

# MorningSun

Health Foods

Changing the world through healthy living by putting YOU first!

PRICE MATCH

GUARANTEE

PRICE MATCH GUARANTEE\*

Associate chains: Alive in British Columbia & Supplements Plus in Toronto Serving Your Health Care Needs With 29 Locations in Canada Since 1983

## No Exercise! No Diet! No Effort!

### Alive Garcinia Cambogia Extract GCE



Dr Julie Chen an expert on the Dr Oz Show, stated Garcinia Cambogia is **THE most exciting weight loss breakthrough** we've seen yet!! Not just any Garcinia Cambogia will do, it **MUST** have **50% HCA** (hydroxycitric acid) and Alive does!! Researchers claim that HCA can **TRIPLE ONE'S WEIGHT LOSS** and helps to:

- **Block Fat** by inhibiting a key enzyme called **Citrate Lyase**. This enzyme **HALTS the fat-making process**. Therefore, carbohydrates and sugars that are not used immediately are stopped from being stored as fat in your body.
- **Increase Lean Muscle** which helps you with energy as well as burning calories &
- **Suppresses Your Appetite** by increasing serotonin levels, a neurotransmitter in your brain that makes you feel good which will reduce the urge to react to stressful situations with food.

This process will also reduce your cortisol, which is the belly fat making hormone. As you eat less, your body senses this and it releases stored fat from your fat cells. For best results take with Relora (PG 12). NPN80046110

**HOT PRICE**

**20<sup>99</sup>**

90 Caps

**35<sup>99</sup>**

180 Caps

## Erase Years from Your Face!

### Alive Hyaluronic Acid - 95% Pure



*Woman's World Magazine: "Amazingly HA can erase years from your face, protect your joints and more!" How? HA works by acting like a sponge holding up to 1000 times its own weight in moisture: erasing fine lines and wrinkles.*

- Banish wrinkles by taking HA for just 4 months as it will boost collagen production almost three-fold, resulting in more youthful looking skin.
- H.A. eases joint pain and improves your vision.
- H.A. speeds the healing of injuries, prevents scarring and gets rid of old acne scars. Leading

researchers have found that taking just **140mg of HA a day shortens the time it takes a wound to heal by 40%!**

Alive H.A. is **95% pure** and is extracted **by bacterial fermentation from Europe & is therefore highly absorbable**. Next to Royal Jelly, H.A. is a must for Alice Chung owner of Alive Health Centre + Chains: **"I take it every day and the reason HA is so vital, is it keeps the moisture in our skin."** NPN80025549

**HOT PRICE**

**43<sup>99</sup>**

60 Caps



ask Alice

## Back to School Mental Illness & Bullying Breaking the Code of Silence

We see all the ads of going back to school everywhere we look... Did you get your pencil crayons and new cloths?? At Alive Health Centre, Morning Sun and Supplements Plus, going back to school, means more than just buying new things. We want to let our kids know that going back to school means being ready to face challenges, face fears, stand up to bullies by asking for help and to do these things by being respectful. As many others before me have said, our children are our future. Therefore, we need to give them all the opportunities we possibly can; such as the opportunity of optimal health. PAGE 3 is dedicated to: Brain power, Energy and Healthy Immune. Throughout the whole flyer we are thinking about Moms, Dads and ALL families. Too busy to eat quality nutrients try PG 2 VegEssentials or PG 4 Garden of Life Raw, Organic, Vegan Protein Meals. Stressed out? PG 4 Alive GABA, it's Natural and works quickly to help those suffering from insomnia and anxiety.

Lastly, despite the sad news in the world lately, I thought we should continue to raise awareness on issues such as bullying whenever possible. So even if one person gets something out of this article, it will be worth it. As you know it is our Mission: To change the world through healthy living by putting you first. So I will share this article written by Alive Magazine, Ellen Niemer. "Some people feel that kids shouldn't tell anyone about being bullied, because it only makes it worse. I think they should. Bullies operate best under a code of silence - a lot of people may know about the bullying, but if they all keep it to themselves, they are aiding and abetting the bully. A new study released shows that kids who are exposed to bullying run an increased risk of developing psychiatric disorders as adults. And that's whether they're the victim or the perpetrator. The study also revealed that kids who are both bullies and victims run the highest risk of suicide. Whether we deal with bullies as kids, or as adults, in our homes, our schools, our playgrounds, or our workplaces, let's break the code of silence. Have you been bullied? Let us know how you dealt with it." [www.alivehealthblog.com](http://www.alivehealthblog.com) or [facebook.com/morningsunhealth](http://facebook.com/morningsunhealth).

Call me old fashioned, but I will leave you with this... "Nothing is impossible. The word says, I'm Possible." - Audrey Hepburn

Alice Chung, who is 67 years young has been in the health industry since 1978. She owns Alive Health Centres (BC), Morning Sun (Alberta) and Supplements Plus in both (BC) and (Toronto). You can find Alice at the OAKRIDGE Store location in Vancouver BC Thursday - Saturday: 604-263-3235 or toll free: 1-866-499-9546.

## AN ABSOLUTE STAPLE for EVERY HOME!

### Nature's Aid Skin Gel - Heals YOU from Head to Toe



**Calling all who suffer from skin conditions, first aid enthusiasts & pain sufferers!!!** This is the perfect product for every member of your family. Yes moms it is even safe for pets and babies. It is time to clean out the medicine cabinet and make room for **Nature's Aid Skin Gel** as it is all you need. How good is Nature's Aid? Well let's just say everyone who buys the 25ml or 125ml size comes back to buy the 500ml size or larger... It is so natural, so effective and what everyone needs. It's non-greasy, fast absorbing, and can be used on the face, scalp and body. **Nature's Aid is truly a staple product for every home** - it's not only an effective first aid treatment, it also heals multiple skin conditions and can even be used as a light weight moisturizer! This amazing gel has the ability to quickly penetrate all layers of the skin, extending to the underlying muscle tissue, making it effective in relieving pain due to injury and arthritic joints. It seems too good to be true, but honestly, the list of uses for this product is truly endless!! **Works on cuts, skin irritation, burns, bug bites, cold sores, soothes after shaving or waxing, psoriasis, eczema, pimples, cradle cap, athletes foot....** and so much more! This ONE product replaces so many single use items! A brilliant combination of the highest quality, natural healing ingredients - **Aloe Vera, Tea Tree oil, Vitamin E, Witch Hazel and Rosemary**. Proudly made in Canada - this unique and proven formula is universally effective as it boasts natural **anti-bacterial, anti-viral, anti-fungal, anti-inflammatory and anti-itch properties**. Nature's Aid is clearly in a league of its own! You will LOVE how it feels! More info on [facebook.com/alivehealth](http://facebook.com/alivehealth)

**TESTIMONIAL:** "I have long suffered from painful, open lesions on my face and scalp as a result of skin cancer and chemotherapy injections. These sores were almost impossible to heal until my brother suggested I try Nature's Aid. Having no success with several other products, I was skeptical but what the heck. What a surprise! The gel worked, easing the pain almost immediately and healing the lesions within a few days. This stuff is the best! I use it on everything!"

Christine Fay  
Goulais River

**HOT PRICE**

**3<sup>99</sup>**

25ml

**15<sup>99</sup>**

125ml

Larger Sizes Available

## CUSTOMER APPRECIATION DAY



**15% OFF**  
REGULAR PRICED ITEMS

First Tuesday of Every Month

Additional Red ★ 5% Off one single supplement

Tag Discounts: ★ 10% Off two to five of the same supplement

Bu 6 Get 1 Free of the same supplement



[facebook.com/morningsunhealth](http://facebook.com/morningsunhealth)



[www.alivehealthblog.com](http://www.alivehealthblog.com)

\*Some conditions apply. See in-store for details.

**\$3 OFF**

Expiry October 21, 2014

MorningSun  
Health Foods

Redeemable by bearer for merchandise at any Morning Sun Store in Alberta, when you purchase a minimum of \$45 (excluding tax).

Coupon must be presented at time of purchase. One coupon per family. Not redeemable for cash.



Sale Ends October 21, 2014

# SIMPLIFY YOUR WEIGHT LOSS WITH OUR PROGRAMS

## 1. STOP NEW FAT & NEW WEIGHT GAIN!



### STOP Carbs From TURNING INTO FAT! Alive White Kidney Bean

Dr. Oz raves about the miracle's of the **White Kidney Bean Extract** several times on his show as most of us love our carbs! White Kidney Bean is a **starch neutralizer**, which means it stops you from absorbing glucose which turns into fat. Normally, after we eat starch (pizza, fresh bread) an enzyme called **Amylase** converts starch into simple sugar. If we have a fast metabolism or we are engaged in enough physical activity some of these sugars will burn, otherwise it is stored as fat in your body, particularly the **thighs and belly!** **White Kidney Bean can help to neutralize most of the starch consumed in a day**, then you need some to give you energy and lastly with a little bit of exercise you will take care of the rest! NPN8006511

**21<sup>99</sup>**  
60 Caps



### STOP Sugar/Carbo CRAVINGS! PGX - Balance Blood Sugar

Dr. Oz loves "**Glucmannan**" also known as Konjac Root fiber which is the 1st ingredient in PGX. This super fiber has undergone extensive research at University of Toronto, scientifically proving impressive weight loss results. According to Dr. Murray, it works by, "helping you painlessly shed pounds without ever feeling starved." PGX Benefits:

- Creates a feeling of fullness reducing your meal size,
- Controls blood sugar and cravings,
- Lowers the glycemic index of your meals by up to 50%

PGX is safe for almost anyone as it is free of stimulants. PGX does not burn calories, however it helps you to eat far less calories.

**26<sup>99</sup>**  
120 Softgels  
**49<sup>99</sup>**  
240 Softgels  
\$Off Coupon Pg 3



### STOP Fatty Foods Being ABSORBED! Alive Chitosan Bust BUTT Fat!

**Chitosan is your FAT MAGNET!** Made from the exoskeleton (the outer shell) of shellfish, Chitosan serves as a dietary fiber that can **actually inhibit fats from being absorbed into the intestinal wall** STOPPING fat from settling in your buttocks. According to Dr. Oz, "Due to genetics, some people are more prone to store fat in their rear end, which from an evolutionary standpoint served to provide insulation and protection. If you have this body type, your butt is the first place you gain weight and the last place you lose it, Chitosan is your answer." **Dr. Oz tip**, sit on harder chairs, rather than soft, this will help the firmness of the butt. **Dr Oz 8/25/14 Smoothie With Chitosan. Open Chitosan capsules and mix the powder with Protein to Lose Weight and Build Lean Muscle!** NPN80038070

**23<sup>99</sup>**  
180 Caps

## 2. GET RID OF OLD FAT & OLD WEIGHT



### SHRINK YOUR FAT CELLS!! Alive Raspberry Ketones (Razberi-K™)

Dr. Oz revealed THE amazing weight loss benefits of taking **Raspberry Ketones**. RK was shown to: **Slide under the cells and cut fat. HOW? RK works with the protein hormone adiponectin which tricks your body into thinking it is thin and actually will melt away your body fat.** May sound too good to be true, however Dr. Oz did an incredible simulation of what happens to your FAT cells, when you take RK. He showed it's like **putting your fat cells into Liquid Nitrogen and watching the liquid 'SHRINK' your fat cells.** Therefore it is not surprising when customers and studies done on (Razberi-K™) report results within 5 DAYS! **NPN80032735**

**29<sup>99</sup>**  
120 Caps



### CLA Belly FAT Melter! Alive CLA: Abdominal FAT Gone!

MELT your fat away with **Alive Conjugated Linoleic Acid (CLA) from Safflower Oil**: CLA is known as the GOOD fat - **Studies have shown that taking CLA, at least 3.4 grams a day, led to a significant decrease in body fat mass and the diameter of the abdomen in obese subjects.** Dr Oz said that CLA shrinks abdominal fat NOT MUSCLE and that one study has shown that people **taking CLA had an 8% reduction of fat without diet or exercise!** You can start to see results in just 4 weeks!! Andrea Buchholz, a professor of nutrition at Guelph Univ. said CLA "increases fat-burning in the body", and "It also keeps fat cells from proliferating as it causes pre-fat cells to kill themselves". Additionally, **CLA also helps to fight off Heart Disease.** NPN80017761

**19<sup>99</sup>**  
90 Softgels  
**35<sup>99</sup>**  
180 Softgels



### You CAN LOSE 10, 20+ Lbs! hCG1234 Drops

Injections holding you back from trying HCG? Try hCG1234 drops! Are you 40 or 50 with LOTS of fat to lose?? If so you are Dr. Emma's (guest on the Dr. Oz show) typical patient and her research on HCG shows it WORKS for 3 reasons:

1. **The low calorie diet drives the weight loss; high protein, low carbs.**
2. **HCG kills your hunger.**
3. **HCG maintains your muscle and loses your fat which is what keeps the weight off.**

Dr. Oz says the problem with dieting alone is you feel hungry, have cravings and you lose muscle before fat and this is why people gain back the weight. This is a tool for those in need of serious weight loss, without having to use invasive techniques such as a gastric bypass, or HCG injections.

**54<sup>99</sup>**  
60ml  
Buy 2 @  
\$49.99ea

LOSE  
1 lb-A-DAY!

## 3. ENERGIZE, CURB APPETITE WITH EASY MEAL REPLACEMENTS



### VEGA One Nutritional Shake! Replace a MEAL to LOSE Wt + FREE Bar!

**Alive, Morning Sun and Sup Plus was one of the 1st Health Stores to carry VEGA One many years ago.** WE have loved this product from day one and consider it THE Whole Food Meal Replacement...For us it is not just something to sell, it is something we use ourselves. **Want to be Alive and Thriving? Vega One is your solution!** It is good for your body and the planet, **Vega One Nutritional Shake is the clean, plant-based choice to fuel your healthy, active lifestyle**—without compromise. **Made from natural, whole food ingredients**, Vega One is a **convenient, all-in-one supplement, packed with: 50% daily intake of vitamins and minerals. 15 g protein, 6 g fib re, 1.5 g Omega-3, Antioxidants, Probiotics and Greens.** Formulated by Brendan Brazier, professional Ironman triathlete and bestselling author on performance nutrition, Vega One is free from dairy, gluten and soy, and contains no added sugar, artificial flavours, colours or sweeteners. Available in Berry, Chocolate, Vanilla Chai and Natural flavour, enjoy Vega One shaken with water, juice or a non-dairy beverage of your choice.

**54<sup>99</sup>**  
850-876g  
FREE VEGA Bar



### Delicious BREAKFAST in 30 Seconds! VEGA Shake & Go Smoothie

**15 grams of high-quality plant-based protein fuel your active lifestyle and two servings of veggies**, including Vega's signature greens blend, to make sneaking in the goodness of kale, spinach and broccoli a piece of cake.

**One serving of Vega Protein Smoothie features:**

- 15 grams of complete, plant-based protein
- Equivalent to two servings of veggies
- Only 90 calories

Vega Protein Smoothie is free from dairy, gluten and soy, and contains no added sugar, artificial flavors, colors or sweeteners. Available in Bodacious Berry, Choc-a-lot, Oh Natural, Tropical Tango and Viva Vanilla flavours. This family-friendly option is made from non-GMO ingredients—just add water, shake and go!

