

FREE BLENDER

with **PURCHASE***

\$60
Value

Natural health food store

EXCLUSIVE OFFER!

*See inside for details. While quantities last.

“The easiest, healthiest way to **Blend, Grab & Go!**”

Karlene Karst, RD
Founder of Sea-licious and mother of three



FREE Women's Voice magazine!

Ask for it in natural health food stores or go online!



Read online:

womensvoicemagazine.com



OsteoMove
FAST RELIEF
for chronic joint pain!
with **InflamRelief**

HOT PRICE

29⁹⁷

120 tablets

All products EXCLUSIVELY available in natural health food stores.

FLYER SALE ENDS September 30, 2018. Products available at your community natural food stores, while quantities last!

WomenSense: #1 Recom

WomenSense is proud to support the **Canadian Women's Foundation** for over **7 years!**



Donated funds from WOMENSENSE products go toward supporting more than 100 community programs that help women and girls move out of violence, out of poverty, and into confidence and leadership.

Please join us in supporting women and girls across Canada!

\$5 from the sale of each WomenSense Bonus Bottle will be donated to the Canadian Women's Foundation.

WomenSense formulas contain the highest quality ingredients and natural extracts, and offers everything women of all ages need for healthy hormones! Each product is carefully formulated by physicians to suit the specific needs of adult women throughout various changes in life, ranging from mental or physical stress, to changes in hormones with age. All of the WomenSense products are free of common allergens and GMOs.

PAINFUL PERIODS? PMS?
IMPROVE HORMONE BALANCE with

EstroSense Symptoms of hormonal imbalance include heavy or painful periods, hormonal acne, PMS, ovarian cysts, fibrocystic breasts, endometriosis, and more. EstroSense is the ideal hormonal health partner for women using oral contraceptives and those suffering from the symptoms of hormonal imbalance.

EstroSense is an exclusive formula containing all-natural ingredients to help maintain healthy hormone balance by promoting liver detoxification and healthy estrogen metabolism.



48⁴⁷

150 vcaps

HOT FLASHES? NIGHT SWEATS?
IMPROVE MENOPAUSE SYMPTOMS with

MenoSense The term menopause means one year with no menstrual cycle. Perimenopause is the 10–15 years leading up to menopause. Both can bring unwelcoming symptoms in a woman's life. MenoSense contains natural ingredients to help relieve the symptoms of menopause and perimenopause. MenoSense is recommended by health care practitioners for the treatment of symptoms of menopause including hot flashes, night sweats, and more.



37⁴⁷

240 vcaps

STRESSED? NO ENERGY?
LOSING SLEEP? IMPROVE STRESS

SYMPTOMS with AdrenaSense Early symptoms of adrenal stress include: fatigue, depression, cold hands or feet, dizziness, low back pain, asthma, allergies, sweet cravings, hormonal imbalances, irritability, headaches, gastrointestinal problems, skin problems, arthritis, and other inflammatory conditions. AdrenaSense offers natural support for the adrenal glands, to help relieve general fatigue, and improve mental and physical performance.



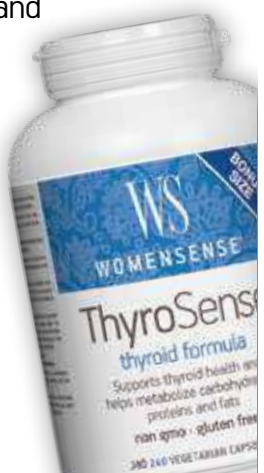
42⁹⁷

240 vcaps

LOW THYROID?
WEIGHT GAIN? IMPROVE
LOW THYROID SYMPTOMS with

ThyroSense General symptoms of low thyroid include weight gain, fatigue, moodiness, poor concentration, low libido, cold intolerance, dry hair and hair loss, or constipation. The ingredients in ThyroSense also help the body metabolize carbohydrates, fats, and proteins.

ThyroSense is recommended by health care practitioners for the support of thyroid health in those with symptoms of low thyroid.



