

the Healthy Habit

Celebrate with us!
25th Anniversary Sale

Sale Ends October 31, 2017 - While quantities last

25
YEARS

1992 - 2017

Hair • Skin • Nails

Silicea helps support healthy hair, skin and nails. It also supports healthy bones, cartilage and teeth. Seniors and people with stressful jobs really need silica. **FREE cosmetic bag with purchase, while supplies last**

500 ml
Sale \$36⁰⁰



ADRENAsmart

Lorna Vanderhaeghe's ADRENAsmart helps women handle stress better, and supports healthy hormone function. Also improves endurance, aids deep restful sleep and stops night-time waking. **FREE with purchase "An A - Z Women's Guide to Vibrant Health" \$14.95 value**

90 & 180 vcaps
Sale 20% off



Cleanses

Your gut is your engine! Renew Life offers 7, 15 & 30 day cleanses that work on every area of elimination.

\$2⁰⁰ off
Coupon



Expires October 31, 2017

Shelf Stable Probiotic

Nutri Probiotic is dairy free, enteric coated and shelf stable. 45 billion CFU input during production, 16 billion CFUs guaranteed at expiry date. Balanced strains & potency for everyday use. Support digestive health. Aids in weight management. 250 mg of L-Glutamine to remedy leaky gut.

60 vcaps
Sale \$29⁹⁹



Deep Immune

St. Francis Herb Farm Deep Immune is formulated with eight traditional herbs that are proven to boost your immune system. It will also decrease the tendency and frequency to catch colds, flu and infections.

FREE 15 ml Deep Immune Original with each purchase, while supplies last.

100 ml & 250 ml
Sale 10% off



Saint Cosmetics

Saint Cosmetics are plant based, high performance, toxic free, and proudly Canadian. Enter for your chance to win a \$200 Gift Basket. Each purchase = 1 entry ballot.

Join us
'SAINT LADIES NIGHT'
October 19, 7-9 pm
Reserve today,
limited seating,
Win free makeovers.



Magnesium Bisglycinate

Naka Magnesium Bisglycinate is a high-quality, highly bioavailable magnesium supplement. Magnesium is needed to metabolize carbohydrates, proteins, and fats. Also great for healthy bones, teeth, proper muscle function, and overall good health!

BONUS size, 90 + 30 vcaps
Sale \$29⁹⁹



*We help you help yourself.
One step at a time towards a healthy habit!*

Visit us today for helpful product recommendations based on your needs.

the Healthy Habit



Smooth Skin, Strong Nails



BioSil patented ch-OSA complex is absorbed by the body, where it acts to promote the production of collagen. Collagen is the key structural protein for creating smooth skin, thick strong hair, and strong nails. This "ideal" collagen condition prevents wrinkles from forming, gives skin elasticity, and helps create thick and strong hair.

FREE book with purchase, "Making Sense of Women's Health", while supplies last.

Sale 30 ml \$35⁹⁹

Sale 90 vcaps \$40⁹⁹

Sale 120 vcaps \$54⁹⁹

Dr. Whitaker's - Berberine

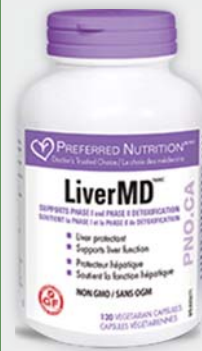


Maintain healthy glucose metabolism and cardiovascular health! The medicinal use of Berberine goes back more than 3,000 years. Modern science has now identified precise mechanisms of action and given clear indications for the therapeutic benefits of berberine.

90 vcaps

Sale \$25⁹⁹

Liver Support



LiverMD is a comprehensive liver support formula to help in the processing and elimination of environmental toxins including heavy metals and pesticides.

120 vcaps

Sale \$26⁹⁹

Total Vision Care

Platinum Naturals' Total Vision Care is a comprehensive formula that helps prevent conditions such as age-related macular degeneration and cataracts. Only vision supplement recognized by the Vision Institute of Canada.

60 sgels

Sale 20% off



Easy Multi

Platinum Naturals' EasyMulti contains essential vitamins and minerals plus a booster of omega-3 oils - all in a single dose softgel. With increased exposure to pollution & stressors, multivitamins are more important today than ever before.