**16<sup>99</sup>**  
262g



### SIMPLE, QUICK Breakfast Solution! Progressive VegEssential™ All in One

AWESOME for the whole family!! VegEssential™ ALL in One combines the benefit of an entire cupboard full of supplements with the ease of consuming a single smoothie!! VegEssential™ embraces the wisdom of consuming an alkaline-forming, whole-food diet and draws on almost 100 plant-based ingredients to deliver an incredible spectrum of both micro and macro nutrients. It is also dairy, trans fat and cholesterol free, with no added sugars and no artificial flavours, colours or sweeteners. Contains:

- 27g of Protein - Representing more complete protein than 4 eggs,
- 7g of Fibre - Including both soluble and insoluble forms,
- 2g of Omega-3 Plant Oils,
- 5000 ORAC Units - Featuring green tea, blueberry, grape seeds, red wine extract, lycopene, resveratrol and lutein.
- 6-8 Servings of Fresh Vegetables
- Over 100% RDA of 13 Vitamins & Minerals - These include Vitamins A, E and C, Thiamin, Riboflavin, Niacin, B6, Folate, B12, Pantothenic Acid, Biotin, Chromium and Manganese.

**27g Protein Per Serving!**  
**54<sup>99</sup>**  
840g  
\$OFF Coupon Pg 3

## 4. CLEANSING PROGRAMS TO MAINTAIN WEIGHT LOSS



### COLON CLEANSE to MANAGE WEIGHT! Body-Tox Gluten Free Sachets

**Body-Tox is designed to detoxify, clean out and refresh your body without causing cramping or loose stool.** We live in a world where our body is intoxicated by hundreds of man-made chemicals and processed foods. The back-up waste in our intestine becomes toxic, and releases the toxins through the bowel walls back into the bloodstream. For your overall better health, cleanse out years of toxins and waste products from your intestines and colon. Restore your body's correct pH, balance your blood sugar and cholesterol. Your cleansing program should fit into your daily routine without affecting your work and lifestyle. **Healistic Planet 100% all natural ONE Step Body-Tox is your answer for a Convenient, Effective & Safe Colon Detox Program.** **TESTIMONIAL:** Body Tox, every single one of my patients who have tried it has not had one bad thing to say about the product. Patients thank me on a regular basis for introducing such a great product to them, even those who have had problems going to the washroom for 10+ years. My patients and I are dedicated fans of Body Tox. **Lancy Cho (R. TCM. P)**

**35<sup>99</sup>**  
15 Packets  
Hawthorn Berry  
or Lemon



### CLEANSER, ENERGY & WT LOSS! Wild Rose Herbal Detox

The Wild Rose Cleanse is a **simple, convenient detoxification program.** Customers love the **meal plan included** as it is designed to support and enhance the herbal formulas. **In just 12 days you will feel:**

- **Lighter due to weight loss,**
- **Energized & Revitalized,**
- **Have better skin complexion.**

Why Cleanse? Your body builds up a surplus of acid due to a high consumption of acid foods. Most holistic practitioners, agree that the more acidic your body is, the more susceptible your body is to disease. **The best way to keep the body in an alkaline state is to eat alkaline or neutral foods and this is the basis of the Wild Rose Cleanse.** The supplemental herbs are an added method of cleansing the cells of toxic buildup.

**32<sup>99</sup>**  
12 Day Kit  
Instore \$3 Coupon



### CLOGGED COLON CAUSED WT GAIN! Alive SineQuaNon WILL Unclog!

If you are not eliminating your bowels daily, feces literally become lodged inside you. Sheets of this waste cling to the walls of the colon/large intestines and then dry as the moisture along with the toxic waste seeps back into the bloodstream **causing poor digestion, constipation and poor skin.** Over the years, without regular colon cleansing this compacted waste can start to add up to several pounds of toxic weight!

**This amazing little tablet** does wonders for constipation and cleansing, even for bowel obstruction! Sine Qua Non is 100% organic as well as **NON-HABIT FORMING.** Results and benefits include: **weight loss, no bloating or gas & beautiful skin due to ridding your body of harmful toxins!** For best results, **take with Alive Acai Berry, Dr. Oz's amazing antioxidant that will help remove free radicals and toxins from the body.** NPN80023701

**20<sup>99</sup>**  
50 Tabs  
**36<sup>99</sup>**  
90 Tabs


CONSTIPATED?

- Clothes
- Shoes
- Pens

# BACK TO SCHOOL MUSTS!

Supplements! Kids need Brain Power (A+ Grades), Energy & Healthy Immune Systems!

**Back to School List: Kids MultiVit Progressive Multi & FREE Vit D!** **BONUS** **NO ADDITIVES & TASTES AWESOME!**



Are your kids ready for anything? Like quadratic equations, the carbon cycle and Shakespeare? Don't let the virus and flu bugs that are sure to be found on every desk, chair and pencil sharpener slow your kids down. *Solution from a mom: "Progressive has a great MultiVitamin for Kids that I wish had been available when I was little! It features whole fruit and vegetable extracts, green food concentrate, calcium ascorbate, plant enzymes, essential fatty acids and of course, it's 100% all natural supporting the unique nutritional needs of growing active children."* In addition to fortifying the immune system, a multivitamin supplement also helps improve cognitive function. A 2008 study published in the *British Journal of Nutrition* says, "Vitamin/mineral supplementation has the potential to improve brain function in healthy children." An important part of being prepared for school, wouldn't you say? Vitamin D is key to calcium absorption and therefore bone and teeth development. It is vital to proper growth and development in children but did you know that kids who are deficient in vit D get sicker and stay sick longer?

**29<sup>99</sup>**  
120 Chewable Tabs  
FREE  
Sunshine Burst Vit D  
\$OFF Coupon Pg 3!

**Blast Away Nasty Sore Throats! Quantum Thera Zinc® Oral Spray** **KIDS & ADULTS**



Beat the season of back to school sore throats this fall and have Thera Zinc Spray on hand! Quantum Thera Zinc Spray contains Echinacea & Elderberry to soothe and nourish even the nastiest sore throats. It is sweetened with stevia and is regarded as the Best Tasting Zinc Formula! Just two sprays every couple of hours of Active sublingual Zinc from Quantum is the tastiest way to deliver ionizable zinc to your throat. Spray in the back of the mouth to send powerful nutrients to the areas requiring the most protection. **Thera Zinc can be used by adults and kids!!** It contains and delivers:

- Soothing menthol, slippery elm, clove bud oil &
- Immune enhancing Zinc, Echinacea and Elderberry.

The *Journal of Antimicrobial Medicine* demonstrated the effectiveness of ionizable zinc back in 1984! Quantum was the very first to use ionizable zinc. Since then, other studies have increased the popularity of this immune-boosting mineral.

**10<sup>99</sup>**  
2 oz

**Anti-Viral, Immunity, Throat & Gums!! Alive Brazilian Bee Propolis (Alcohol Free)** **FOR KIDS & ADULTS AMAZING FOR COUGH**



Essential for BACK TO SCHOOL! This is an absolute must in Alice and Shannon Chung's household! We do not go travelling without it. It is on my bedside table and if I wake up with the start of a sore throat I blast away the invaders right away! As Italy is known for their shoes, Brazil is known for their Bee Propolis. 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 microorganisms. Propolis is used as an **antiviral against inflammations, colds, allergies, coughs, healing the throat, gums and skin diseases.** Customers have been buying the Alive Brazilian Bee Propolis for decades as there is no comparison and it gets you the results. We have had singers rave about the positive effects it has for the throat. **For Kids, mix with honey or juice for better taste.** NPN80014600

**10<sup>99</sup>**  
30ml

**Alive Kid's DHA: Mental Focus, Intelligence and even ADHD!** **SMART & FOCUSED KIDS 1 YR & OLDER!**



Alive Kid's DHA contains the **HIGHEST DHA of 100mg per softgel.** Parents are always coming in looking for a good quality fish oil to help their kids brains develop the best they can. Half the battle is finding that balance of a **good quality fish oil with lots of the essential fatty acid DHA, BUT one that tastes good!** There is a solution! DHA is needed daily for the proper development of a child's brain. **Research shows DHA helps with children's behaviour, focus, mood, memory and learning.** Kids DHA is molecularly distilled, 3rd party tested for purity, FREE from PCB's and all metal toxicity. Kids are our future and it is scary as the number of cases of cognitive disorders continually rise, but with a proper diet and just 2 chewable orange flavoured fish oil softgels daily, your child will be on the right track for success! However, FloraBEAR should be taken on a regular basis if your child gets sick easier and has issues with bowel movement or bloating. NPN80005644

**26<sup>99</sup>**  
180 Softgels

**STOP Body Aches, Cough, Sore Throats... Herbion FAST Acting Cold & Flu Remedy** **FOR OLDER KIDS & ADULTS**




**Fast-acting** Herbion Cold & Flu Remedy is a great-tasting, all-natural herbal remedy for effectively relieving a **stuffy, runny nose; body aches; headaches; low-grade temperature; sinus congestion; cough and sore throat.** This high-quality product contains a balanced blend of carefully selected herbs in individual sachets. Just dissolve a sachet in warm water or tea and enjoy a comforting, healing beverage. **MEDICINAL INGREDIENTS & THEIR USES:**

- **White willow** eases aches and pains and to reduce fever.
- **Malabar nut** treats coughs & **Wild violet, Valerian & Licorice** treats bronchitis and cough.
- **Tea (Thea sinensis)**, strong antioxidant properties and it functions as a bronchodilator. In traditional herbal medicine, it is used to treat asthma.
- **Sweet fennel** is a carminative herb that can ease intestinal discomfort.
- **Indian gooseberry** relieves a runny nose and eyes.

**8<sup>99</sup>**  
10 sachets

**Is Your Immune System Ready to Fight? A. Vogel Echinaforce® Dr. Oz Approved** **FOR OLDER KIDS & ADULTS**



With much Echinacea on the market, **Dr. Oz website** picks Organic A. Vogel **Echinaforce®**. Echinaforce was clinically proven at the **Common Cold Center at Cardiff University School of Bioscience** with the world's largest clinical study and **found it to reduce the number of cold episodes and their duration by 26% if taken throughout the cold season.**

Echinaforce® Benefits:


- Helps to relieve symptoms of upper respiratory tract infections & maintains an immune system that remains on alert and deals promptly with the first signs of infection.
- Reduces the need for antibiotics or other prescription medication.
- Maintains a better quality of life with fewer sick days away from school or the office.
- Decreases the ability of infectious agents to penetrate within the body's cells. They also improve the speed at which the immune cells respond to invading germs.

Echinaforce is the only product approved by Health Canada for both **prevention and treatment** of colds and flu. It is made from fresh, organically grown, **GMO free Purple Coneflower (Echinacea purpurea).** It's sugar- and gluten-free.

**ASK for A.Vogel Coupon In Store!**

**16<sup>99</sup>**  
120 Tabs  
**24<sup>99</sup>**  
100ml

**Probiotics for Kids BONUS FloraBEAR by Renew Life**



**Kids need probiotics too!** FloraBEAR chewable, for children aged 4 and up, is an easy and great tasting way to ensure that your child is receiving those much needed probiotics daily. Probiotics help to support:

- **A healthy digestive tract,**
- **Boost immunity to prevent getting sick.**

There are times when antibiotics are required. Unfortunately, antibiotics not only kill the bad guys, they also kill the GOOD bacteria (PRObiotics). FloraBEAR can be used to replace the beneficial bacteria that is lost during these times, where they have had to take antibiotics. Whenever a child needs to take antibiotics, FloraBEAR should be taken for one month afterward to replenish the good bacteria.

**15<sup>99</sup>**  
75 Chewable Tabs  
BONUS  
15 Chews FREE  
Instore \$2 Coupon

**IMMEDIATE Sore Throat Relief! Natural Factors ECHINAMIDE® Quick-Blast** **FOR OLDER KIDS & ADULTS**



**PAMPER your throat with ECHINAMIDE Quick-Blast** at the first sign of irritation! This fabulous product contains complementary herbs designed to **quell symptoms and kill pathogens.** **Cineole**, the active ingredient in **eucalyptus**, acts as an antibacterial in the respiratory tract, and stimulates the phagocytic ability of white blood cells. It also acts as an anti-inflammatory and analgesic to numb pain and reduce swelling in sore throats. **Peppermint oil** and menthol offer soothing, cooling pain relief, and honey coats sore throats. **These synergistically combined ingredients provide immediate relief of:**

- Sore, dry throats associated with infections,
- Clears sinuses instantly allowing you to breathe &
- **KILLS pathogens at first sight!**

**ASK for Natural Factor Coupon In Store!**

**7<sup>99</sup>**  
30 Liquid-Gel Softchews

**Little Back to School Packets of KAPOW! Emergen-C Original & New Immune +**



We are always thinking the grass is greener on the other side; always looking for something new and exciting, but how about using something that you KNOW, LOVE and TRUST?? Kick it old school this season and make sure you have Emergen-C on hand for the whole family! **The original formula is still the best seller, featuring essential nutrients, including 1,000 mg of vitamin C and other immune supporting antioxidants zinc and manganese, 7 B vitamins to enhance energy naturally, and electrolytes to replenish post-workout!** If you are chronically sick they have OP-TION 2: try supercharged **Emergen-C Immune+®.** Pow! Bam! The power-packed formula provides key nutrients your (super) body needs like **vitamin C, vitamin D, zinc, and a proprietary complex with Wellmune WGP® beta-glucans.** And now available in sweet, berry-licious Raspberry! Kapow! (Super human powers may vary...)

**12<sup>99</sup>**  
30 & 24 Sachets  
In store  
\$3 Coupon = \$9.99

## CLIP COUPONS AND SAVE!

SAVE \$2	SAVE \$3	SAVE \$3	SAVE \$3	SAVE \$3
 <p><b>SAVE \$2.00 on a \$30 minimum purchase (excluding tax) of any A. Vogel products.</b> Redeemable only at Morning Sun Health Foods locations in Alberta. Limit one coupon per purchase. No cash value. Expires October 21, 2014.</p> <p><b>COUPON CODE: CP11</b></p>	 <p><b>SAVE \$3.00 on a \$30 minimum purchase (excluding tax) of any Progressive and Precision products.</b> Redeemable only at Morning Sun Health Foods locations in Alberta. Limit one coupon per purchase. No cash value. Expires October 21, 2014.</p> <p><b>COUPON CODE: CP15</b></p>	 <p><b>SAVE \$3.00 on a \$30 minimum purchase (excluding tax) of any Natural Factors products.</b> Redeemable only at Morning Sun Health Foods locations in Alberta. Limit one coupon per purchase. No cash value. Expires October 21, 2014.</p> <p><b>COUPON CODE: CP16</b></p>	 <p><b>SAVE \$3.00 on a \$30 minimum purchase (excluding tax) of any Renew Life products.</b> Redeemable only at Morning Sun Health Foods locations in Alberta. Limit one coupon per purchase. No cash value. Expires October 21, 2014.</p> <p><b>COUPON CODE: CP17</b></p>	 <p><b>SAVE \$3.00 on a \$30 minimum purchase (excluding tax) of any Biofen products.</b> Redeemable only at Morning Sun Health Foods locations in Alberta. Limit one coupon per purchase. No cash value. Expires October 21, 2014.</p> <p><b>COUPON CODE: CP14</b></p>

GET MORE COUPONS IN-STORE AND AT [WWW.ALIVEHEALTHBLOG.COM](http://WWW.ALIVEHEALTHBLOG.COM)

# STRESS • RELAX

Restore MOM in Just 10 Weeks! **BUY 1, Get 1 FREE!**  
Harmony Mum's Restore - Stress Solutions



Feeling stressed? • Exhausted? • Irritable? • Anxious? • Forgetful? • Quarrelsome? • Having sleep problems? • Frequent headaches? • Are the health of your hair, skin and nails suffering? Mum's and stress - In a recent survey, it was found that women are more likely to suffer significantly higher levels of stress than men, citing family issues and personal health concerns as the main sources of their stress\*. Another study has found 67% of mums reported always or often feeling rushed or pressed for time. Sound familiar? Try Mum's Restore. It has been carefully researched and formulated to specifically address the symptoms of stress and improve overall wellbeing and vitality in 10 weeks!! Harmony Mum's Restore is a herbal medicine developed

to have a therapeutic effect. When we feel stressed, our bodies have both emotional and physical reactions to these pressures; these reactions are the symptoms of stress. Prolonged exposure to the symptoms of stress can leave us feeling exhausted, depleted and irritable. Suit up moms! You need to be ready for back to school too!