42⁹⁷

240 vcaps

Recommended by Physicians

Natural support for women with fibromyalgia

FibroSense

FibroSense is a natural source of magnesium and malic acid, designed to support healthy muscle function and energy metabolism in women with fibromyalgia. This non-GMO and gluten-free formula addresses soreness and fatigue in working muscles by helping to maintain normal electrolyte balance supporting the body's ability to metabolize nutrients.

16⁴⁷
90 vcaps



See Dr. Gaetano Morello's article on Fibromyalgia in the latest *WV magazine*, available exclusively in natural health food stores.

Why does your gut hurt? High FODMAPs

Funny word, but FODMAPs are the key reason why many people suffer from IBS, constipation, diarrhea, gas, and bloating.

FODMAPs are certain types of carbohydrates that are hard to digest. When we use a low-FODMAP fibre in our diet, we make the job of our digestive tract easier and reduce the occurrence of unpleasant symptoms such as bloating, abdominal pain, constipation, and diarrhea.

Fibres such as inulin, psyllium, bran, and wheat are high-FODMAP short-chain fermentable carbohydrates which are troublesome for IBS and the digestive system. Inulin is an inexpensive ingredient that many food companies use to make a "fibre claim" on their labels (though it is argued that many of these so-called fibres aren't fibre). Psyllium may be familiar, as it is the basis for many popular fibre additives, but it can be as hard on your digestion as bran and wheat.

ORGANIC FibroSense

is the ONLY organic LOW-FODMAP certified fibre in Canada.

- LOW-FODMAP certified by Monash University
- 100% organic, non-GMO, gluten free
- Dissolves rapidly in water
- Tasteless, colourless, and odourless

26⁴⁷
150 g



Clean Body Care

FREE of toxins, perfumes, and xenoestrogens commonly found in traditional beauty aids.

Putting it on your SKIN does let it in (up to 60% absorbed), that's why you want CLEAN and tested body care products.

Shampoo or Conditioner

12⁴⁷
354 mL



Prevent anemia with IronSense

IronSense is gentle on the stomach and ideal for maintaining healthy iron levels and the prevention of anemia. This natural formula combines iron bisglycinate with bioactive B vitamins, folate, copper, and vitamin C for increased absorption and bioavailability.

16⁹⁷
60 vcaps



Groundbreaking Women's Health Book

A must-read for every woman!

In this book, retired naturopathic doctor and author, Karen Jensen, and other practising physicians share their experience treating women's health matters.

19⁹⁵
book



Look for this FREE Women's Voice magazine!

Available at natural health food stores only.

Women's Voice Magazine provides REAL solutions by REAL physicians for REAL women's needs®



GUARANTEED!

You'll love the flavour and how you'll feel using this

100% FERMENTED, ORGANIC PRODUCT.

ORGANIC FLAVOURS: CHOCOLATE or TROPICAL
21 g of PROTEIN per serving

63⁹⁷
Each

Whole Earth & Sea farms in the beautiful Okanagan Valley are 100% organic. Our crops are fertilized with compost and nitrogen-rich sea plants, and are meticulously cared for by hand. **No synthetic pesticides (or even permissible organic pesticides) are used – EVER!** From simple seeds come the highest potency crops packed with essential amino acids, minerals, antioxidants, enzymes, and phytonutrients.

The 100% organic Whole Earth & Sea crops are harvested at their peak and immediately **raw processed and enzymized** using our patent pending process. The result? **A unique, 100% fermented greens for easy digestion and maximum nutritional benefit.**

FERMENTED PROTEIN & GREENS goes far beyond standard greens and protein products. This innovative formula gives you all the nutrition in our **organic greens superfood formula along with 21 g of the cleanest possible plant-based VEGAN PROTEINS.**

These unique food supplements harness the power of natural fermentation to create highly bioavailable nutrition from the whole earth and sea.

Available in Organic Chocolate and Organic Tropical.