120 sgels

Sale 20% off



Natural Skin Gel

Nature's Aid Gel is a multi-purpose natural skin gel created for the effective treatment of most skin conditions: eczema, psoriasis, rashes and more.

500 ml

Sale 20% off



Neo40 Endurance

Neo40 is clinically shown to help the body increase Nitric Oxide levels. Healthy N-O levels help the body support: Healthy blood pressure, maintain healthy triglyceride levels, increase endurance and workout performance.

Sale 15% off



Omega 3

Canada's most popular liquid omega 3 Nutrasea can help reduce muscle and joint pain, and it is ideal for cardiovascular health and brain function. In a zesty lemon-flavoured liquid.

500 ml

Save \$10



Ionic Silver

For thousands of years, silver has played a role in safeguarding human health. To help support healthy immune function, choose Mission Falls Ionic Silver - one of the only Health Canada approved silver products on the market today. It is easily absorbed, perfectly safe.

250 ml & 500 ml

Sale 10% off



Manage Acute Stress

Fast-acting relief for nervousness and acute stress, Natural Factors Stress-Relax 100% Natural GABA is a superior source and naturally produced form of the important brain compound gamma-aminobutyric acid (GABA). **Expires October 31, 2017**

60 chewable tabs, 100 mg

Expires October 31, 2017



\$2⁰⁰ off
In Store
Coupon

Oil of Oregano

Oil of Oregano has been used for centuries as a natural health remedy. It is used as an anti-viral for viral infections and for relief from colds and the flu.

FREE book with purchase, "Purely Healthful Oregano Oil", \$8.99 value

30 & 60 ml

30 & 60 sgels



Respiratory Relief

Whole Earth & Sea Pure Food Horseradish Respiratory Relief is an all-season formula with a unique complex of powerful botanicals that work synergistically to boost immune system activity and soothe irritated upper airway membranes.

60 tabs

Sale 20% off



Powerful Garlic!

Allimax, the world's most powerful garlic supplement is a natural antibiotic with beneficial anti-fungal, anti-viral and anti-bacterial properties. It is ideal for colds, allergies, wound infections and athlete's foot. **FREE book with purchase "Stabilised Allicin" \$10.00 value, while supplies last.**



180 vcaps
Save \$10

Natural Calm

Natural Calm provides a healthy magnesium level and balances your calcium to provide natural stress relief. The 100% water-soluble magnesium citrate becomes ionic when dissolved in very hot water and can relieve many symptoms associated with magnesium deficiency quickly and effectively.



All flavours & sizes
Sale 10% off

Strong Bones

Strong Bones is a broad spectrum formula to defend against bone loss and osteoporosis. Many minerals and nutrients, including protein and vitamins are vital to maintain your bone health.



90 & 180 vcaps
Sale 20% off

FibreSMART Daily

FibreSMART's dietary fibre enhances the body's ability to remove toxins and increases the volume of your stool. It is not only a source of dietary fibre, but a complete digestive care formula. It contains herbal ingredients that work to heal damage to the intestinal tract.



Huge Combo Savings!
454 & 227 g size combo
120 & 240 vcap size combo
In-Store only, visit for details.

Digestive Enzymes

\$2.00 off
Coupon

Renew Life digestive enzyme formulas use plant-derived enzymes for maximum effectiveness over a broader pH range in the body. Each formula contains powerful enzymes chosen for their ability to break down a wide variety of foods.



All sizes
Expires October 31, 2017

D-Stress Organic

New Roots organic lavender oil boasts an impressive profile of active constituents useful for coping with restlessness, mental stress, and insomnia.



60 sgels
Sale 20% off

Immune Health

\$3.00 off
In Store Coupon

Modicare® restores, strengthens and balances the immune system. Taken daily, it also helps prevent bacterial and viral infections, improves allergy symptoms and is a strong anti-inflammatory.



Kids 60 chewable tabs
Adults 180 vcaps
Expires October 31, 2017

Manuka Honey

Wedderspoon sources the most genuine, ethical, purest Manuka from New Zealand. Factor™ 16 guarantees a higher than 75% Manuka pollen count.