60+60 Free  
**44<sup>99</sup>**



Safe & 100% Natural Relief for Anxiety & Insomnia  
CONTROL Your Life NOW With **Alive GABA**

Globally more than 350 million people of all ages suffer from depression. Did you know that ANXIETY is one of the most prevalent mental health problems? Unfortunately, it is still under-reported, under-diagnosed and under-treated. Your health depends on a good night's sleep and you simply cannot get it if you suffer from insomnia and anxiety. Don't let anxiety hang around until tomorrow. Your natural solution is Alive GABA (Gamma-aminobutyric Acid) - referred to as the brain's natural calming agent and helps to temporarily promote

relaxation. People who suffer from depression or anxiety are less productive at work, more irritable (even with friends and family) and cause much harm to themselves, that they cannot see. This is the most dangerous kind, that is why mental health is the silent killer. **Benefits of Alive GABA 600mg:**  
- It is FAST acting & Increases growth hormone levels (HGH)  
- Reduces anxiety & Helps prevent insomnia  
Do not let yourself be a prisoner to severe stress that is causing you sleepless nights and anxious days, try Alive GABA and beat the stigma against mental health.  
NPN80049438

18<sup>99</sup>  
60 Caps  
**35<sup>99</sup>**  
120 Caps



Your RELAX, CALM drink!  
Natural CALM Ionic Magnesium Powder

Natural Calm is the best-selling magnesium supplement on the market for over seven years in a row according to health food supermarket scanner reports. It features a proprietary formula that provides a highly absorbable, water-soluble magnesium in ionic form (having molecular charge that allows the element to easily bond with water), so it is ready to go to work right away.

Magnesium deficiency can be caused by a number of stresses on the body:

- Lack of adequate dietary magnesium,
- Emotional stress, heavy exercise,
- Some drugs (diuretics, antibiotics, oral contraceptives, insulin, cortisone),
- Diabetes, gastrointestinal disorders and too much calcium in the diet.

Natural Calm can gradually reduce accumulated calcium, giving fast relief to many symptoms of magnesium depletion. Natural & Rasp Lemon flavors. **Magnesium Chloride liquid (used to be called Oil) is also available.** This is extremely effective topically for relief of cramps and spasms.

26<sup>99</sup>  
8 oz



Restless Legs Keeping You Awake?  
Hyland's Restful Legs

It's that creepy-crawly feeling - isn't it? It's when your legs itch and you have this compulsion to move them especially while lying down, sleeping, or sitting still for long periods. During times like these, you can feel really isolated and frustrated. Hyland's Restful Legs relieves all these sensations.\* There's no need to suffer anymore!

- Relief for the uncontrollable urge to move the legs
- Gentle, Safe and Effective
- All natural active ingredients

Restful Legs is the ONLY OTC product that can calm agitated or restless, jerky legs. Real TESTIMONIAL! Jamie: "This saved my life! I had leg jerks and twitches and had not slept well for years." She had relief after just using Restful Legs for the 1st time! She was amazed how quickly it worked - she finally got the sleep she had been yearning for!

11<sup>99</sup>  
50 Tabs

# FATIGUE - ENERGY

More Energy, Less Stress, Better Immunity!  
Japanese Mikei Red Reishi **BONUS**



Experience the **hottest selling supplement from Japan!** (Yes-this is the one that everyone is talking 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. Once reserved only for royalty, Red Reishi was the most sought after medicinal herb in Eastern medicine because of its rarity and health benefits. Red Reishi contains unique compounds such as polysaccharides (beta-glucans), triterpenes (ganoderic acids), and amino acids.

**FREE Shipping Bag!**

Exclusive Offer from Alive & Morning Sun  
BUY 2 Boxes of 60s for  
**179<sup>99</sup>**  
GET 30 FREE Capsules!  
**93<sup>99</sup>**  
60 Caps  
Instore \$3 Coupon

Instant RELIEF for Anxiety & Insomnia!  
RESCUE Remedy® & Night Liquid Melts® **BONUS**



Bach Rescue Remedy® is extremely effective for relief of Anxiety, Panic Attacks, Insomnia and even Emotional Animals. What sets the Homeopathic Bach remedies apart from other anxiety products is that it provides instant relief. 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 Rescue Remedy for emotional animals that are uneasy with new situations or travelling for example. The Bach Homeopathic line has a NEW formula for sleep called Night Liquid Melts and it is very effective for insomnia due to stress and anxiety. If you are never getting a good night's sleep and have tried everything to stop you from worrying, give the all natural with NO side effects Liquid Night Melts a try. It is convenient, as it is ready right by your bedside, no more getting up in the middle of the night to get a glass of water to swallow pills.

15<sup>99</sup>  
20ml Spray  
15<sup>99</sup>  
Drops  
20ml + 10ml FREE  
7<sup>99</sup>  
Night Liquid Melts  
28+28 FREE

Stomach Ease™ by Nature's Harmony  
Constipation Slowing You Down? Works FAST!



Constipation Slowing You Down? Do you know that constipation causes FATIGUE and BRAIN FOG? Get Relief with Stomach Ease! Nature's Harmony Stomach Ease™ is a herbal formula that acts as a gentle laxative to ease intestinal discomfort and bring safe relief from constipation. Only 100% natural ingredients are used in this formula. Stomach Ease™ contains senna leaves, cascara sagrada bark, licorice root, juniper berries, buchu leaves and oil of peppermint. Highlights:

- Relieves occasional constipation
  - Fast results
  - Gentle and Effective
  - With soothing peppermint oil
  - Easy to swallow capsule.
- For best results take with Renew Life Probiotics Pg 10.

15<sup>99</sup>  
250 Tabs

# YOUTHFULNESS

Over 101,000 SOLD!

Royal Jelly: Longevity, Remarkable Energy, Youthfulness & Productivity!



Consumers worldwide have chosen Alive Royal Jelly for over 3 decades! A message from Alice Chung owner of Alive Health Centre + Chains: "How do you prevent signs of accelerated ageing such as premature memory loss, pains, frequent infections, persistent fatigue, digestion problems and age related illnesses. 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. 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 giving me Super Energy, 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 and here I am still rockin' at 66 years old!" Royal Jelly is a nutritional powerhouse.NPN80034337

1200 mg ALL SIZES!  
BUY 1 GET 1 FREE

Spirulina THE Proven Super Green FAT Fighter  
Certified Organic Spirulina by Prairie Naturals



Spirulina is one of the most ancient green super food plants on earth! These tiny, single-celled fresh-water micro algae contain an impressive 60% protein content! This lean & green protein source is also a natural source of minerals, including iron, calcium, and magnesium. Its high levels of B12 and protein make it the perfect addition to the diets of vegetarians. Spirulina is endowed with all the essential amino acids and essential fats, along with complex carbohydrates, fibre, a wide range of vitamins and minerals including antioxidants, carotenoids (especially lutein) and nucleic acids. Researchers have found that spirulina intake reduces blood cholesterol and inflammation. Regular supplementation with spirulina also removes accumulated toxins in the body, creating a gentle and safe daily cleansing effect. Benefits of Prairie Naturals SPIRULINA: Certified Organic, Instant appetite control, No fillers, binders, excipients or carriers, Increases energy, Stimulates cleansing, Promotes optimal immune function, No artificial flavours, colours, preservatives, sweeteners or hidden sugars & 100% vegan. ASK for Prairie Nat. Coupon In store\*

14<sup>99</sup>  
180 Tabs +FREE Vit D3

GET 6-8 Servings of Fruits & Veggies!  
Progressive **VegeGreens® PhytoBerry®**



Whether you are a Student, Hard Working Person, Athlete, Parent, Grandparent, THIS PRODUCT is for YOU! **VegeGreens®** is a comprehensive combination of over 60 land, sea and cruciferous vegetables, as well as super green foods, EFAs, pre and probiotics, enzymes and herbal extracts. Also includes an exceptional ORAC score and offers a full spectrum of highly alkaline nutrients. Contains NO artificial flavours, colours, or sweeteners. **PhytoBerry®** is a highly concentrated berry based whole food supplement specifically designed to offer WHOLE body antioxidant protection. **Featuring & Benefits:**

- Over 40 high ORAC value fruit concentrates, phytonutrients, EFAs, herbal extracts.
  - Slows the aging process, supports liver function, strengthens immune function, boosts energy levels, supports cardiovascular health, stimulates brain function, protects eye health, balances blood sugar, improves digestion and alleviates allergies!
- Testimonial: "I love this product! I have noticed a major improvement in my ability to fight off colds. Even when everyone is sick, I manage to stay healthy!! I have not had the flu since taking this product, thank you!!"

33<sup>99</sup>  
225g / 450g  
\$OFF Coupon Pg 3

Need a Healthy Delicious Meal/Protein?  
Garden of Life Raw Protein & Raw Meal



Are you a poor eater, but don't want to be?? **RAW Protein from Garden of Life®** is a RAW, vegan, plant-based, certified organic protein formula. A complete source of protein from 12 RAW and organic sprouts. **RAW™ Advantages:** Unheated - not heated above 114°F/45.55°C. Untreated - no pesticides, chemicals or chemical preservatives used. Unadulterated - no binders. Non-pasteurized. Contains live probiotics. **RAW MEAL** is a high protein, high fibre, certified organic, RAW meal replacement powder that provides the nutrition of a well-balanced, healthy meal in one delicious serving! RAW Meal is a source of complete protein, including essential amino acids, crucial building blocks to good health. **EVERYTHING YOU WANT:** RAW / Vegan & easily digested. Contains 13 RAW organic sprouts, 4 RAW organic cereal grass juices, 5 RAW organic fruits, spirulina and chlorella. 26 to 28 g Protein Per Serving. Complete Protein With All Essential Amino Acids. Excellent source of 19 vitamins and minerals - RAW Food Nutrients. Excellent source of soluble and insoluble

39<sup>99</sup>  
Raw Protein 673g  
45<sup>99</sup>  
Raw Meal 1025g  
Instore \$5 Coupon

GET MORE COUPONS IN-STORE OR ONLINE:  
[www.alivehealthblog.com](http://www.alivehealthblog.com)

# HAIR LOSS • PROBLEM SKIN • NAILS • VARICOSE VEINS



**STOP HAIR LOSS**  
**BIO-FEN PLUS**  
 for MEN and for WOMEN

Bio-Fen recognizes that **both men and women experience hereditary androgenic alopecia (AGA, or male / female pattern baldness)** and have made improvements based on the latest science. **Bio-Fen Plus** contains scientifically calculated proportions of extracts of **fenugreek seeds, saw palmetto (men's formula), iron/silicon (women's formula) berries and flax lignans**. Each are known to possess an inhibitor of the enzyme responsible for causing male or female pattern baldness. **B vitamins, folate and biotin** help support the growth of strong, healthy hair. **For men** saw palmetto extract inhibits the enzyme 5-alpha reductase. **This action slows down the conversion of testosterone to dihydrotestosterone (or DHT) - too much causes the miniaturization of hair follicles.** For women Silicon has been shown to contribute to hair shaft strength and healthy hair growth. **For best results use with Bio-Fen shampoo and with Alive Hi-Potency Bamboo Silica!**

**18<sup>99</sup>**  
 Sham/Cond 250ml  
**59<sup>99</sup>**  
 60 Caps  
**\$OFF Coupon Pg 3**



## STRONG Nails & THICK Hair Alive Bamboo Silica - 2X Stronger

Alive Hi Potency Bamboo Silica is a pure extract from bamboo shoots and it is shown to improve the condition of:

- Hair, nails,
- Teeth, gums,
- Skin, ligaments & tendons.

Silica is the key nutrient to strengthen and beautify the body from the inside out, making it a key **anti-aging mineral**. It's used to treat skin problems such as **psoriasis and eczema as well as improve the cardiovascular system, reduce blood clots and cholesterol**. In addition to Bamboo Silica this formula contains 200mg of calcium and 100 i.u. of Vitamin D, which are there to focus on stronger bones and tendon. Alive Bamboo Silica is waiting to strengthen you! NPN8004246



**15<sup>99</sup>**  
 90 Caps  
**31<sup>99</sup>**  
 180 Caps



## BELL Skin Disorders #60 Psoriasis, Eczema, Acne?

Bell Skin Disorders is causing so much excitement across North America due to the **OUTSTANDING RESULTS**. Health Canada approved claim: **Clarifies and supports healthy skin from the inside out, by purifying the blood; Contains extracts of Oregon grape root, sarsaparilla, juniper berries, bittersweet, neem; Is safe and it is effective in as little as 2 days. If you have ACNE, ECZEMA, PSORIASIS,**

**PIMPLES, RASHES** and you have tried everything under the sun, try this product. **These testimonials are from REAL people** and Bell will provide phone numbers: **Terrible Acne - Mylene, 19, QC - 3 years on Benzoyl Peroxide, Proactiv, etc. no help. After 4 days on Skin Disorders, skin started to clear up, from terrible to beautiful skin! Within 6 days Eczema Cleared Completely: Latifa, 43, ON. I had Severe Psoriasis over 95% of my body. Last 5 years I stunned every doctor and dermatologist. Within 2 days on Skin Disorders I saw my skin clearing up, I'm speechless, Jessica, BC.**

**29<sup>99</sup>**  
 90 Caps



## Your Missing Link to THICK HAIR! NOW Biotin 1000mcg • BONUS 25 CAPS

**Your Hair and Style Can Create a Lasting Impression!** Billions of \$ are used in commercials promoting topical hair products, but internal nutrients are a critical piece of the puzzle. Biotin, one of the

B Vitamins plays an important part for hair growth. **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.**

**9<sup>99</sup>**  
 125 Caps  
**BONUS SIZE**  
 (25 More Caps)



## Easy to Swallow! NO Digestive Upset! Antarctic Krill Oil Loaded with Astaxanthin!

Why chose Krill? Krill are small shrimp like crustaceans, and constitute one of the most abundant sources of marine nutrients on earth. Superba™ Krill advantage: It is harvested under the strictest sustainability protocols, it's easy to take as it offers a superior user experience in the form of smaller pills and no digestive upset... AND Superba™ Krill is powered by The Phospholipid Advantage getting more omega-3s to the places you need them most! **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 system from free radical damage. Unlike fish oil, krill doesn't cause fishy burps or an after taste. It improves circulation and vision problems, fades age spots, strengthens immune system, prevents allergies and helps to reduce wrinkles and blemishes!**

**56<sup>99</sup>**  
 120 Softgels



## Rosehip Seed Oil - REPAIRS SKIN! By New Roots (Certified Organic)

**According to Dr. Oz:** The rose has the ability to balance disorders of the heart, both physically and emotional, and heal the digestive system. The rose has three main medicinal properties: **It is soothing, cooling, and moisturizing.** What sets Rosehip Seed Oil apart from other natural oils is the **bio-available retinoic acid** (a metabolite of vitamin A). Retinoic acid delays the effects of:

- Skin aging, assists cell regeneration,
- Promotes the increase of collagen and
- Elastin levels that provide structural support for the skin.