55⁴⁷
Greens

FERMENTED GREENS
ORGANIC FLAVOURS:
Chocolate, Tropical, and
Unflavoured
6 g of PROTEIN per serving

FERMENTED GREENS is the **ONLY 100% fermented and 100% organic greens formula**. Our new enzymized greens is non-GMO and vegan friendly **providing 6 g of quality fermented plant protein** in every serving. This exceptional formula also includes fermented grasses, fruits, vegetables, and micronized medicinal mushrooms.

Available in **Organic Chocolate, Organic Tropical, and Unflavoured**.

Whole Earth & Sea
products tested
clean by **ISURA**



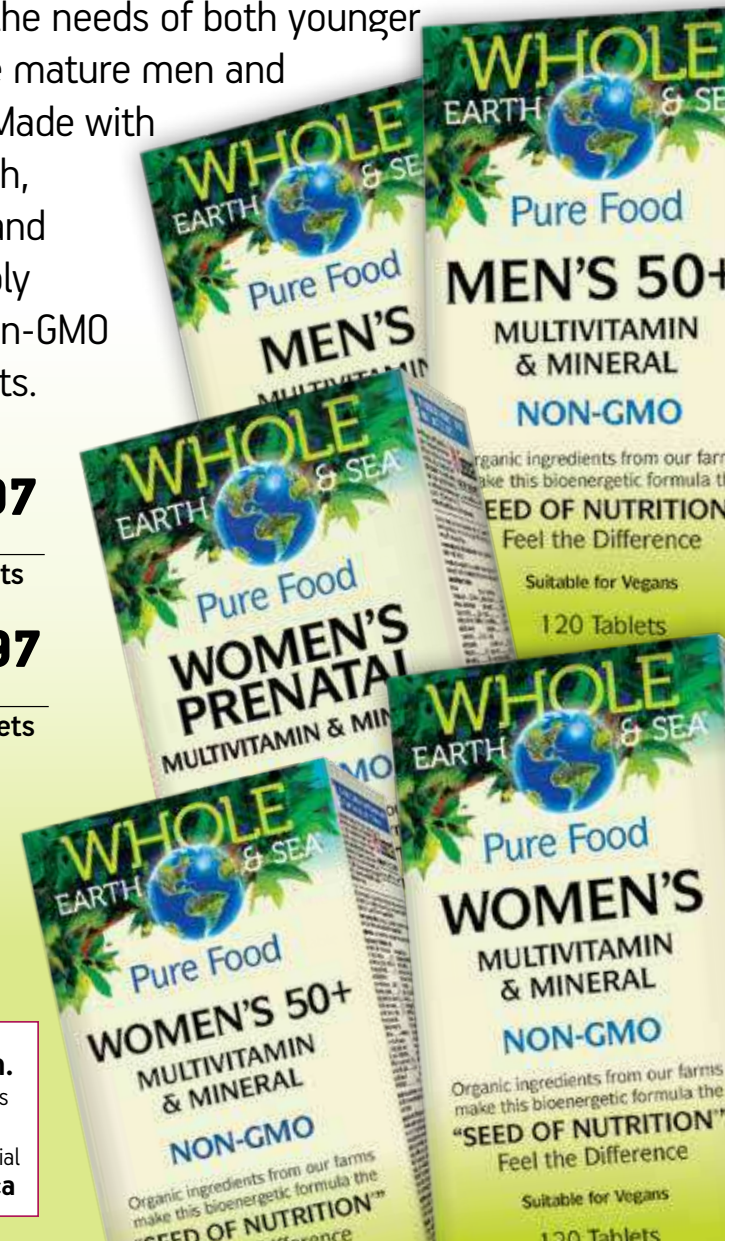
ISURA means certified clean. This seal assures you that this product has passed the most rigorous testing in the world. ISURA can test for over 500 potential contaminants. isura.ca

**Women's/Women's 50+/
Women's Prenatal
and Men's/Men's 50+
Multivitamin & Mineral**

These Pure Food formulas are specially designed to meet the needs of both younger and more mature men and women. Made with farm-fresh, organic, and sustainably grown non-GMO ingredients.

