

# Supplements plus

Changing the world through healthy living by putting YOU first!

PRICE  
MATCH

GUARANTEE

PRICE MATCH  
GUARANTEE\*

Associate chains: Alive in British Columbia & Morning Sun in Alberta 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 VEGA Smoothie. 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 or facebook.com/alivehealth.  
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 on Jan 22nd, 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.

## 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

## 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 supp  
★ Buy 6 Get 1 Free of the same supp

facebook.com/alivehealth www.alivehealthblog.com

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

**\$3  
OFF**

Expiry October 21, 2014

Supplements  
plus

Redeemable by bearer for merchandise at any Supplements Plus Store in Toronto 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 Absorption of FAT & Wt GAIN! 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. The control group lose twice as much weight and fat compare to the placebo group. Not all Green Coffee Bean Extract is the same, it must be raw and pure, it must contain **50% Chlorogenic Acid with NO binders or fillers.** **The Diabetic Journal found when subjects consumed 400mg three times daily in 22 weeks subjects lost an average of 17lbs - 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 with White Kidney Bean to block carbohydrates and fat being absorbed STOPPING new weight and new fat gain while also LOSING old weight and fat! NPN80037966

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

**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.

**LOSE 1 lb-A-DAY!**  
**54<sup>99</sup>**  
60ml  
Buy 2 @ \$49.99ea

## 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



### CLEANSE, 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 CAUSES WT GAIN! Alive SineQuaNon WILL Unclog!v

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 blood stream **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

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

- Clothes
- Shoes
- Pens
- Supplements!

# BACK TO SCHOOL MUSTS!

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 Pg3

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



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

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

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



Alive Kid's DHA contains the **HIGHEST DHA of 100mg per soft-gel**. 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! NPN80005644

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

**WIN The Fight Against Getting SICK! St. Francis #1 Sku Deep Immune® Adult/Kids** **KIDS & OLDER ADULTS**



When fighting **COLDS and FLUS** you got to go **DEEP!!** The famous Deep Immune® is used primarily as an antiviral to tone a weak immune system such as a child or adult who suffers from a reoccurring cold or flu. Deep Immune® reinforces the basic functions of the body and helps maintain physiological and psychological equilibrium. It has a strengthening effect on our body's "deep immune" system, nourishing its very bone marrow and enabling it to produce more immune reserves. Deep Immune® can be used to counteract the debilitating effects of:

- Surgery, chemotherapy, and radiation,

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

**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 OPTION 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-luscious Raspberry! Kapow! (Super human powers may vary...)

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

**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 these 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 AND 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

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



**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. **VegeGreens®** has been designed to be consumed on a regular basis and can be enjoyed by every member of your family.

**PhytoBerry®** is a highly concentrated berry based whole food supplement specifically designed to offer WHOLE body antioxidant® protection. **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 Pg3

## CLIP COUPONS AND SAVE!

<b>SAVE \$2</b>	<b>SAVE \$3</b>	<b>SAVE \$3</b>	<b>SAVE \$3</b>	<b>SAVE \$3</b>
 <p><b>SAVE \$2.00 on a \$30 minimum purchase (excluding tax) of any A. Vogel products.</b> Redeemable only at Supplements Plus locations in Toronto. 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 Supplements Plus locations in Toronto. 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 Supplements Plus locations in Toronto. 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 Supplements Plus locations in Toronto. 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 Supplements Plus locations in Toronto. 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)

# WOMEN'S HEALTH • HORMONE BALANCE • STRESS & ENERGY



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

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



## 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

## 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.

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



## 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**



## 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 tLoss.** 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 **xenoestrogens (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**



## 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>**  
75 Softgels  
**15 Caps FREE**  
**\$OFF Coupon Page 3**



## 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



## Want **FLAT BELLY?** Use **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.** Relora™ naturally changes HOW our body reacts to stress. It has been shown in human studies to **REDUCE Cortisol level (-37%) and INCREASE Dhea significantly (+227%).** Unfortunately belly fat 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), recommended by **Dr Oz**, for Best Results! Relora will get rid of Old Fat and will "FEND OFF" New Fat! NPN80041315

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

## 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 antioxidants, omega oils and adaptogens in addition to essential vitamins & minerals using the Omega Suspension Technology to maximize absorption** in a softgel. Added adaptogens give athletes or high stress individuals the boost they need to improve physical & mental performance. Separate formulas for men and women. 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!**



## Your Calm & Relax Drink! Natural CALM Magnesium Ionic 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) also available to relief cramps, spasms very effectively!**

**26<sup>99</sup>**  
8 oz



## 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



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

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

**ULTIMATE MULTI!**

**GET MORE COUPONS IN-STORE OR ONLINE:**

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

# HAIR LOSS

# NAILS•OSTEOPOROSIS

# SKIN



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

## 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 Supplements Plus  
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



## 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



## 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 Skin's 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



## 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



## 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)

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



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!



## 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 **bioavailable 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



## 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!** NPN80013354

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



## 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

Receive a **FREE Supplements Plus Tote Bag** with any purchase over **\$150\*!**  
\*Applies to price before taxes.