The result is firmer, smoother, and more youthful-looking skin, with greater elasticity. As it increases the skin's capacity to produce new cells and replace old ones, applied on a regular basis, **rosehip seed oil is an excellent aid in reducing hyperpigmentation, reversing UV damage, as well as improving and evening out skin tone and color.**

**10<sup>99</sup>**  
 30ml



## LOVE Your Hair Again! BONUS Hair-Force™ by Prairie Naturals

Create beautiful, healthy hair from within. Prairie Naturals **HAIR-FORCE™ synergistically combines 22 natural nutrients** recognized for their role in restoring, healing and nourishing hair. **Now you can stimulate maximum growth of the hair follicle while minimizing hair loss.** The combined effect of

these vitamins, minerals and nutrient co-factors directly counteracts the hair-damaging negatives caused by **stress, illness, hormonal imbalances and other health and environmental concerns.** Hair-Force™ contains, Biotin, B-Complex, L-Cysteine and vital minerals. The bonus shrink pack offer comes with Vegetal Silica the most well known herb to strengthen hair and fix hair loss. **BONUS: receive a 90 size of Ultra Sil™ (Vegetal Silica \$25.99 Value) FREE with the purchase of HAIR FORCE™.**

**34<sup>99</sup>**  
 90 Softgels  
 Plus FREE  
 Ultra-Sil 90 Caps  
 Instore \$3 Coupon



## STIMULATE Your Collagen!! WomenSense BioSil™

**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. BioSil's patented ch-OSA complex helps your body to **GENERATE ITS OWN COLLAGEN!** Huge difference with ingested Collagen! BioSil™ works through your body's natural pathways, the collagen it generates has your own DNA fingerprint! Therefore, you will see results very quickly!

**34<sup>99</sup>**  
 30ml  
**24<sup>99</sup>**  
 45 Vegicaps  
**43<sup>99</sup>**  
 90 Vegicaps  
 NEW SIZE  
**55<sup>99</sup>**  
 120 Vegicaps



## Vegetarian Omega-3-6-9 Healing Oil Udo's Oil 3-6-9 by Flora

Omega-3 consumption has decreased to one sixth the level found in our food supply in the 1850s! Of all the essential nutrients, essential fats are by far the **most abused because they are perishable, chemically unstable foods.** Almost all supermarket oils, have been damaged by destructive processing techniques such as overheating. **Deficiency leads to deterioration of every cell, tissue, gland, organ and organ system.** Favourite uses are in salads and protein shakes. **The Perfected Oil Blend includes oils from fresh flax, sesame and sunflower seeds, as well as oils from evening primrose, rice germ and oat germ.** Nothing is left to chance with Udo's, treat your body right with this fantastic product.

**10<sup>99</sup>**  
 250ml  
**20<sup>99</sup>**  
 500ml



## Covers Grey Hair Completely! Herbatint Natural Hair Colour

Herbatint is manufactured in Italy and has just been named as the **CHOICE of 60 MILLION Consumers in Europe!** WHY? Herbatint **contains NO: ammonia, smell, perfume, alcohol or parabens!!** In addition it stood out among the other brands tested for its natural look. **Herbatint is the only colorant that enriches hair colors with natural herbs.** That's why Herbatint gives your hair a more natural and youthful look as opposed to that "blocked look" you can get using synthetic colors. It actually conditions your hair beautifully and **does not cause hair loss or dry hair,** but instead gives it a natural brilliance, shin and lustre!

**13<sup>99</sup>**  
 4oz



## The Original SILICEA Gel by Hubner Strong Nails & Amazing Hair BONUS

**Sold in Europe for over 50 years!!** Scientists certified the efficacy of Hübner's Original silicea Gel on connective tissue, hair and nails! **Original silicea Gel derived from quartz crystals (the purest form of silica) is a liquid "colloidal" preparation in which microscopic particles of silica are so finely dispersed in water that a gel is formed. And, since the human body is a colloidal system, Original silicea Gel is absorbed faster and more**

**completely.** The amazing mineral Silica for beautiful skin, hair, stronger nails and bones, cellulite aid and more! You'll have "Lustrous Hair, Luminous Skin and Healthier Nails"! **Hubner Silicea Gel is an excellent sources 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. For women a full head of hair is one of the most important things for providing a sense of security. Hubner Silicea Gel has been a customer favourite for years!

**26<sup>99</sup>**  
 500ml  
 FREE Pill Box  
 value @ \$5.99



## Suffer from Varicose Veins, Hemorrhoids? CircuVein CLINICALLY PROVEN!

Flora's CircuVein is clinically proven to reduce the appearance of **dark purple, worm-like bumps under skin** known as varicose and spider veins within just 2 months! **Varicose veins** happen when they lose their strength and become bent and out of shape. Genetics, pregnancy, excessive **constipation (try Sine Qua Non Pg. 2), poor nutrition and being overweight** can cause Varicose Veins. Luckily, flavonoids found in citrus fruits help tremendously. We have amazing testimonials and **Alice Chung**, owner of Alive is one of the of them! **Hesperidin is a specific bioflavonoid found in the peel as well as the white stringy area of lemons and oranges;** the parts we tend to throw away!! **Hesperidin helps your varicose veins and hemorrhoids by increasing venous tone (tightness) and reducing stasis, which is the pooling of poorly moving blood in the veins.** There is no way to get enough flavonoids in your diet and that is why Flora's CircuVein is working miracles! Alleviate swelling, heaviness, (pain, edema, bleeding) associated with acute and chronic hemorrhoid diseases with CircuVein, which is both Vegan and Gluten Free!! NPN 80028881

**22<sup>99</sup>**  
 60 Vcaps

Receive a **FREE Morning Sun Tote Bag** with any purchase over **\$150\***

\*Applies to price before taxes.

# WOMEN'S HEALTH



## Hot Flash Relief is INSTANT (15 seconds or less)! Hot Flash Eliminator™ - Relief Without RISK NEW!

If you've had one, there's no mistaking it... the sudden, intense, hot feeling on your face and upper body, perhaps preceded or accompanied by a rapid heartbeat and sweating, nausea, dizziness, headache, or a feeling of suffocation. HFE provides - Relief Without Risk! In addition, **HFE addresses other conditions such as stress, anxiety and mood swings.** HFE is highly effective at eliminating Hot Flashes triggered by Cancer Radiation Therapy. Reports from pharmacists and oncologists confirm that most MEN who have experienced hot flashes and have tried HFE experienced the very same immediate relief that women experienced. **HFE is SAFE!** The ingredients **will not contra-indicate (react adversely) with any prescription medication or OTC (over-the-counter) product. TESTIMONIAL:** "My wife is very much enjoying this product. She has been telling anyone and everyone she knows about it. We were in Spokane, WA in September and she actually gave some drops to a lady we know who was "flushing". She immediately felt the difference. Thanks Again!" Murray Z

**33<sup>99</sup>**  
30ml



## STOPS UTI's for Good! D-Mannose by Alive

**Are you plagued with recurring urinary tract infections that antibiotics never seem to cure? 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!** NPN80043850

**23<sup>99</sup>**  
60 Caps  
**43<sup>99</sup>**  
120 Caps

CHRONIC  
CYSTITIS

# ANTI-AGING

## WORKS to Prevent & Repair Signs of AGING! Japanese MITSUWA Collagen Pure BONUS



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 in our 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 Mitsuya Collagen every morning on an empty stomach!

**99<sup>99</sup>**  
60 Sachets +  
BONUS!  
5 Extra Sachets  
Exclusive to  
Alive &  
Morning Sun  
Instore \$3 Coupon!



## HALT & REVERSE BONE LOSS! AOR Bone Basics™

AOR Bone Basics™ is a multi-nutrient combination designed to support bone health, help in the development and maintenance of **teeth, cartilage and gums and help in connective tissue formation and the maintenance of proper muscle function.** What makes Bone Basics unique? It features a hydroxyapatite complex (MCHC), an extract of bovine bone derived from Australian pasture-fed, free-range livestock not subjected to routine antibiotics or rBGH. **Proven in over 30 years of research MCHC is a special ingredient that contains the best type of calcium for bone building and maintenance. It can not only slow bone loss, but can actually halt and reverse it!!** Bone Basics ingredients work together to **increase calcium absorption, slow the rate of bone turnover, help bone building cells and reduce the loss of calcium and magnesium.** Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis.

**49<sup>99</sup>**  
360 Vcaps

## Restore Your BONE Health NOW! Nature's Way® Liquid Cal-Mag 2:1 NEW!



Finally, a liquid **calcium magnesium** that tastes amazing AND is complete with ALL the essential nutrients. **This is the first product on the market which has K2, Collagen, Manganese, Boron, plus Calcium, Magnesium and Vitamin D in one bottle!** These are all the ingredients to **STOP osteoporosis or prevent it from occurring.** This high absorbing formula supports healthy bones by **preserving adequate mineral mass and by promoting repair functions of the bones and teeth.** Each 15ml serving includes:

- Cal 600mg, Mag 300mg
  - Vitamin K2 45mcg, Collagen 200mg,
  - Manganese 7mg, Boron 700mcg and Vitamin D 400iu.
- This product does NOT contain: artificial colouring or flavouring, gluten or lactose. This formula is a convenient alternative to swallowing large tablets. In three great tasting flavours, there is a high absorption formula right for you!

**23<sup>99</sup>**  
454ml

BEST  
TASTING



## STOP Hiding from AGE Spots! Alive Grape Seed Extract OPC WORKS!

Are too many "sun kisses" also known as **AGE SPOTS** getting you down? Alive Hi Potency OPC Grape Seed Extract is to here to the rescue! Alive raw material is of the highest quality; it comes **from France with trademark Biovin™, which has all the studies showing its effectiveness.** Alive Grape Seed is the most potent on the market making it an easy first choice! Alive Grape Seed Extract is 500:1, which means it is **500 times stronger than regular grape seed!** Grape Seed Extract is a powerful antioxidant. **BENEFITS Include: 50x stronger than Vitamin E, showed anti-mutagenic properties in vitro, improves circulation and vision problems, fades age spots, strengthens immune system, prevents allergies and helps to reduce wrinkles and blemishes!** STOP just covering up those dark spots that get you down, instead use Alive OPC Grape Seed Extract to banish them away naturally. It is an absolute favourite among our customers as it gets you results! NPN80013354

**31<sup>99</sup>**  
90 Caps

FROM  
FRANCE



## Constant Yeast Infections Haunting YOU? Renew Life Ultimate Flora Vaginal Support

**Oh no... you are all packed ready for a great weekend and BAM you can feel a yeast infection ready to strike! Fight back with Flora Vaginal Support.** If you are prone to yeast infections take Flora Vaginal Support one a day! Why will not any probiotic formula do the trick? BECAUSE there are over **500 different types of bacteria** in the digestive system and there are a select few that specialize in combating Candida (overgrowth of yeast). Ultimate Flora VS contains 50 Billion of the 9 specific strains that were chosen for their prevalence in a healthy vagina and urinary tract. Tip: diet is half the battle, watch your carbs!! **TESTIMONIAL:** "I really wish my health care professional told me about this. I was given an antibiotic to prevent infection, but the antibiotic disrupted my balance and I was getting yeast infections on a monthly basis! I was tired of using drug store treatments. After 10 months of frustration I got a flyer and this product was featured; I thought "I have nothing to lose". Let me tell you, this is amazing. I'm yeast infection free thanks to this product!!"

**32<sup>99</sup>**  
30 Caps  
\$OFF Coupon Pg 3



## From Red Algae Proven to INCREASE BONE DENSITY! New Chapter Bone Strength

Plant Based for Highest Absorption!! What would be the perfect calcium?? High absorption, top bioavailability, plant based and 100% natural! Look no further, New Chapter **Bone Strength Take Care** has arrived! The calcium complex in Bone Strength Take Care is derived from a specific **plant form called Lithothamnion Calcareum,** sustainably harvested from pristine shores along the Icelandic coastline. Much like organic vegetables, this sea plant is allowed to mature naturally and then sustainably harvested to **deliver its optimal nutritional value. TargetCal provides a highly bioavailable, bioactive, and long-lasting form of natural Vitamin K2 (MK-7).** This is THE calcium your bones are craving to beat!

**45<sup>99</sup>**  
120 Tabs  
Instore \$3 Coupon



## Eyes & Facial Toning Serum Pure Hyaluronic Acid by VIVA

**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. Its unmatched hydrating properties PLUMP** the skin from inside out, reduce the appearance of Rosacea, reduce dark circles, stimulate collagen, resulting in firmer, smoother and youthful looking skin. Your eyes will look firmer, softer & radiant! **Pure Hyaluronic Acid Serum Increases the Skins Moisture in Any Climate and is a Deep Cellular Skin Hydrator.** When the air is dry and less humid, your skin will lose moisture. Regular moisturizers typically give about 30 minutes of topical moisture and they "feel" moisturizing for a brief period of time until environmental elements dry their skin once again. This is an absolute **CUSTOMER favourite!!**

**36<sup>99</sup>**  
15ml



## PMS? Fibroids? Acne? Bone Loss? EstroSense Balances Hormones BONUS

Estro Sense contains vital ingredients to **help all woman to balance hormones and to prevent hormone related problems.** Who needs hormone balancing therapy? All Pear Shaped women and those with: **Endometriosis, Fibrocystic Breasts, Peri-menopause, Acne, Ovarian Cysts, Uterine Fibroids, PMS, Flooding periods and Bone Loss.** Symptoms of hormone imbalance are sparked by an imbalance of estrogen to progesterone, with estrogen being dominant. EstroSense is a complete natural formula that helps maintain lifelong healthy hormone balance from puberty onward. EstroSense is the ideal hormonal health partner for women using oral contraceptives and those suffering from the symptoms of hormonal imbalance: acne, breast health concerns, exposure to **xenestrogens (pesticides, herbicides and toxins), endometriosis, fibrocystic breasts, heavy/flooding periods, PMS, ovarian cysts, uterine fibroids and more.**

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



## Addresses ALL 21 Symptoms!! Zen Harmony Menopause Formula

**ZEN Harmony's formula is unlike any other available on the market!** It addresses more than just hot flushes as there are 21 symptoms that may be experienced during your menopause years. Did you know that you are not supposed to suffer during Menopause? Zen Harmony makes this possible as it works specifically on hormones and heat regulation to conquer ALL 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.** We have numerous testimonials of **positive results: One customer found relief when using Harmony after only using the product for 4 days!**

**44<sup>99</sup>**  
120 Tabs

## Amaze Gel - Watch Big Chunks of Dead Skin Cells Coming Off!



Did you know that to help prevent fine lines and wrinkles exfoliating is just as important as the rest of your skin care regime? **Only when dead skin cell tissues are removed, can new skin cells emerge!** This "amazing" gel is an **instant skin rejuvenation!** Made with Royal Jelly, Aloe Vera, Ginseng and Germanium Amaze Gel exfoliates your skin so completely your skin **instantly looks youthful and radiant!** This is a staff favourite as it is not harsh on the skin, but very therapeutic leaving your skin feeling soft and silky. Customers often comment it is like having a facial after you are finished. Apply a small amount on your skin and you'll be amazed to see a **large amount of dead skin cells coming off!** This gentle, non-abrasive gel is also great to remove **blackheads, freckles and age spots!** Your skin will instantly feel softer and lighter. Come in to get a demo!

**49<sup>99</sup>**  
60ml

PROMOTE  
NEW SKIN CELLS!



**VOLUME SAVINGS**

**Buy More, \$ave More. See Store for Details**

Save even more on purchases of 2 or more of the same product.

# ANTI-AGING



**Extend Longevity by 30%, Youthful & Energetic!**  
Alive Resveratrol Antioxidant (France)

**ABC News - Resveratrol can reset the biological clock - youthful, energetic, less heart diseases, osteoporosis 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. NPN80025276

**42<sup>99</sup>**  
120 Caps



**Fight Free Radical Damage to Prevent Wrinkles**  
Alive Alpha Lipoic Acid 300mg

Alpha lipoic acid (ALA) has been touted "**the miracle antioxidant**"; "**universal antioxidant**"; "**perfect antioxidant**" because "**it is a very small molecule and highly absorbed and it is soluble in both water and oil, which permits its entrance to ALL parts of your cells being your BEST defence against free radicals**". **Free radical damage is very damaging to our body inside and outside causing diseases and aging, including wrinkles.** Externally, **ALA diminishes fine lines, gives skin a vibrant and healthy glow and boost other antioxidants such as Vitamin C.** Dr Perricone, in his book "**The Wrinkle Cure**" highly recommends ALA for wrinkles and internally to maintain our youth. NPN80013064

**29<sup>99</sup>**  
60 Caps

**PERFECT ANTIOXIDANT!**



**Pure Argan Oil - Celebrities Love it!**  
Dry or Oily; For ALL Types of Problem Skin **BEST SELLER!**

**BEST SELLER!!** New Roots 100% pure organic argan oil is **pure, cold pressed** and 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.** **BENEFITS...** helps with wrinkles, acne, dry skin, dry scalp, hair growth, diaper rash, cracked feet, eczema and psoriasis. 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.