33⁹⁷
60 tablets

63⁹⁷
120 tablets



WHILE QUANTITIES BUY 2 VEGIDAY PR Receive a blender for

Exclusively available at participating natural health food stores.

You'll love VegiDay Raw, Organic, Vegan Protein

All ingredients are 100% organic, even the flavours and sweeteners! Tested and certified clean, non-GMO, and sustainable.

Available in 4 delicious flavours: French Vanilla, Decadent Chocolate, Berrylicious, and Unflavoured

100% CERTIFIED ORGANIC

20g PROTEIN PER SERVING

7 RAW PROTEIN SOURCES



39⁹⁷

powder
unflavoured



EXCLUSIVELY available in natural health food stores • Ask natural health food store employees for these flyer

S LAST! PROTEINS FREE!



\$60
Value



**YOUR
FREE
GIFT!**

FREE SMOOTHIE BLENDER!

Stainless steel blades
300 watt
Includes 2 convenient travel
cups with spill-proof lids

49⁹⁷ French Vanilla
Berrylicious
Decadent Chocolate
powder

products

"I love Sea-licious Omega-3 & Big Friends Vitamins"

– Karlene Karst, RD
Founder of Sea-licious and mother of three



Sea-licious Omega-3 with Vitamin D

Delicious cotton
candy flavour!

26⁴⁷

with Vitamin D
250 mL

40⁴⁷

with Vitamin D
500 mL



GLUTEN
FREE

NON
GMO

IFOS
**** Rating
Third-party Tested
& Certified

Powder Multiprobiotic

Helps support
digestive health

20⁴⁷

60 g powder

Chewable Vitamin C

Helps in the
development of bones,
cartilage, teeth,
and gums

6⁴⁷

90 chew tabs

Chewable Multivitamin & Minerals

Nutritional backup
for active,
healthy children

11⁴⁷

60 chew tabs

Liquid Vitamin D3

Helps in the
development and
maintenance
of bones and teeth

7⁹⁷

15 mL



The most powerful, effective digestive enzymes

Good health starts in your gut. These new intensive-strength enzyme formulas target specific digestive issues to **REJUVENATE YOUR LIFE!**

High-stress levels, inflammation, poor dietary, and lifestyle choices all wreak havoc on the digestive system. Digestive complaints include bloating, gas, cramping, and feeling tired after eating. In fact, nearly one in three people experience some type of digestive problem. Although the body produces its own digestive enzymes, it may not be producing enough.

The typical benefits of enzyme supplementation include reduced digestive distress, increased energy, and improved regularity.

PROBLEMS DIGESTING GAS-PRODUCING VEGETABLES AND GRAINS?

Vegetarian MacroGest

Vegetarian MacroGest is an intensive-strength, full-spectrum plant enzyme formula designed to aid digestion of fermentable carbohydrates (FODMAPs) found in beans, vegetables, and grains. High-FODMAP foods are a common cause of indigestion, gas, bloating, and abdominal discomfort. The 100% plant-derived enzymes in Vegetarian MacroGest ensure



25⁹⁷

60 vcaps

47⁹⁷

120 vcaps

high levels of activity and a wide range of pH stability to support complete digestion and relieve digestive discomfort.

HIGH-PROTEIN, HIGH-FAT DIET?

Keto Paleo MacroGest

Keto Paleo MacroGest is an intensive-strength enzyme formula that supports the breakdown of protein-rich and high-fat foods such as dairy, eggs, and meat, making it ideal for anyone following a paleo or ketogenic diet.

20⁹⁷

60 dr caps

enzyme activity, helping to improve nutrient absorption in individuals with gluten and dairy sensitivities.

21⁹⁷

45 vcaps

GLUTEN ISSUES?