FREE Organic Manuka Lip Balm with purchase (\$4 Value) while supplies last.
250 & 500 g

Probiotics

New Roots probiotics help boost your immune system, increase colon health, maximize nutrient absorption, and prevent antibiotic-associated diarrhea.



All Sizes
Sale 20% off

Joint Relief

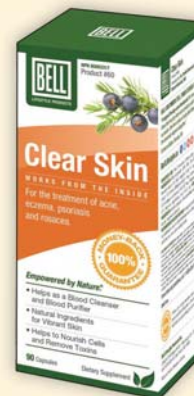
#1 Shark Cartilage. Helps to relieve joint pain associated with osteoarthritis. A superior natural source of glucosamine & chondroitin for joint health.



100 caps
Sale 10% off

Clear Skin

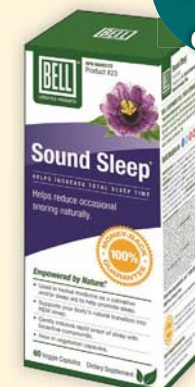
Supports healthy skin from the inside out. Great for acne, eczema, psoriasis and rosacea.



90 caps
Sale 10% off

Sound Sleep

Gently induces onset of sleep. Sound Sleep combines melatonin & calming herbal extract to help support a blissful, tranquil, relaxing sleep.

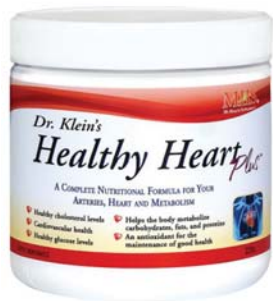


60 caps
Expires October 31, 2017

\$3.00 off
Coupon

Healthy Heart

\$5⁰⁰ off
Coupon



Healthy Heart Plus contains 22 vital nutrients to address the main causes of cardiovascular disease and diabetes. **Heart or cardiovascular questions? Meet Dr. Elie Klein Tuesday October 10 from 11 to 3 pm.**

Expires October 31, 2017

Bladder Wellness



D-Mannose is a simple sugar that occurs naturally in some plants, including cranberries. In the bladder, D-Mannose can adhere to undesirable foreign substances, preventing them from sticking to the bladder.

BONUS size 25% more

Sale \$38⁹⁹

Essential Oils

Buy 2 essential oils, receive 1 FREE Eucalyptus, while supplies last



Each purchase = 1 ballot for Diffuser draw Nov. 1, 2017, \$80⁰⁰ value

Buy Local - HairTree Therapy

HairTree Therapy is taking natural beauty to another level and beyond by offering beautifying, chemical-free hair products.



FREE: Leave-In-Smooth (\$18⁰⁰ value) with the purchase of a shampoo/conditioner combo

Successful Weight Management



If you are tired of dieting and losing weight, only to put it back on again, you will love TrimActiv®. Formulated to address the body's response to calorie deprivation, to stabilize blood sugar and to enhance the metabolic process, TrimActiv® approaches successful weight management from all angles.

168 vcaps

Sale 20% off

Omega Sport+ New



Do you dream big and train hard? Boost your energy, enhance your endurance and improve your health, naturally, with Flora Omega Sport+.

Try an In-Store Sample!

250 ml **Sale \$19⁹⁹**

500 ml **Sale \$31⁹⁹**

Fermented Vegan Protein



Progressive Harmonized Fermented Vegan Protein Powder is a premium blend of bacterially fermented legumes, grains and seeds. This formula is easier to digest and doesn't cause gas or bloating. All flavours.

680 g

FREE SHAKER bottle with purchase, while supplies last, \$12⁰⁰ value



Moringa Superfood

Moringa Oleifera, is the most nutrient rich plant known to science. Helps in connective tissue formation. Helps to maintain healthy skin. Helps the body metabolize carbohydrates, fats and proteins.

With purchase, 1 Ballot for Gift Basket \$40 value.



Sale 30% off

Prostate Health



Prairie Naturals Prost Force - Bonus Size - Support prostate health with this specialized formula for men. Prairie Naturals Prost Force is the supplement for men wanting to maintain prostate health, naturally.

120 + 20 BONUS size

Sale \$51⁹⁹