**17<sup>99</sup>**  
50ml



**Tired, Lacking Focus, Poor Immunity?**  
Nu-Life Energy (Energim)<sup>TM</sup> Naturals Can Help!

Nu Source Energy previously known as Energim is the all natural fast-acting, long lasting fatigue-fighter that positively donates energy and makes you feel alert, but not wired! The key is in their formula which includes: 9 forms of standardized ginseng, Royal jelly, Bee Pollen and Green Tea powerful antioxidants.

**Main benefits of Energy:**

- Helps to promote alertness, stamina, wakefulness and to enhance cognitive performance
- Combats fatigue, stress and helps mental clarity/ focus
- EXCELLENT Source of antioxidants to fight off FREE RADICALS
- Made from premium natural ingredients and manufactured according to the highest quality standards

**19<sup>99</sup>**  
60 Caplets  
**48<sup>99</sup>**  
180 Caplets

# ALZHEIMER'S • DIABETES • INSOMNIA



**STOP Type 2 Diabetes NOW!**  
Alive Cinnamon Extract 20:1

According to the Diabetes Association more than 3 million Canadians have Type 2 Diabetes and it is growing rapidly, but there is a solution, by taking **Alive Cinnamon Extract 20:1!** Sprinkling Cinnamon on your cereal won't cut it, you need cinnamon in a concentrated form. A recent study headed by the U.S. Department of Agriculture (USDA) has identified a link between cinnamon intake and reduced risk of diabetes AND heart disease. According to the research, **cinnamon extract, which is high in antioxidants, helps to decrease glucose levels in the blood as well as reduce oxidative stress in the body.** We have had 100's of customers who were **pre-diabetic shock their health care provider** with Alive Cinnamon Extract as their insulin resistance was corrected! Remember, high blood sugar is **SERIOUS.** If you don't pay attention over time high blood glucose levels can damage your eyes, kidneys, nerves and heart. HOW? Your cells, which is what your organs are made of are being starved! Beat Type 2 diabetes, this disease is in your control with Alive Cinnamon 20:1 Extract, it WORKS! NPN80013266.

**16<sup>99</sup>**  
60 Caps  
**29<sup>99</sup>**  
120 Caps

**Brain Power: Memory & Concentration! - Phosphatidylserine (PS)**  
**FREE BlueRich Blueberry!**



**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 gives brain nerve cells and cell membranes renewed vigor and facilitates energy across the entire cell. Numerous double-blind studies with as many as 425 significant improvements in even severe cognitive impairment.**

**32<sup>99</sup>**  
60 Softgels  
**FREE BlueRich Blueberry 90s!**  
**\$OFF Coupon Pg 3**



**Natural Factors Ubiquinol QH Active CoQ10**  
100 mg - Extremely Bioavailable! **BONUS**

The latest research shows ubiquinol CoQ10 is more absorbable than the standard ubiquinone form previously used as a nutritional supplement, making it more effective for supporting heart health, increasing energy, providing antioxidant protection, and maintaining health as we age. Ubiquinol CoQ10 is quickly becoming the preferred choice of doctors, nutritionists, and consumers. **Daily supplementation with Ubiquinol QH Active CoQ10, with superior bioavailability, enhances blood levels of CoQ10, provides sustained, natural energy to fight age-related fatigue, supports heart health, and provides antioxidant protection to cells.**

**29<sup>99</sup>**  
**BONUS 75s**  
**(15 Caps FREE)**  
**\$Off Coupon Pg 3**



**Improve Memory & Mental Sharpness**  
Ginkgo Biloba 1/Day Hi-Potency **BONUS**

With most Ginkgo Biloba, 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.** **European studies** have shown that ginkgo increases blood flow to the brain and extremities, helping to improve memory and mental sharpness. **Ginkgo may be helpful for the early stages of Alzheimer's disease;** circulation problems, especially intermittent claudication; vertigo and tinnitus, of the vascular origin. NPN80015342

**19<sup>99</sup>**  
90 Caps  
**39<sup>99</sup>**  
**Buy 180 Caps GET 240 Caps**



**Anxiety, Depression and Sleep Disorders**  
Alive 5-HTP (5-Hydroxytryptophan) 100mg

**Have you tried it all, but continue to feel like you have lost the person you once were?** You are not alone as **Health Canada estimates 2 million Canadians are suffering from depression.** Don't surrender to depression or sleep disorders. **Clinical studies have shown that supplementing with 5-HTP can help improve mood and relaxation by normalizing serotonin levels in the brain.** 5-HTP is a substance produced in the body after eating foods that contain the amino acid L-tryptophan. The body uses 5-HTP to produce serotonin, an important neurotransmitter required for healthy nerve and brain function. What causes the deficiency? Excess stress and poor diet. **What are the symptoms of deficiency? Depression, anxiety, sleep disorders, obesity and addiction.** Other supplements that work well with 5HTP include: **Vitamin B6** a critical nutrient for serotonin production and **Alive ReLora<sup>TM</sup>** to help combat against stress and belly fat (Pg. 12). Two commonly prescribed medications used to regulate Serotonin levels are: SSRIs and MAO; imagine if you didn't have to go down that route! 5-HTP is a natural alternative to re-establish normal Serotonin levels. NPN80021612

**18<sup>99</sup>**  
60 Caps  
**34<sup>99</sup>**  
120 Caps



**EVERYONE Needs Vitamin D3!!**  
1000iu + 90 FREE! **BONUS**

**Studies show low blood levels of vitamin D are associated with increased mortality.** There are entire books written on Vitamin D ALONE, showing 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 400i.u is recommended for babies by doctors for women who are breast feeding. 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. **ASK for Prairie Nat. Coupon In store\***

**24<sup>99</sup>**  
500 Softgels  
90 FREE



**Prevent Dementia & Promote Energy!**  
Trophic Methyl B12 & Folic Acid

Dr. Oz said by simply taking sublingual Vitamin B12 you can help prevent: **Dementia, tingling in limbs and lack of energy.** Recent studies suggest anywhere from **15-40% of Americans don't have adequate levels of B12 for optimal health.** **In the body, Vitamin B12 is used in the regulation and the formation of red blood cells and helps in the utilization of iron and has been shown to assist in lowering homocysteine levels.** Deficiency is usually due to a problem in absorption or as Dr. Oz says it can be from: **"Regular consumption of aspirin is also associated with a higher risk of B12 deficiency (approximately 1 in 5 adults is taking aspirin every day or every other day), as is the diabetes drug Metformin."** Who else needs B12 since the vitamin is **absent from most fruits, vegetables and grains, Vegetarians are more susceptible to deficiency. Folic acid is there as it plays an essential role in the synthesis of DNA and RNA and is also key in the formation of red blood cells, protein metabolism, reproduction and growth.**

**11<sup>99</sup>**  
90 Tabs  
**18<sup>99</sup>**  
180 Tabs  
Quick Dissolving Tablets



**Natural Zero Calorie Sweetener**  
Now Certified Organic Stevia

**According to Health Canada:** Did you know that **Type 2 diabetes is one of the fastest growing diseases in Canada** with more than **60,000 new cases yearly** AND nine out of ten people with diabetes have type 2 diabetes. The good news is that type 2 diabetes can be prevented or postponed by making healthy lifestyle choices. Many of us are literally addicted to sugar, therefore finding a sugar substitute is an excellent 1st step! **NOW Better Stevia is a zero calorie sweetener that actually tastes good?** Say goodbye to granulated sugar for good. **NOW Better Stevia makes it easy:**

- Zero calories • Zero artificial colours & flavours
- Superior clean sweet taste v Low glycemic impact
- Great for weight loss & diabetics
- CERTIFIED ORGANIC!

There is nothing not to like! Life just got a little sweeter and you don't have to feel guilty about it anymore!

**10<sup>99</sup>**  
100 Pack Or 60 ml  
**Instore \$1 Coupon**

**DIABETICS & WT LOSS**



**= 15% OFF**  
REGULAR PRICED ITEMS

**The First Tuesday of every Month is Customer Appreciation Day! See Stores for Details.**

# INFLAMMATION • JOINTS • BONES • PAIN RELIEF



## Repair & Prevent BONE Fracture Vegetal Silica by Alive

**SLOW  
HAIR GROWTH?  
WEAK NAILS?**

Do you feel helpless when you look in the mirror due to **thin, weak or slow hair growth/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 and **you are in desperate need of a customer favourite Alive Vegetal Silica!** 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 amazingly with **the Alive Coral Calcium (pg.12) as silica helps enhance the absorption of Calcium!** It's time to **PREVENT** fractures, increase bone density, improve hair, strengthen nails and find the lustre in your skin again due to Silica's ability to help the body produce **COLLAGEN** (the glue that holds you together keeping you **YOUNG!**) NPN80022946

**13<sup>99</sup>**  
90 Caps  
**25<sup>99</sup>**  
180 Caps



## Collagen Gets You Moving!! NAKA Nutri-Collagen Liquid 5000mg

**NEW  
FORMULA!**

New formula with Peptan, **scientifically proven to ease joint pain & inflammation, support bone density and skin/hair/nail health.** Do you suffer from joint disorders such as:

- Arthritis,
- Osteoporosis,
- Herniated Disc,
- Tendonitis and Bursitis?

Peptan® Hydrolyzed Collagen has been **scientifically proven to enhance overall joint mobility by stimulating osteoblasts (bone formation cells), restoring bone mineral density, and increasing both bone size and firmness.** It can also be combined with calcium and vitamin D to offer full comprehensive benefits. Furthermore, it contains a synergistic blend of essential and non-essential amino-acids to aid in protein synthesis.



**33<sup>99</sup>**  
500ml  
**FREE Pill Box  
valued @ \$5.99**

## NATURAL PAIN RELIEF

proven to reduce inflammation

**WORKS IN ONLY 5 DAYS**

LEARN MORE >



**fast joint care+** contains the research-proven dose of **Natural Eggshell Membrane** and works to repair and rebuild the joint as well as decrease symptoms such as joint pain and discomfort, while improving range of motion. What makes **fast joint care+** unique versus traditional solutions to pain?

- **It's FAST:** pain relief in as little as 7 days!
- **It's convenient:** one-a-day, small capsule dose
- **It's effective:** provides nutrients that build and repair the joints for increased mobility, range of motion and decrease pain and inflammation.

Results showed that individuals were 3x more likely to experience a 50% reduction in pain vs. a leading Rx drug for joint pain. **fast joint care+** the only research-proven formula on the market to target both arthritic and non-arthritic joint pain!

**NEW LOWER PRICES!**  
**25<sup>99</sup>**  
30 Caps  
**47<sup>99</sup>**  
60 Caps  
**Instore \$3 Coupon**



## AMAZING Pain Relief in 2 WEEKS! Flex-OK Joint Formula by Alive

What if you could move freely again? What if you could be honest with your friends and family when you say that you have **NO: Back Pain, Hip Pain, Knee Pain, Neck Pain, Shoulder Pain, Wrist Pain?? Flex-OK takes your joint pain away!** Joint Care - Amazing Pain Relief Within Two Weeks says our customers! 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, Devil's Claw, Boswellia, White Willow Bark MSM, Curcumin, Bromelain, Feverfew,** and others. Many formulas for joint pain can be frustrating because there is always something missing. There are so many ingredients to help with joint pain and often times customers ask, **"Isn't there just one product I can take that has everything?"** Well there is a very complete formula called Flex-OK. Customers claimed their pain reduced significantly within just 2 weeks! **Do not be a prisoner to your joint pain, try Flex-OK!** NPN80028603

**29<sup>99</sup>**  
120 Caps



## MAGIC ENZYME TO CONQUER INFLAMMATION! Naka Tri-Star Serrapeptase 120,000IU!

**Inflammation is the #1 reason people consult their health care practitioner!!** Arthritis, gastritis, colitis, dermatitis, nephritis, neuritis and cystitis are just some of the inflammatory conditions that bring people to their doctors every day. If it ends in the four letters, "itis", inflammation is involved. **Doctors in Europe and Asia call it the "MAGIC ENZYME" and have been prescribing it for inflammation for the past 30 years. Serrapeptase (a.k.a. Serratio Peptidase)** is a proteolytic enzyme, meaning it breaks up and digests protein **(the bad guys like c-**

**reactive proteins).** Unlike other proteolytic enzymes that are derived from pigs, fungi or yeast, **Serrapeptase is produced by bacteria in the gut of silkworms, making it much more agreeable for ANYONE to take.** Serrapeptase acts as an anti-inflammatory and a pain blocker similar to aspirin & ibuprofen. There is growing evidence that **Serrapeptase inhibits the build up of plaque in the arteries.** Thus, it prevents atherosclerosis, arterial blockages, strokes, heart attacks by being the garbage man in your body.

**45<sup>99</sup>**  
120 Enteric Coated Softgels

## Fix Crooked Fingers & Eliminate PAIN SierraSil® - Works FAST! BONUS!



**SierraSil®** out of all of the Joint Pain formulas out there, the Vancouver Canucks pick SierraSil®. 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 **1000's 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! NHL Testimonial:** "I started using SierraSil and almost right away I noticed a difference in my recovery from workouts. When I signed in Europe I took some with me too, and some of my teammates in Europe even started using the spray!" **Dale Weise Ex-Vancouver Canuck**

**32<sup>99</sup>**  
114 Caps  
(24 Caps FREE)  
**55<sup>99</sup>**  
201 Caps  
(21 Caps FREE)



## Prevents ALZHEIMER'S - Reduces INFLAMMATION, IBS!! 2X Stronger Turmeric (Curcumin) 500mg

Increased to 500mg - Help for Alzheimer's and Cancer Prevention! (Vancouver Sun) & UCLA reported that "curcumin may slow Alzheimer's diseases". **In India, where curries (which have curcumin) are eaten daily, Alzheimer's rates are 4.4 times lower than North America!** Looks like it is time for North Americans to spice up our life with Turmeric! Turmeric

(Curcuma longa) has been **used for 4,000 years** to treat a variety of conditions. Studies show that **turmeric may help fight infections, reduce inflammation, treat digestive problems, liver problems, skin diseases, and wounds.** Curcumin is a **powerful antioxidant and it also stops platelets from clumping together to form blood clots.** Turmeric **TARGETS Inflammation** which is the root of all disease and thus offers health improvements for just about everyone. NPN80032709

**10<sup>99</sup>**  
60 Caps  
**19<sup>99</sup>**  
120 Caps



## Pain, Eczema, Psoriasis & Fibromyalgia!! Alive MSM 1000mg BONUS

**Does More Than Banish Inflammation!** Inflammation is the root of many diseases today. Eating a proper diet goes a long way such as vegetables which are cooling and cutting out deep fried foods which are hot, but sometimes this is not enough. **MSM a derivative of DMSO is extremely powerful and non-toxic and 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.** NPN80009655

**19<sup>99</sup>**  
Buy 180 Caps  
GET 240 Caps



**Recovery goes beyond pain relief** and is actually used by health practitioners for injury and surgery rehabilitation as it digs deep to **repair damaged tissues.** This formula is **particularly effective for areas affected by arthritis and other painful inflammatory conditions to recapture mobility. REAL testimonial: "After 27 Years Joint Pain Gone.** I have been in constant pain with **degenerative disc disease and osteoarthritis since the age of 32.** After no difference with anti inflammatories, I soon realized that nothing works like RECOVERY. **At 60 years old I feel like a kid some days.** My hands are free from pain and my energy levels are up so the extra weight is falling off, thanks to RECOVERY." Don't wait 27 years to find your relief! This formula is also for the young as a preventative or to help those that are afflicted with pain from sports injuries, which inhibit their normal activities. **Contains all natural ingredients without side effects of prescribed inflammatories.**

**62<sup>99</sup>**  
Extra Strength  
360 Vcaps



## Chronic Fatigue? Fibromyalgia? Tension Headaches? HBP? Insomnia? Alive Magnesium Citrate 150mg & Mag 250mg w/Malic Acid

**Magnesium Citrate is Dr Oz TOP Mineral for HBP & Heart.** Magnesium is crucial, but frequently overlooked. It is responsible for more than **300 bodily functions!** Magnesium is an important electrolyte which helps the absorption of many minerals, including Calcium. **Additional benefits:** HBP, wound healing, temperature regulation and many activities of the brain and nervous system: Restless legs, nervousness, muscle spasms, irregular heart beat, all respond favourably to magnesium.