# INFLAMMATION • JOINT PAIN • INSOMNIA • DIABETES • VISION



**Prevents ALZHEIMER'S - Reduces INFLAMMATION!!**  
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" and also may help with cancer prevention. **In India, where curries (which have curcumin) are eaten daily, Alzheimer's rates are 4.4 times lower than North America!** 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

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



**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 a 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



**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 (from 360mg Lutein) and also contains Blueberry.** 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

**NATURAL PAIN RELIEF**  
proven to reduce inflammation  
**WORKS IN ONLY 5 DAYS**



**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

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



**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



**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



**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



**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 a 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 • 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



**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™** to help combat against stress and belly fat (Pg. 4). Two commonly prescribed medications used to regulate Serotonin levels are: SSRI's 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

**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



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

**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 aminoacids to aid in protein synthesis.



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



**NaturPharm M7+**  
(formerly M7) Gas, Bloating??

**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 with! **NaturPharm M7+** 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.

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

**VOLUME SAVINGS**

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

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

# HEART • CHOLESTEROL • BLOOD PRESSURE

# ALLERGY • IMMUNE

## 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  
Instore \$2 Coupon



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

## Joy of the Mountains: A+ Oil of Oregano BEATS Superbugs! Insect Bites!



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

FREE BOOK!

## 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 CoQ-10 100mg FREE Vit D3



**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  
Bonus (30 FREE)  
FREE Vit D3,  
1000iu  
Buy 2 Get  
SOFF Coupon Pg 3



## "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, you MUST TAKE IT!

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

## 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

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



**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

#1 FLU BUSTER!

## NASOL - Your Answer to Cluster & Migraine Headache, Allergies, Sinus Sufferers - Dr. Oz



**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

## Vegetarian Omega-3 HEALING OIL! Udo's Oil 3-6-9 by Flora



Omega-3 phytonutrient 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

## Amazing Healing Power of Mushrooms! Purica IMMUNE 7® Beyond



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, Cordycep™, 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



## 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-anthocyanidins (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



= **15% OFF**  
REGULAR PRICED ITEMS

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



## 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 heat, 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

## 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



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

**Dr. Bryce Wyld** 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



## 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)**



## Increase Libido, Helps Impotence! MacaSure™ For Him & Her **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



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

**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



## 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 Davies, 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



## Prairie Naturals Prost-Force™ Enlarged Prostate? **BONUS**

Most men probably never even think about their prostate gland until they have a feeling that something is "not quite right" but the functioning of this small, donut-shaped muscular gland sure can make a big impact on a guy's life. Just ask any man around the age of 50. That's about the time of life when men start to get personally acquainted with the many unpleasant symptoms of prostate problems.

Prairie Naturals **Prost-Force** is an evidence based formulation that synergistically combines the key nutritional and phytochemical ingredients researchers recommend for prostate health. Support prostate health with this specialized formula for men. **Prairie Naturals PROST-FORCE is a unique blend of herbs including Saw Palmetto (tonic for the male reproductive system), Pygeum (contains phytosterols), Lycopene (tomato extract) as well as other well-researched herbs shown to be helpful to the male reproductive system.** Prairie Naturals PROST-FORCE (is the supplement for men wanting to maintain prostate health naturally.

**25<sup>99</sup>**  
60 Softgels  
**56<sup>99</sup>**  
120 + 60 Softgels  
Shrink Wrap  
In store \$3 Coupon



## Miracle Gel in 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; it's even safe for pets and babies. Everyone who buys the 25ml size comes back to buy the 125ml or 500ml size... It is all natural, non-greasy, fast absorbing and can be used on the face, scalp and body. 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. **Works on cuts, skin irritation, burns, bug bites, cold sores, soothes after shaving or waxing, eczema, psoriasis, pimples, cradle cap, athletes foot...**

AND also is a light weight moisturizer! Uses high quality, natural healing ingredients - **Aloe, Tea Tree oil, Vit E, Witch Hazel and Rosemary.** This unique and proven formula boasts natural **anti-bacterial, anti-viral, anti-fungal, anti-inflammatory and anti-itch properties.** **TESTIMONIAL:** Christine long suffered from painful, open lesions on her face and scalp as a result of skin cancer and chemotherapy injections. These sores were almost impossible to heal until she uses Nature's Aid. The gel worked, easing the pain almost immediately and healing the lesions within a few days.

**3<sup>99</sup>**  
25ml  
**15<sup>99</sup>**  
125ml

We make no claim, either expressed or implied, that these products can cure disease, replace prescription, or supersede sound medical advice. Sale prices available at all locations while quantities last.

## MAIL ORDERS

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1-800-387-4761



7 Days a Week During Store Hours

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mail\_order@supplementsplus.ca

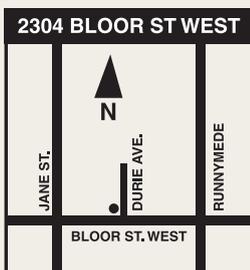
Web:  
www.supplementsplus.ca

## SUPPLEMENTS PLUS LOCATIONS

2304 Bloor St. West  
(416) 766-2004

### Hours:

Mon - Fri 10am-7pm  
Sat: 10am - 6pm  
Sun: 12pm - 5pm



2626 Yonge Street  
(416) 482-5288

### Hours:

Mon - Fri 10am-7pm  
Sat: 10am - 6pm  
Sun: 12pm - 5pm



## Recycling Your Empty Bottles = Saving Money!

Empty vitamin bottles are valid for purchase of ANY products and receive 50c off the purchase price. One empty bottle to one product purchased, presented at time of purchase.