgels
\$56.99
120 Softgels
Save up to \$13

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.** The liquid 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.**

\$36.99
240 Softgels
\$21.99
200ml
\$42.99
500ml

**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).**

\$18.99
Save \$5

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.

\$10.99
250ml
\$20.99
500ml
Save up to \$7

**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.

Formula 104
\$27.99
180s
\$49.99
360s
+FREE
Immune 30s

**INCREDIBLE
DISCOVERY!**



Sytrinol - Lowers Cholesterol in 30 Days!

As Seen in the Van Sun and Fanny Keefer Show. Sytrinol is a patented combination of powerful natural ingredients. Studies have revealed that Sytrinol is able to: **Lower: total cholesterol by 30%; LDL "bad" cholesterol by 27%; triglycerides by 34%; Keep arteries clear in four human clinical trials when compared to placebo in a double-blind controlled crossover trial over 12 weeks, 30 days HDL "good" cholesterol was enhanced by 4%. Best news is that Sytrinol worked independently of diet changes! Only one a day!**

**Incredible
Price!**
\$29.99
60s
Save \$22

**NEW PAIN
RELIEF!**



Fast Joint Care + Proven to get you moving! Don't have time for joint pain, but still feel like you have tried everything?

Look no further and find your solution with Genuine Health's **NEW effective product called Fast Joint Care +.** It is proven to start getting you the **results in as little as 7 days, with just one capsule a day!** Complete Joint Care + uses **NEM (Natural Eggshell Membrane)** a new super food for your joints which include: **collagen, glucosamine, chondroitin, and hyaluronic acid!** The time for joint relief, repair, reduced inflammation and flexibility is here!

\$29.99
30 caps
Save \$13

**HEART
HEALTH**



CoEnzyme Q10 100mg High Potency Bonus Size + FREE Vit D3 1000IU 90s

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.**

\$29.99
Bonus 150s +
FREE Vit D

**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,

\$13.99
180 Softgels
\$25.99
360 Softgels
Save up to \$17
Buy 6, get 1 FREE

**BALANCE
BLOOD
SUGAR**



Cinnamon Extract 20:1 - Diabetic? Insulin Resistance?

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

\$16.99
60s
\$29.99
120s
Save up to \$8
Buy 6, get 1 FREE

**LOW IRON
OR ANEMIC?
INSOMNIA?**



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

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

\$12.99
90 Quick
Dissolving Tabs
\$19.99
180 Quick
Dissolving Tabs
Save up to \$7



Biofen-Plus - New & Improved!
Say "NO" to Hair Loss! Sold for over 16 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



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



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. NPN80026759

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



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

\$22⁹⁹
120 g



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
Buy 2
bottles for
\$64⁹⁹



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

\$49⁹⁹
60 Softgels
\$89⁹⁹
120 Softgels
Save up to \$27



Vega Whole Food Optimizer + FREE Savi Seeds 1oz - 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



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



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
60 Softgels
\$69⁹⁹
120 Softgels
Save up to \$22



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



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.

\$29⁹⁹
60s
Save \$4

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).



**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**, 50mg. 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
60s
Save \$11
**Buy 6,
get one
FREE**



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**REDUCE
BIG BELLY!**

RELORA™ – SHRINK YOUR BELLY FAT! REDUCE STRESS & ELEVATE YOUR MOOD! Take with Phase 2™ (page 1), Recommended by Dr Oz, for BEST Results! Relora will get rid of Old Fat and Phase 2 will

"FEND OFF" New Fat! 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**



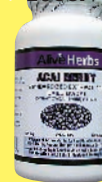
**TAKE WITH
ACAI TO LOSE
MORE WEIGHT!**



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

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

**ENERGY!
REDUCE
HUNGER!
WEIGHT
LOSS!**



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

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

**THICK HAIR!
STRONG
NAILS!**



density, increase the speed of healing broken bones, improve hair, strengthen nails and find the lustre in your skin tone again due to Silica's ability to help the body produce COLLAGEN (the glue that holds you together keeping you YOUNG)! This is a product you won't want to miss out on!

Alive Vegetal Silica: The Answer to HEALTHY

Hair, Bones, Nails and Skin!! Do you feel helpless and frustrated when you look in the mirror due to thin, weak or slow hair growth? Or is it so bad that you have HAIR LOSS? Unfortunately when you suffer from weak hair it usually means you struggle with poor skin, bones and nails because they are all related, BUT not to worry there is an effective solution! If you are experiencing brittle nails, skin that is looking sad, or have had a bone fracture you are in desperate need of the well respected Alive Brand Vegetal Silica that does wonders! What is Vegetal Silica? It is an extract of the herb known as horsetail and it has been shown to significantly improve the conditions listed above. You cannot see bone loss, but Osteoporosis is running rampant among women in North America. Don't wait until it is too late; take silica BEFORE the fracture happens! It works well with the Alive Coral Calcium (P.12) as silica helps enhance the absorption of Calcium! The Alive brand of silica is an excellent choice for those who need a convenient small capsule that is easy to travel with and has excellent absorption. It's time to PREVENT fractures, increase bone

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

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We accept all major credit cards & debit cards.

SALE PRICES AVAILABLE AT ALL LOCATIONS WHILE QUANTITIES LAST

MORNING SUN HEALTH FOODS LOCATIONS

Northland Village Shoppes Calgary (close to Home Outfitters)	403-288-0014	Airdrie Village Square Plaza Airdrie (Behind Shell Station on Main St.)	403-948-8777
Market Mall Calgary (opposite the Bay)	403-286-5655	The Shoppes at Shawnessey Calgary (between Zellers & Canadian Tire)	403-254-6966
Westbrook Mall Calgary (opposite Lottery Booth & Main Entrance)	403-246-8133	Deerfoot Mall Calgary (near Winners)	403-730-8562
Sunridge Mall Calgary (Zellers side near Rocky Mountain Chocolate Factory)	403-293-9445	Signal Hill Centre Calgary (across from Superstore)	403-217-3304
Glenmore Landing Calgary (near McDonald's)	403-253-9633	Sherwood Park Mall Sherwood Park (near Food Court)	780-449-3528
		Mill Woods Town Centre Edmonton (across from Dollarama)	780-468-2868