ReliefZyme

contains a unique enzyme blend with DPP-IV activity to help support the complete digestion of wheat, gluten, and dairy proteins. This intensive-strength formula offers significant



20⁴⁷

90 vcaps

CANDIDA?

ClenzDida

A unique formula that supports natural inner intestinal balance, ClenzDida can help support natural detoxification and cleansing processes in the digestive tract to reduce indigestion, gas, bloating, and abdominal discomfort

associated with *Candida albicans* and other yeasts.

INFLAMMATION?

Zymactive

Zymactive is an intensive-strength systemic enzyme formula featuring pancreatic enzymes and serrapeptase – the proteolytic “miracle” enzyme that offers powerful support for inflammation and pain relief. Zymactive is useful for arthritis, sinusitis, sports injuries, allergies, and other inflammatory conditions.



21⁹⁷

90 ec tablets
REGULAR STRENGTH

39⁴⁷

90 ec tablets
DOUBLE STRENGTH

THE LEADER in probiotic care for the past 35 years

Natural Factors began producing probiotics more than 35 years ago for the natural health industry. We have the most experience in Canada producing stabilized and effective probiotics. We can guarantee the best results for digestive health. No other probiotic manufacturer can compare.

PREMIUM FORMULAS FOR ADVANCED EFFECTIVENESS

Ultimate Multi Probiotic

Provides live microorganisms that temporarily modify gut flora, helping to maintain natural intestinal balance and improve digestion.

20⁴⁷

60 vcaps

37⁹⁷

120 vcaps

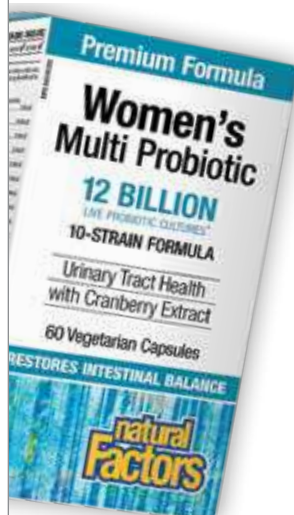
**24
BILLION
active cells**

38⁴⁷

60 vcaps

Women's Multi Probiotic with CranRich

A source of probiotics providing live microorganisms to enhance intestinal, vaginal, and urinary tract flora.



20⁹⁷

60 vcaps

39⁹⁷

120 vcaps

Critical Care Probiotic

It restores beneficial bacteria lost through antibiotic use and enhances immune health. This formula offers significant protection from bacterial infection, yeast overgrowth, and digestive discomfort.

**55
BILLION
active cells**

26⁹⁷

30 vcaps



This book could save your life!

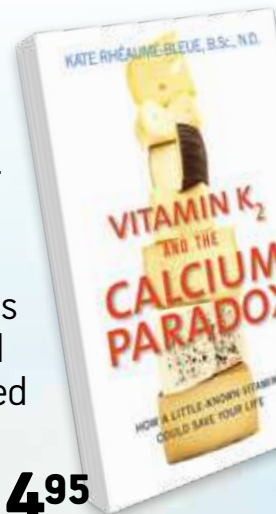
Learn the secret of avoiding osteoporosis and heart disease.

An essential read for anyone interested in bone health and heart health.

This groundbreaking book demystifies a little-known super-nutrient that humans once thrived on, and that has been ignored by scientists for almost 70 years.

14⁹⁵

book



9⁴⁷

60 vcaps

17⁴⁷

120 vcaps

**FREE
booklet
with
purchase**



Vitamin K2

The most important nutrient to prevent heart disease

- Increases calcium absorption
- Inhibits the calcification of arteries
- Fights premature wrinkles

24⁴⁷

120 softgels

LOOK FOR THIS SEAL ISURA means certified clean.

isura

NON-GMO · MASS SPEC
Documentation ✓ Lab Tested ✓

This seal assures you that this product has passed the most rigorous testing in the world. ISURA can test for over 500 potential contaminants. isura.ca

EXCLUSIVELY available in natural health food stores • Ask natural health food store employees for these flyer products

How the Heart, Brain, and Gut Influence Mental Health

You've heard of a "gut feeling"? Sometimes when we have a decision to make we just have a feeling come over us. We just know what to do.