**Alive Magnesium w/Malic Acid Eases Fibromyalgia & Headaches.** Dr Oz says taking Magnesium w/Malic Acid helps relieve tension, headaches, HBP, Fibromyalgia & Chronic Fatigue! For patients with Chronic Fatigue Syndrome (CFS) and Fibromyalgia, magnesium may be the **MOST IMPORTANT critical mineral according to the CFS Research Foundation.** In one clinical trial all 15 fibromyalgia sufferers reported **significant lessening of pain within 24 hours of taking a combination of magnesium and malic.** NPN80039791 & NPN80039790

**Magnesium Citrate**  
**16<sup>99</sup>**  
180 Caps  
**Magnesium w/Malic Acid**  
**20<sup>99</sup>**  
180 Caps



## Alive Glucosamine & Chondroitin Sulfates 900mg - 79% Felt Improvements! BONUS

**Freedom to MOVE AGAIN!!** 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. NPN80009744

**32<sup>99</sup>**  
Buy 180 Caps  
Get 225 Caps

## ARNICA YOUR FAMILIES FIRST AID ESSENTIAL! A.Vogel Arnica Gel BONUS



Arnica is good for bruises, but did you know that it also relieves **PAIN?** This Fall make Arnica a part of your first aid kit! Play it safe when sending your kids off to school. AND take care of YOU before getting back to your exercise routine to avoid damaging your muscles. Always make sure to warm up;

the next day you'll be glad you did! We all know that sports carry their own share of risk and injuries. Kids get bumps and bruises, and older people who are still kids at heart can trip and get hurt too. **Each Arnica tube contains 20X fresh arnica flower heads per tube making it the most concentrated arnica gel on the market. BENEFITS:**

- Clinically proven to relieve pain due to osteoarthritis.
- Soothes muscle and joint inflammation with the associated pain due to sprains and bruises.
- Fast acting, Fresh Scent & Non-Greasy

NPN 80000989 **Ask for A Vogel Coupon In store\***

**20<sup>99</sup>**  
50+50g Gel



## Recycling Your Empty Bottles = Saving Money!

Empty vitamin bottles are valid for purchase of the same products only and receive 50¢/\$1 off the purchase price of the same product. One empty bottle to one product purchased, presented at the time of purchase.



# HEART • CHOLESTEROL • BLOOD PRESSURE • VISION



## Alive Norwegian Ultra Concentrate Omega-3 Fish Oil BURP FREE!

DR. OZ  
REDUCES  
JOINT PAIN!

**Alive Norwegian Deep Sea Fish Oils are One-A-Day!** Everything you could want in a quality fish oil is here. This High Potency EPA Omega-3 Fish Oil is **Molecularly Distilled, 3rd party tested and enteric coated/burp FREE**; no wonder customers love this product! Amazingly this formula contains **790mg of EPA!!** This is the essential fatty acid for maintaining **excellent cardio vascular health and for reducing inflammation & serum triglycerides**. DHA is also important and this formula contains **140mg DHA** to help **support cognition and brain health**. Although Omega-3 fatty acids have been known as essential to normal growth and health since the 1930s, awareness of their significant health benefits has dramatically increased in the last few years due to more research and **approval by Health Canada**. In addition, **Omega-3 has been very helpful to reduce pain associated with arthritis, skin conditions like rosacea, eczema, psoriasis, mood/ depression, ADD, memory, digestion, hair/skin and even healthy eyes**. NPN80022457

**Only 1 Daily Formula!**  
**38<sup>99</sup>**  
60 Softgels



Alice Chung & Dr. Gifford-Jones



## STOP Heart Attack being the #1 Killer! Medi-C Plus Formulated by Dr. Gifford-Jones

99% percent of doctors say **Heart Attacks** are due to **atherosclerosis (hardening of arteries)**. We often reach for statin drugs, **but Dr. Linus Pauling, two-time Noble Prize winner** discovered that large amounts of **vitamin C and lysine** are needed to prevent coronary attacks. **WHY? Vitamin C** is required to manufacture healthy collagen, the glue that holds coronary cells together, just like mortar is needed for bricks. **Lysine**, is like steel rods in cement, makes collagen stronger. **WHY** not just load up on your vitamin C and lysine pills at home? Because you would be swallowing a ridiculous amount of pills!! **RESEARCH:** Dr. Sydney Bush, an English researcher, has now proved that vitamin C/Lysine can reverse atherosclerosis. Bush showed one year later atherosclerosis had regressed in his patients! **Fourteen years ago following Pauling's own coronary attack**, cardiologists claimed it was sheer madness for him to refuse cholesterol-lowering drugs (CLD's). Instead, he decided to take high doses of vitamin C plus lysine with breakfast and the evening meal. **NOW** you can take the right combination Dr. Gifford-Jones developed called Medi-C!

**24<sup>99</sup>**  
300g



## Cataracts, Macula Eye Protection! FloraGLO™ Lutein Eye by Alive

**Not all lutein is the same!** Look for genuine **Alive FloraGLO™ Lutein**. Why? FloraGLO™ Lutein is patented. Its purification process is unique and innovative to have earned patent protection in the United States, Canada and other countries. Nutritional supplement companies worldwide recognize FloraGLO™ Lutein as a quality ingredient that will maintain its stability and potency. **FloraGLO™ Lutein is used in more clinical trials than any other lutein.**

If researchers trust the efficacy and quality of FloraGLO™ Lutein, you can too. **Alive Lutein Eye Formula 18mg elemental is from 360mg of Lutein and also contains Blueberry & Bilberry.** 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. **Without sight, the world is dark!** NPN80021624

**29<sup>99</sup>**  
60 Caps



## Rolls Royce of the Multi Vitamins! Platinum Super EasyMulti 45+ Men & Women

45+  
ULTIMATE MULTI!

Using the award winning OST™ (**Omega Suspension Technology**), a process that **fully suspends active ingredients in Omega Oils**, Platinum Easy Multi is easier to swallow, digest, absorb and more stable in a liquid softgel. Super EasyMulti Plus contains a **powerful combination of antioxidants proven to fight age-related degenerative diseases and reverse the signs of aging from inside out**. **These antioxidants help to neutralize free radicals, unstable atoms that cause damage at the cellular level, ultimately causing the body to age.** This is not your average mediocre multivitamin, this is the ultimate multivitamin designed specifically for **HIS and HERS**. Men and women are made up differently and thus demand different formulations and Platinum Naturals has answered. Additionally it is no secret that **in your 40's is a good time to start thinking about taking CoQ10 and Hawthorn Berries** to protect the heart and Platinum has it. You wouldn't want to buy a house with a faulty foundation. Don't let your health slip through the cracks, you are covered with Platinum!

**45<sup>99</sup>**  
60 Softgels  
**85<sup>99</sup>**  
120 Softgels



## Eliminate Cardiovascular RISK Factors TODAY!! Kyoalic 104 Aged Garlic Extract

Although garlic has been traditionally used for over **5,000 years**, most scientific significance has just been developed in the past 50 years. **Why isn't eating RAW garlic enough?** Unlike most foods, food-processing does miraculous things to garlic. It triggers the formation of a cascade of compounds that do not already exist in raw garlic. Therefore, processing is the key to increasing the benefits of garlic and to decreasing or eliminating its toxic effects. **What will Kyoalic do for you:** 1. Enhance circulation and 2. Reduce a wide range of cardiovascular risk factors: **• Elevated Homocysteine, Serum Cholesterol, Triglycerides levels & • Combats Platelet Aggregation** These conditions are a recipe for disaster, but Kyoalic has you covered. Kyoalic Garlic has been dubbed a **"Wonder Drug"** with a reputation in folklore for **preventing everything from the common cold, flu and even the Plague!** KYOLIC is a **powerful antioxidant/ natural antibiotic** and its safety and benefits have been confirmed by over **600 scientific studies**.

**55<sup>99</sup>**  
360 Caps



## Glaucoma, Dry, Strained Eyes Bilberry Extract from Italy by Alive

WORKING  
A LOT ON  
COMPUTERS?

**Alive Bilberry Extract is 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. Bilberry (Vaccinium myrtillus), also known as the Whortleberry and Blaeberry, is a small shrub found on heaths where it grows to about 60 centimeters tall. Research shows Bilberry to be **effective for improving night blindness and hemeralopia (day blindness), glaucoma, diabetes, floaters & cataracts**. WHO can benefit from taking this? **Truck drivers, pilots, students, people driving long hours, flying or before computer screens can greatly benefit with Bilberry.** During World War II, British fighter pilots reported improved nighttime vision after eating bilberry jam. Bilberry has also been suggested as a treatment for retinopathy (damage to the retina) because anthocyanosides appear to help protect the retina. Bilberry has also been suggested as treatment to prevent cataracts. **NPN80002163**

**25<sup>99</sup>**  
120 Caps



## Renew Life Rapid Cleanse Only 7 Days to a WHOLE New You!

Lose weight & FEEL great! What can cleansing do for YOU? **Increase HEALTHY eating habits, increase ENERGY, eliminate harmful toxins, reduce constipation, improve nutrient absorption and decrease risk of disease!** Don't have time for a 30 days cleanse and want something that is not too harsh?? **NO PROBLEM!! Total Body Rapid Cleanse is DONE** in just 7 days without leaving your body feeling irritated! It works to stimulate the body's **7 channels of elimination**. The cleanse enhances 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**). **Rapid Cleanse** works by directly stimulating the organs. It contains herbs, such as **milk thistle, adandelion, and turmeric**, which stimulate the liver's production of bile. The liver transfers toxins into the bile, which is then carried into the small intestine where it is absorbed by fibre and brought to the colon for elimination.

**28<sup>99</sup>**  
7 Days Vcaps  
**Ask for Renew Life Coupon**  
Instore \$2 Coupon



## BELL Blood Pressure Combo #26 Maintain Healthy Blood Pressure!

Formulated by a Master Herbalist, Bell Blood Pressure Support Combo unites cutting-edge fish peptides with health-enhancing herbs backed by centuries of traditional use. **BENEFITS** include: **Phyto-nutrients backed by science, Promotes flexible relaxed blood vessels, Optimizes the whole circulatory system, Helps maintain healthy blood pressure and Contains superior quality fish peptides.** "What is a fish peptide?" Peptides are bioactive food-based proteins that are believed to perform important physiological functions within the body. Researchers have suggested that among these functions, fish peptides appear to positively influence blood vessels and blood pressure. **TESTIMONIAL:** "BP from 160/95 down to 124/82 in 4 weeks! In the last 3 years I had ups and downs in my blood pressure and many tests were made. After taking Bell Blood Pressure Combo #26 for 3 weeks it was down to 145/89 and in week 4 it was 124/82. Strongly recommended."

**29<sup>99</sup>**  
60 Caps

## Your HEART Medicine! BONUS CoQ10 100mg with FREE D3 1000IU



**Why is CoEnzyme Q10 so vital?** Coenzyme Q10 (CoQ10) is required by every cell in our body and is key to the chemical reactions that produce cellular energy. An automobile engine with poor spark plugs will sputter and choke with carbon. Like a cellular spark plug, CoQ10 ignites the cell's oxygen to produce energy. If our cells don't burn oxygen properly, damaging compounds such as free radicals are formed. A misfiring automobile will eventually break down. 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.** Natural Factors CoEnzyme Q10 is in softgel form in a base of rice bran oil for improved absorption.

**26<sup>99</sup>**  
150 Softgels  
(30 FREE)  
**+ FREE D3 90s**  
Buy 2 Get  
\$OFF Coupon Pg 3



## Wild Salmon Oil for Heart & Brain Alive Omega-3 Deep Sea Fish Oil

**Alive Deep Sea Wild Salmon Oil is an excellent source of Omega 3.** Salmon Fish Oil contains **EPA and DHA**, which is well documented showing their wide range of benefits for radiant **skin, joint pain relief, depression, acne, maintaining healthy heart condition, brain and cognitive improvement**. In addition these essential fatty acids help all inflammatory conditions. Inflammation is the root of many diseases such as heart and joint pain. **Omega-3 also help to increase "good" HDL cholesterol** levels. **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 **NPN80002421** from Health Canada. Lastly, this fish oil is also 3rd party tested.

**13<sup>99</sup>**  
180 Softgels  
**25<sup>99</sup>**  
360 Softgels



## Lower LDL Cholesterol in Just 30 Days! Prairie Naturals Sytrinol® - One a Day! BONUS

**Is your Cholesterol too high and keeping you awake at night??** Stop worrying about it and DO something TODAY! Take Control of your Cholesterol with **Prairie Naturals Sytrinol®**. The body needs cholesterol to function, but too much of it in the blood or too much of the wrong kind can increase the risk of heart disease. **What is Sytrinol®?** It is a clinically studied, patented cholesterol-lowering supplement made from the natural phytochemical compounds in citrus peel and palm fruit extracts. This formulation **promotes cardiovascular health, elevates GOOD Cholesterol HDL, Lowers LDL, keeps arteries clear, lowers triglycerides, lowers c-reactive protein, is an antioxidant and is also VEGAN.** One-a-day is all you need. Lowers Cholesterol in 30 Days! Safe and cost-effective. No toxic side effects (unlike statin drugs).

**35<sup>99</sup>**  
60 V-Caps  
**+ FREE Vit D3**  
Instore \$3 Coupon



## Heart, Brain Function & More... Ascenta Nutra-Sea Omega-3

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.** Why you need omega-3? Omega-3 fatty acids are "good fats" that are essential for optimal health. Like vitamins and minerals, omega-3 must be provided by our diet as it is not produced by our bodies. EPA and DHA are the active forms of omega-3 required by the body to perform vital functions.