We've been told our decisions come from the brain, but science now understands we have two other brains in our bodies; the "gut brain" and the "heart brain." Each of these three brains function independently. But there is enough strong evidence to show that they also work together to influence who we are and how we interact with the world around us.

Give all three brains what they need each day with this powerful, full-nutrient supplement kit:

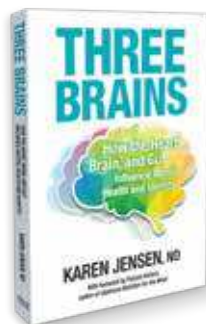
The Daily Brain kit

includes five supplements that are all essential for three-brain health:

- Sharp-PS phosphatidylserine supports memory and concentration
- Grapeseed extract and Meriva curcumin deliver strong antioxidant and anti-inflammatory support

53⁴⁷

30 cello packets



19⁹⁵

book

- 900 mg of omega-3 EPA/DHA contribute to cardiovascular health and brain function
- Five high-potency probiotic strains support digestive health
- All these supplements are in convenient daily packets

Just wanting to boost your memory and cognitive function?

You'll need: **Memory Boost**

promotes mental clarity by enhancing both memory and cognitive function.

If you're just focused on improving your sleep quality, you'll need:

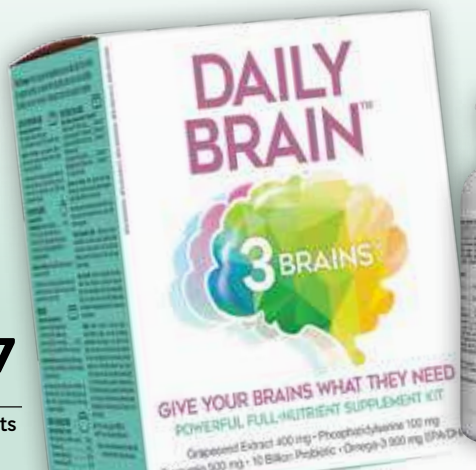
Restful Sleep

combines four non-habit-forming herbal extracts that have been traditionally used in herbal medicine as mild sleep aids, especially in cases of restlessness or insomnia due to mental stress.



25⁴⁷

120 vcaps



18⁹⁷

90 vcaps

AMAZING RELIEF for PAIN and INFLAMMATION

Theracurmin: #1 absorbed form of curcumin

Only Theracurmin has 19 double-blind clinical studies. Be assured Theracurmin really works.

CurcuminRich

Curcumin has powerful anti-inflammatory, antioxidant, and antimicrobial properties that support neurological, cardiovascular, and joint health.

37⁹⁷

120 vcaps
REGULAR STRENGTH

70⁴⁷

120 vcaps
DOUBLE STRENGTH



Men over 30

HAIR LOSS? Hair Growth Formula

Promotes healthy hair growth and improves hair thickness and volume

35⁴⁷

30 tablets

NEW!



TESTOSTERONE DECLINING? Testosterone Boost

Ideal for men looking to support physical performance, energy levels, and vitality

21⁴⁷

60 vcaps

NEW!





NON-GMO · MASS SPEC

Documentation ✓ Lab Tested ✓

GREEN SHEET SPECIALS

EXCLUSIVELY AVAILABLE IN NATURAL HEALTH FOOD STORES.

Complete Astaxanthin

THE SUPER ANTIOXIDANT

Helps fight and protect cells against free radical damage
Helps improve physical endurance



25⁴⁷

60 softgels

Extra Strength Tranquil Sleep

NATURAL SLEEP FORMULA

NEW – higher potency formula!

Relieves mild insomnia and calms nervousness

NEW!