**20<sup>99</sup>**  
200ml  
**42<sup>99</sup>**  
500ml  
**33<sup>99</sup>**  
2X Concentrate  
100 Softgels  
Instore \$2 Coupon



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[www.alivehealthblog.com](http://www.alivehealthblog.com)

# DETOX • DIGESTIVE AIDS • GUT HEALTH

# ALLERGY &



## "Ultimate Flora" Probiotic 50 Billion One-A-Day **BONUS**

Experts concur that taking a **PROBIOTIC everyday** is one of THE most vital things you can do for your health. A healthy, happy gut is what can solve disease or just common disturbances such as **excess gas or uncomfortable bloating**. Do NOT just take any probiotic, **Renew Life's Brenda Watson Specializes in DIGESTIVE health and she has you covered.** Your digestive tract

is home to trillions of individual bacteria. The 2 most prevalent probiotics are **Lactobacilli**, which makes up the majority of the good bacteria in your small intestines and **Bifidobacteria** is the most prevalent good bacteria living in your large intestines. Ultimate Flora contains **50 billion of Active Bacteria with 30 billion Bifidobacteria and 20 billion Lactobacilli** and it is **enteric coated** to prevent acid breakdown in the stomach to reach the small and large intestines where it is released to do its work. Alice calls probiotics your "army & police" (which patrol your kingdom (your body) to protect you from harmful invaders! You don't have to be sick to take them as you need your army all the time. If you take anti-biotics or have other digestive issues,

**31<sup>99</sup>**  
30 Vcaps  
**57<sup>99</sup>**  
60 + 12  
**FREE Vcaps**  
**\$OFF Coupon Pg 3**



## Relieves Stomach Upset Immediately! Enzymatic DGL (Deglycyrrhizinated licorice)

**DGL the natural choice for healthy digestion.** DGL supports a healthy digestive system and helps provide soothing relief of the stomach lining and intestinal tract. Why take DGL? **Because it works fast!!** DGL deglycyrrhizinated licorice stimulates and accelerates your natural protection in the digestive tract. You'll notice relief of occasional stomach discomfort immediately, without side effects!  
**Main benefits:**

- Soothes and Coats Stomach Lining
- Soothes and Coats Digestive tract
- Reduces Acid Reflux

DGL from Enzymatic Therapy is a unique extract of deglycyrrhizinated licorice widely used in Europe. It's chewable because saliva enhances the effect of DGL's natural compounds in DGL, the glycyrrhizin compound-associated with high blood pressure has been removed. Contains no yeast, wheat, gluten, corn, soy, dairy products, artificial coloring, artificial flavoring, preservatives, or ingredients of animal origin.

**14<sup>99</sup>**  
100 Chews

## Oscillococcinum - BUSTS Fever, chills, body aches, headaches



**#1 FLU BUSTER!**  
You are at school feeling sick and you have to write an exam what do? **OSCILLO® acts effectively within 48 hours to reduce the duration of flu-like symptoms.** The homeopathic Boiron **OSCILLO® flu medicine** in North

America & Europe is consumer's first choice! At the first sign of flu **OSCILLO® will nip it in the bud: fever, chills, body aches, sneezing, run-down.** **DOSAGE: take one dose of this amazing product in the morning & evening for 3 days.** 3 doses if you already have the flu. The beauty of homeopathic medicine is it is **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. OSCILLO® comes packaged in pre-measured, easy-to-swallow and easy-to-administer doses. So remember: **At the first sign of flu symptoms, take OSCILLO® OSCILLO® is recommended by Graham Rynbend, head athletic therapist for the Montreal Canadiens.** Take a box on vacation, they come in handy!

**31<sup>99</sup>**  
30 Pellet Vials



## Dr. Oz's Herb for the LIVER! Milk Thistle by Plus Products

**Dr. Bryce Wylde** described the importance of the liver on the **Marilyn Denis show: "The Liver is** our first line of defense against toxins as it acts like a filter in **preventing toxic substances from passing into your blood stream and especially into your brain and nervous system** by converting them into harmless substances that the kidneys can excrete in the urine. The **GOOD news is that the liver**

**is the only organ in the body that can completely regenerate.**" How? Dr Oz (Feb. 2012) 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.** NPN80032615

**14<sup>99</sup>**  
90 Caps  
**24<sup>99</sup>**  
180 Caps



## Suffering from Severe Digestive Problems?? Renew Life - 100 Billion Ultra Potent Probiotic

Ultimate Flora Ultra Potent is a **100 billion culture**, 10 strain probiotic formula designed for those with severe digestive issues, those who have completed multiple rounds of antibiotics or for those who want to have the **strongest probiotic available.** Ultimate Flora Ultra Potent contains therapeutic levels of both Lactobacilli and Bifidobacterium, making it the **most complete and effective probiotic supplement on the market.** Each capsule provides 50 billion active cultures of Bifidobacterium and 50 billion active cultures of Lactobacilli. Ultimate Flora Probiotics are the only encapsulated probiotic formulas that can guarantee significant quantities of the probiotics contained will survive past the harsh, acidic environment of the stomach and arrive alive in the intestinal tract. Using a unique, water based enteric coating, Renew Life ensures that the probiotics are protected, yet still able to populate in the intestinal tract.

**49<sup>99</sup>**  
30 Vcaps  
**\$OFF Coupon Pg 3**

## NASOL - Dr Oz Recommends for Cluster & Migraine Headache, Allergies, Sinus Sufferers.



**Nasol is 100% Natural Homeopathic Nasal Spray with Capsaicin.** If you suffer from **Chronic Congestion, Sinus & Allergies, Cluster & Migraines or Sinus drainage, Nasol is your answer!** Nasol is FREE from an additives and preservatives of any kind and contains NO yeast, grains or steroids. **This formula is guaranteed non-caustic and non-additive.** Relief is often instantaneous. Imagine being able to go for a walk, a run or even enjoy a picnic without worrying about suffering from allergens. **Your Nasol will come in handy! TESTIMONIAL:**

"I have suffered from migraine headaches and sinus headaches for the past 23 years. I have used a number of pain killers - prescriptions and over the counter medications. Nothing compares to Nasol. There are no side effects or drowsiness. It works instantly. It has helped my headaches tremendously. I would recommend this product to anyone." - June Appelaniz, Bethel, CT

**22<sup>99</sup>**  
30ml



## Non GMO, 20 & 30 Billion LIVE Bacteria SISU Integris 20 & 30 - Over 25 Yrs of Research

**SISU Advantage: SHELF STABLE, Clinically-supported results, guaranteed potency even at expiration, non GMO, Dairy free and they are robust enough to survive even harsh stomach acid!** Studied, substantiated and documented, Integris is formulated with **live, active, naturally-occurring probiotic cultures, to remain potent and effective.** On a daily basis, the active probiotic in Integris not only naturally supports digestive health, but can also help with **occasional gas and bloating, while supporting abdominal comfort.** All this in one little capsule, once a day - SISU Integris 20 & 30 billion live bacteria every day... **GUARANTEED.** Unique, patented probiotic:  
• Lactobacillus plantarum (LP299V™), guaranteed potency at expiry  
• Clinically proven to be effective and safe, including for children.  
• The only strain of bacteria proven to stimulate the growth of other probiotics and increase biodiversity in the intestines. AND Reduces or eliminates nausea and diarrhea side effects of antibiotics

For more serious digestive complaints use Integris 30! In research using Integris 30 with adults and children who have IBS, 100% experienced reduction of abdominal pain and 95% reported improvement in IBS symptoms including bloating, gas, cramping, diarrhea and constipation

**38<sup>99</sup>**  
30s - 20 Billion  
**53<sup>99</sup>**  
30s - 30 Billion



## Suffer from Gas & Bloating?? Get ENZYMES! NaturPharm Digestion Formula Forte Works!

**Tired of embarrassing noises coming from your stomach?** Do you hate always feeling bloated and ready to burst right after a meal? It is possible to enjoy food again! Digestion Formula Forte is one of the highest labeled digestive formulas ever available in one product. What you can expect from this product: **Helps to normalize body weight (alleviate overweight or underweight conditions). Prevents gas, bloating, belching, heavy feeling or sluggishness after a normal meal, constipation, diarrhea. Effective with food allergies, immune disorders, candida, malabsorption, inflammatory bowel disorders. Improves absorption of nutrients from food and nutritional supplements. Ongoing use facilitates long-term cleansing of the intestinal tract and the blood to some degree. Useful with inflammatory conditions such as arthritis. Includes a high amount of the fat digesting enzyme lipase which improves fat metabolism and may help with weight problems.** This formula is a must for dieters and anyone over the age of 25 to prevent symptoms above.

**18<sup>99</sup>**  
60 Caps  
**43<sup>99</sup>**  
180 Caps



## Amazing Healing Power of Mushrooms! Purica IMMUNE 7

Feeling sick, tired and overwhelmed? Protect yourself with **Immune 7 as it works to compliment mainstream treatments, increase energy, support the immune system, help athletes who train hard, fights infectious diseases, including cold's and flu's.** Immune 7 is a Full Spectrum product including mycelium, fruit, spores, primordial and extra cellular compounds. Purica's lab grown 5x Mushrooms: **Sun Mushroom, Cordyceps™, Maitake, Shiitake, Cloud and the all mighty Red Reishi mushroom,** which together offer exquisite support for healthy immunity. Mushrooms contain superb elements which offer benefits such as: **increasing oxygen efficiency to counteract the effects of pollutants and increase resistance to "disease."** For those suffering from serious diseases, **Immune 7** is a safe yet powerful dietary food supplement that measurably reduces adverse effects of traditional therapies for significant diseases. It is known to alleviate nausea and increase appetite, energy, quality of life and immune system response.

**39<sup>99</sup>**  
120 Vcaps



## NO Harsh Laxatives!! **BONUS** Renew Life **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 contain harsh laxatives

such as cascara sagrada or senna which can irritate and weaken the colon, and become habit forming with long term use. **CleanseMORE** enhances elimination through two different mechanisms. The first mechanism is hydration of the colon. The most common cause of constipation is dehydration. **CleanseMORE** allows for proper hydration of the colon by using the mineral, magnesium hydroxide. Magnesium hydroxide brings water into the colon, hydrating the area and allowing for stools that are not hard and dry, making them easier to pass. 2nd: helps with peristalsis (the smooth muscle contraction of the colon) which remove waste smoothly out of the colon.

**29<sup>99</sup>**  
Vcaps  
Buy 120s get  
**60 FREE**  
(value @ \$22.99)  
**\$OFF Coupon Pg 3**



## NAKA Vital Greens = ENERGY! Yummy Convenient Liquid Greens **BONUS**

Don't like Gritty Powdered Greens? 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 Super foods sweetened with Stevia, suitable for Diabetics or those on sugar restricted diet.

Vital Greens is the ideal choice to help: **Energize and Detoxify the body, Provides a Strong Foundation for Weight Loss, Prevents Cravings, Aids Digestion, Balances pH levels, Supports Better Elimination.** For those who do not eat enough fruits and vegetables, this is a great supplement. Vital Greens is the Official Green Food of the Hockey Hall of Fame! Comes with FREE pill box with purchase of Vital Greens.

**26<sup>99</sup>**  
500ml  
**FREE Pill Box**



## Fights Invaders - Your NATURAL Antibiotic! **IONIC SILVER** - Battles Fungi, Viruses & Parasites!

M.F.I.S. is a pure solution of Sub-Atomic Silver Ions making it the most powerful and bio-available form of Silver on the market. **Most antibiotics kill only 6 or 7 different disease organisms, but silver is known to kill as many as 650 of these organisms - almost 100 times more parasites, fungi, viruses!** These micro-organisms are suffocated rather than poisoned

which prevents resistant strains from mutating. This process is accomplished within minutes! M.F.I.S. contains 99.9% silver ions and are 400 times smaller than your red blood cells allowing them to easily pass through cell membranes where viruses reside! Interest in Ionic Silver has increased recently, in part because **illness causing organisms do not build up a resistance to Ionic Silver the way they do to other conventional antibiotics.** We have many customers raving about this product; one customer used M.F.I.S. with Alive Cranberry Extract after trying Antibiotics over and over again and finally **M.F.I.S. STOPPED** her urinary tract infection once and for ALL!

**17<sup>99</sup>**  
250ml  
**27<sup>99</sup>**  
500ml

**VOLUME SAVINGS**

**Buy More, \$ave More. See Store for Details**

Save even more on purchases of 2 or more of the same product.

# IMMUNE

## Get FAST Relief from COPD RespirActin by Sun Force



**Feels like you can't breathe? Need the Puffer constantly? Stuffy nose at night? Constant Infection?** Respiractin, is a century old liquid herbal remedy works to opens up the airways, providing clearer breathing. **REAL STORY:** "We have a customer who years ago as a child regularly contracted pneumonia and bronchitis as she had a very weak immune system (both physically and mentally challenged). She was given only a few years to live by her

doctor as she suffered from infection after infection, BUT she started taking Respiractin regularly and now 15 years later she is a healthy young woman!" You don't have to suffer from allergies or asthma anymore! **RESPIRACTIN** - Is a pleasant-tasting herbal liquid that naturally and effectively opens up the airways and soothes the throat. Respiractin provides fast relief from asthma, COPD, allergies, hay fever, coughing, running nose and scratchy throats. **Respiractin can also aid athletes by providing freer breathing, providing valuable anti-oxidant protection, and may aid in delivering oxygen to the tissues - contains no caffeine, ephedra or alcohol.**

**45<sup>99</sup>**  
1 L

**NEW  
FREE BOOK!**

## Joy of the Mountains: A+ Oil of



Joy of the Mountains has built a reputation for the highest quality Organic Wild Mediterranean Oregano Oil, containing naturally high levels of **Carvacrol (75-85%)**. This improved formula includes Vitamin A to boost immune health and fight infections by maintaining cell

wall strength against viruses. **A+ Oil of Oregano:**

- Prevents colds & flu's from starting,
- Fights fungal, bacterial, viral & parasitic infections,
- Fights food poisoning & hospital infections,
- Relieves symptoms of cough, congestion & nausea,
- Relieves inflammation when applied topically.

Joy of the Mountains outperformed other brands in an independent UBC antiviral study. It is Voted #1 Herbal Product, Alive Awards 2013. Purchase any size bottle and get a free copy of "Your Guide to Oil of Oregano" (one per customer).

**16<sup>99</sup>**  
15ml  
**26<sup>99</sup>**  
30ml

**SHINGLES?  
COLD SORES?**

## Alive Pure L-Lysine 500 mg Kiss Your Cold Sores Good-Bye!



**Dr Oz (Feb/2012) Recommends 1000mg of L-Lysine er day for Improving Energy!** L-Lysine helps to combat colds, boost your immune system. The Herpes simplex virus can be taken care of with the supplementation of L-Lysine, a well-known amino acid. Its powerful antiviral properties help to prevent or reduce the severity of **cold sores, herpes, shingles and chicken pox. As soon as you feel the tingling of a cold sore take it right away and**

**remember if you are regularly getting cold sores, there is a deficiency and you should be taking it every day. Shingles: At the first sign of shingles or even when blisters appear, load up on L-Lysine (3x3 daily), B complex & Vitamin C. You may stop the virus from attacking your nerves, which is VERY PAINFUL and there to HAUNT YOU!** In order for L-Lysine therapy to really be effective in preventing cold sores and outbreaks of genital herpes it is important to avoid foods high in arginine like chocolate, peanuts, almonds and other nuts, and seeds. NPN80009672

**8<sup>99</sup>**  
90 Caps

## Sisu Ester C Regular & Ester C Supreme BONUS SIZE 150s - 25% More!



**What makes SISU Ester-C® better than other Vitamin C?** The natural metabolites provide quicker absorption and longer retention than any other form of Vitamin C. It offers **24-hour advanced immune support!** It is **easier on the stomach** than ordinary Vitamin C. Ester-C® is a more **digestible** form of Vitamin C and more **bioavailable**; one study discovered that the absorption rate of regular Calcium Ascorbate was half that of Ester-C®. **Are there any studies that back up these claims?**

**YES!!** Studies show that there is less vitamin C loss in urine with patented Ester-C®. Taking Ester-C® resulted in fewer respiratory tract infections and those who did get sick recovered faster! **Ester C Supreme:** Contains 100mg of polysaccharides, quercetin and multi-antioxyanidins (bioflavonoid from bilberry). This helps those with **ALLERGIES, spider/varicose veins and bruising.** Bioflavonoid helps to strengthen the capillaries in your veins to stop the pooling of blood. Quercetin is vital to help out or control histamine that is produced when you are having an allergic reaction. **Find relief with Sisu Ester-C products!**

**ESTER C  
REGULAR**  
**18<sup>99</sup>**  
120+30  
CAPS FREE  
**ESTER C  
SUPREME**  
**25<sup>99</sup>**  
120+30 CAPS  
FREE

# MENS • SEX ENHANCERS

## STOP SNORING, Get Blissful Tranquil SLEEP! #23 BELL Sound Sleep - NON Habit Forming



Are you having trouble falling asleep and staying asleep? You're definitely not alone. **Between 30-40% of adults report sleep problems, with 10-15% reporting those problems as chronic.** We all know even just one night of inadequate sleep can ruin your day. What to expect:

- Relieves occasional snoring and promotes healthy breathing patterns.
  - Gently induces rapid onset of sleep & Supports healthy, regular sleep patterns.
  - Optimizes recovery from morning grogginess & Helps boost the immune system.
- TESTIMONIAL: Sound Sleep #23 saved my marriage!** All I can say is: WOW! This product made a huge difference in my life. I have gone through a number of rough years with my wife and had to sleep in a different room or stay awake all night. Now I can hug her in bed without getting elbowed. This product has been a life saver literally. Many Thanks! - **Lou Dawes, 50, Winnipeg, MB.** Bell Sound Sleep builds upon a foundation of melatonin with sleep-supportive natural ingredients like Chamomile and Passionflower to promote tranquility and relaxation.

**27<sup>99</sup>**  
60s

## Powerful & Natural SEX Enhancer!! Alive Extra LHT - Optimal Performance



Afraid of the little blue pill? Try the Natural and effective Alive Extra LHT! **Men are Ecstatic & Satisfied! AND so are the ladies because it Really Works!** Sex and intimacy is a part of life and is the solution to a lot of our problems: Tension, stress, anger, communication with your partner and it allows us to express ourselves. **Extra LHT Benefits:**

- Enhances both desire and performance and increases testosterone production!
  - Provides a stronger 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.** Ladies and gentlemen, this is what we were born to do and Extra LHT is here to help you to reach **the ultimate sex experience you'll ever have!** We have customers raving about this product as they do not have to use medications with side effects. Use only prior to activity. You will be glad you tried it! NPN 80038463

**54<sup>99</sup>**  
30 Caps

**REALLY WORKS**

## Do you SUFFER from GOUT Pain? Get Relief from Alive Black Cherry!



**Black Cherry Extract STOPS the Build up of URIC ACID Giving you Bounce Back in Your Step!** Do you or someone you know experience intense **needle like pain in THE big toe, knees, fingers or ankles?** If so, this may be a sign of Gout. Gout is common type of arthritis that occurs from a buildup of **Uric Acid in the blood, tissues and urine.** Once the buildup occurs, the

uric acid **crystallizes in the shape of a needle and literally jabs its way into the joints.** So what can you do? Many people have found relief from taking the convenient form of Black Cherry Extract in capsule form as it neutralizes the build up of Uric Acid ridding you of the jabbing **PAIN.** Diet is also an important component to fighting Gout such as **avoiding: red wine and asparagus.** Take a step in the right direction to banish the pain once and for all! NPN80022934

**17<sup>99</sup>**  
120 Caps

## Increase Libido, Helps Impotence! MacaSure™ BONUS



**Also, for HIM and for HER!!** Known as the **"Peruvian Ginseng"**, Maca has been shown in human trials to **increase libido by 180% and sperm count by 200%.** If trying to get pregnant, this is a fantastic natural tool to get those sperms swimming strong in the right direction! In laboratory studies with rodents, Maca increases mating frequency by 400%! What do doctors have to say about Maca: **"Maca is very useful in treating male impotence, erectile dysfunction, menopausal symptoms and general fatigue," Dr. Aquila Calderon, MD, Lima, Peru.** MacaSure is excellent and can be combined with Alive Extra LHT for Men. MacaSure is the maintenance keeping the blood flow and libido in check while Extra LHT is for the men's performance! Please pick up a pamphlet for more of what doctors say about Maca.

**35<sup>99</sup>**  
120 Vcaps  
**64<sup>99</sup>**  
120+120 Vcaps

## Alive High Potency Pygeum & Saw Palmetto - Prostate Health



**Prostate problems keeping you awake?** This excellent combination of Hi-Potency **Saw Palmetto, Pygeum and Nettle** is very effective to help men to reduce **frequent urination or trouble with night urination,** due to an enlarged prostate. **Saw palmetto berries** contain compounds that naturally support hormone metabolism. The fat-soluble extract is

most helpful for symptoms of an enlarged prostate (BPH or benign prostatic hyperplasia). **Pygeum** reduces swelling in the prostate thus supporting healthy bladder function for regular and complete urination, while **nettle** prevents bladder infection. Alive formula **ADDRESSES: frequent urination, incomplete emptying of the bladder, urinary urgency, pushing and straining while urinating.** Men it's your time to get back to the man you were; take CHARGE and be comfortable below the waste! NPN80026759

**29<sup>99</sup>**  
180 Caps

**PEE TOO  
OFTEN AT NIGHT?!**

## Brad King Ultimate Male Energy Big Belly Getting You Down? BONUS!



**Men, it's time to:**

- Enhance libido! Increase testosterone to optimal levels and reduce excess body fat! Reduce Harmful Estrogens and Maintain Prostate Health!

If you're a man over 35, you are probably already starting to feel the debilitating effects of lower testosterone and higher estrogen levels. Restoring testosterone to optimal levels has been proven to: **increase muscle mass (which sets the stage for a decrease in body fat); boost brain function, including memory, visual acuity and concentration, strengthen the bones, lower insulin and protect the heart-reducing virtually every cardiovascular risk factor, including high cholesterol, high blood sugar, abnormal clotting and stress.** The world of hormones is a constant battle, but Brad King has you covered.

**24<sup>99</sup>**  
60 Vcaps  
**44<sup>99</sup>**  
150 Vcaps  
BONUS  
(30 FREE)

## Energy, Focus & Stress Reduction! Platinum Activ-X Multi Men & Women



**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.** This multi contains a unique **blend of anti-oxidants, 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. Parents, if you are sending your kids off to university for the first time, Platinum Activ-X has everything they need to help them focus and EXCEL in school. **This formula is not just for athletes, but for people who are studying, active and in need of sustained ENERGY.**

**39<sup>99</sup>**  
60 Softgels  
**69<sup>99</sup>**  
120 Softgels

**44 &  
YOUNGER!**

## BELL Prostate Ezee Flow Tea #4a Banish Frequent Bathroom Trips!! 2 x



**Benefits of Bell Prostate Tea** take the frustration out of life. Here are a few:

- Makes peeing comfortable. No more embarrassing dribbling, painful urination, frustration or urgency.

- Cuts down how frequently you need to go. Gives you restful nights and restores your youthful vigour.
- Comes in an easy-brew tea. Bulk packaged to save you money. No side effects.

**Real TESTIMONIAL:** "Hey guys! This tea really works! I suffered with prostate problems for the last 5-6 years. After the first 2 weeks this Bell Prostate Ezee Flow Tea #4a cut my trips to the bathroom in half and after the 3rd week it took me back where I was twenty years ago. Another good effect of this tea is a great night's sleep."

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

# Can't Find It? We Will Get It For You.

We can get almost any product from any brand we carry. Visit any of our stores or call us to place an order.



## Lose 17lbs in 22 Weeks! Alive Green Coffee Bean Extract

Dr. Oz has talked about **Green Coffee Bean Extract** countless times as it gets people RESULTS safely without changing diet or exercise! Not all Green Coffee Bean is the same, it must be raw & pure, it must contain 50% **Chlorogenic Acid, with NO binders or fillers.** The **Diabetes Journal found when subjects consumed 400mg three times daily in 22 weeks subjects lost an average of 17lbs each - representing 10.5% of their overall body weight and 16% of their overall body fat!** According to Dr Lindsay, **Green Coffee Bean inhibits the release of glucose in the body all while boosting the metabolism. It works to inhibit the absorption of fat and eliminate weight gain!** Combine Green Coffee Bean Extract with Raspberry Ketones as they provide different methods of attack to get you down to your ultimate weight loss goal. NPN80037966

**NEW LOWER PRICE!**  
**22<sup>99</sup>**  
60 Caps  
**39<sup>99</sup>**  
120 Caps

## GET Your FLAT BELLY With Relora™!! Alive Relora™ Conquers Stress Hormone Cortisol!

#1 Culprit that is making your belly BULGE is STRESS! Dr Oz latest segment on **Relora featured guest Dr. Shawn Talbott who also recommends Relora™ for Stress related BELLY FAT and FAT BURNING.** Relora™ has been recommended by Dr. Oz numerous times explaining it can **SHRINK YOUR BELLY FAT, Reduce Chronic Stress and Elevate Your Mood!** HOW? **Because it takes care of Cortisol** – a NASTY little hormone that can cause pound after pound of excess body fat to accumulate around your waist and tummy. Dr. Oz says CORTISOL is telling us we are hungry and to store fat in the belly; this is why most diets fail. Relora™ naturally changes HOW our body reacts to stress. It is 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%).** Unfortunately belly fat is a life threatening figure that is destroying the lives of **190 MILLION Americans!!** This astronomical number continues to be on the rise. If stress is the culprit of your weight gain, Relora is your answer. 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! Take with White Kidney Bean Extract (Pg. 2), recommended by Dr Oz, for Best Results! Relora will get rid of Old Fat and Kidney Bean Extract will "FEND OFF" New Fat! NPN80041315

**29<sup>99</sup>**  
60 Caps



## Naturally Ionized with 74 Trace Minerals, Highly Absorbable Alive Japanese Okinawa Coral Calcium

The Most Absorbable Calcium on the Market and the most requested calcium by women today! Alive Coral Calcium contains **74 Trace Minerals, Magnesium, Vitamin D & HCL!** 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: **Amazing relief from twitching, bone pain, heart palpitation, acid reflux (ph 8.6), fatigue, insomnia, joint pain, tendonitis** and this is just to name a few. Don't let Osteoporosis sneak up on you, beat it with Alive Coral Calcium! NPN02248332

**16<sup>99</sup>**  
90 Caps  
**31<sup>99</sup>**  
180 Caps



## Unclog Your Clogged Arteries Effectively! Strauss Heart Drops

Strauss Heart Drops is your answer! **Strauss: reduces your lousy cholesterol LDL, widens large blood vessels, stimulates warm blood circulation, promotes regular heart beat, reduces blood pressure, promotes better blood flow and widens capillaries.** Alive+Chains have received countless testimonials from customers over the years saying how Strauss HD gave back their lives. They feel elevated from the stress of having prevented themselves from undergoing the knife of Heart Surgery. **Merle: "This customer had 2 x 100%, 1 x 90%, 1 x 80% clogged arteries. After only 4 months with Strauss HD, his checkup at St Paul's hospital showed all of the four arteries were unclogged!** Do NOT let yourself become a statistic of having heart failure or a stroke before your time! If you have a family history of heart problem or are a baby boomer prevention is your best friend and it is possible with Strauss Heart Drops.

**70<sup>99</sup>**  
100ml  
**143<sup>99</sup>**  
250ml



## TA-65® Anti-Aging Breakthrough! Nobel Prize Winners for Age Reversal!



TA-65® is THE science that HALTS & reverses aging. It is the Only PROVEN Anti-Aging Telomerase Activator! **Scientific research has discovered that THE primary cause of aging is shortening telomeres** - the protective end-caps of DNA at both ends of every chromosome (see photo). **Telomeres Explained: Every time the cells divide, the telomeres shorten. Shorter telomeres = less information passed on to new cells/poor communication. This creates havoc in your body. Ultimately, shorter telomeres causes AGING in the form of heart disease, cancer, abnormal cell growth, low energy, cognitive disorders, sagging wrinkled skin and body breakdown.** You can fight telomere shortening with proper diet and exercise, but only to a certain extent... **NOW you can fight it with telomerase activation!** Telomerase is an **enzyme** that can add DNA repeats to chromosomes and actually grow back your body's own telomere length. **Telomerase is a naturally occurring single molecule found in the medicinal plant called Astragalus, but in a VERY HIGH concentration. Based on the 1984 scientific discovery that won the 2009 Nobel prize for 3 US research studies, TA-65® is the only telomerase activator with double blind studies and is a safety proven Nutraceutical, that actually reverses shortening telomeres in your DNA!** Suzanne Somers, living proof of staying young, takes TA-65 and has written a whole chapter on it in her book "Bombshell". Written and talked about on ABA, NBS, Scientific American Popular Science, The Globe & Mail, and by **Dr Gifford-Jones who discussed the 2011 study showing TA-65 increases lymphocytes and NK cells, which improves immunity in the elderly. In other studies, TA-65 improved eyesight, sexual function, blood cholesterol, bone density, blood pressure, cognitive behaviour and verbal memory.** We are all going to age, BUT how do you want to age? With TA-65® it's about having **QUALITY OF LIFE**, just ask our customers who use TA-65® that are in their 70's! **Alice Chung has been taking TA-65 for 6 months now. She can definitely feel the positive effect on energy, firmer skin tone, handling stress and feeling just wonderful!** Thank you TA-65! NPN 80024720

**BUY 1-3 | BUY 4-7 | BUY 8+**  
**\$659<sup>99</sup>** each  
1-3 Bottles  
**\$604<sup>99</sup>** each  
4-7 Bottles  
**\$549<sup>99</sup>** each  
8+ Bottles

## Germany's #1 Weight Loss Program ALMASED Gets You Results!



Int. Journal of **OBESITY Study:** Participants in Almased groups **lost 43% more weight (from fat) than those with a low-fat diet alone!** With over 10 Years of Scientific Research, Almased offers an all-natural weight loss program with that has **NO artificial fillers, flavors, added sugars or preservatives.** This gluten-free product is made from **non-GMO fermented soy, Probiotic yogurt and Prebiotic honey** AND it contains **ALL essential amino acids.** Almased works to:

- Suppress your appetite,
- **BURN FAT while retaining**

**muscle mass and**  
• Balances both blood sugar and thyroid function.  
It is delicious, easily digestible, safe & recommended for Diabetics.

**33<sup>99</sup>**  
500g

## MAIL ORDERS

Mail orders available at all locations. Please call stores direct or fax: 403-286-9877

### Long Distance:

Toll-Free: 1-866-499-9546  
Fax Free: 1-866-811-8402

### Email:

mail\_order@morningsunhealthfoods.ca

### Web:

www.morningsunhealthfoods.ca

## MORNING SUN HEALTH FOODS LOCATIONS

**Northland Village Shoppes**  
Calgary (close to Home Outfitters)

**403-288-0014**

**Market Mall**  
Calgary  
(opposite the Bay)

**403-286-5655**

**Westbrook Mall**  
Calgary  
(opposite Lottery Booth & Main Entrance)

**403-246-8133**

**Sunridge Mall**  
Calgary  
(Near Sport Chek)

**403-293-9445**

**Glenmore Landing**  
Calgary (near McDonald's)

**403-253-9633**

**Airdrie Village Square Plaza**  
Airdrie (Behind Shell Station on Main St.)

**403-948-8777**

**The Shoppes at Shawnessey**  
Calgary (Near Canadian Tire)

**403-254-6966**

**Deerfoot Mall**  
Calgary (near Winners)

**403-730-8562**

**Signal Hill Centre**  
Calgary (across from Superstore)

**403-217-3304**

**Sherwood Park Mall**  
Sherwood Park (near Food Court)

**780-449-3528**

**Mill Woods Town Centre**  
Edmonton (across from Dollarama)

**780-468-2868**



## Recycling Your Empty Bottles = Saving Money!

Empty vitamin bottles are valid for purchase of the same products only and receive 50¢/\$1 off the purchase price of the same product. One empty bottle to one product purchased, presented at the time of purchase.