34⁹⁷

60 chew tabs

Anti-Viral

SEND THE FLU BUG PACKING

Clinically proven

Effective against all viral conditions

19⁴⁷

60 softgels

12⁹⁷

50 mL



Oil of Oregano

TICKLE IN YOUR THROAT? TRY THIS!

Clinically proven

Effective against bacterial and viral infections, parasites, and superbugs

17⁴⁷

30 mL or 60 softgels



Purified Omega-7

AMAZING INFLAMMATION RELIEF

The ultimate heart-health formula

Reduces C-reactive protein sourced from anchovies



25⁴⁷

60 softgels

Ultimate Maca

ENERGY, MOOD, STRESS & MENOPAUSE

Boosts your energy and clarity

Healthy mood balance during menopause



29⁴⁷

180 vcaps

Active Omega-3

MCT OIL

BRAIN & HEART HEALTH

4-in-1 combo high-potency omega-3, MCT oil, vitamin D3, and astaxanthin

Increases metabolism and energy



49⁹⁷

250 mL

PGX Daily

HEALTHY WEIGHT LOSS

PGX helps you feel full and snack less

Helps with any weight loss program



47⁹⁷

240 softgels

24⁹⁷

120 softgels

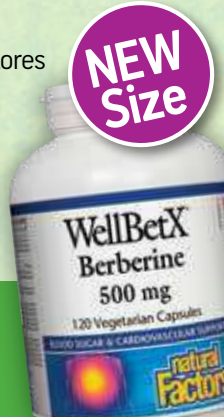
Berberine

BLOOD SUGAR & CARDIOVASCULAR SUPPORT

Maintains healthy blood sugar and restores insulin sensitivity

Supports weight management

NEW Size



33⁹⁷

120 vcaps

RxOmega-3

Extra Strength HEART & SKIN HEALTH

Bonus Bottle – 30 FREE softgels!

Protects cardiovascular function

Reduces inflammation and cholesterol levels



23⁹⁷

150 softgels

Coenzyme Q10

HEART HEALTH

Bonus Bottle – 20 FREE softgels!

Higher levels of CoQ10 can help prevent and manage heart disease and fight fatigue

Free radical scavenger



47⁹⁷

140 softgels

Ubiquinol Active CoQ10

THE NEW GOLD STANDARD FOR COQ10

Provides superior bioavailability compared to conventional CoQ10



64⁹⁷

120 softgels

GREEN SHEET SPECIALS

EXCLUSIVELY AVAILABLE IN NATURAL HEALTH FOOD STORES.

Tea Tree Oil

ANTIBACTERIAL

Disinfects cuts, scrapes, and prevents infection

Acts as a natural herbal insect repellent



isura
CERTIFIED CLEAN

13⁴⁷

50 mL

B12 Methylcobalamin

ENERGY

Boost your energy with this biologically active form of B12

8⁹⁷

90 subtabs/1000 mcg

16⁴⁷

60 subtabs/5000 mcg

15⁴⁷

30 subtabs/10,000 mcg



DME Coconut Oil

HAND-PRESSED COCONUT OIL

Alpha's DME organic, virgin coconut oil is hand pressed directly from fresh coconuts in the Solomon Islands

isura
CERTIFIED CLEAN

24⁴⁷

475 mL



Supreme MCT Oil

ENERGY FOR WORKOUTS

Provides quick energy for workouts and body building

Support for age-related cognitive decline

isura
CERTIFIED CLEAN

21⁴⁷ 31⁹⁷

500 mL

1L



Vitamin C 1000 mg

TIME-RELEASED IMMUNE SUPPORT

Bonus Bottle – 30 FREE tablets!

Time released over 8 hours

Enhances immune system



isura
CERTIFIED CLEAN

20⁴⁷

210 tablets

Magnesium Citrate

RELIEVES STRESS & MUSCLE TENSION

Bonus Bottle – 30 FREE capsules!

Calms muscle spasms and relaxes tight muscles

Supports cardiovascular health



isura
CERTIFIED CLEAN

17⁹⁷

210 capsules

Calcium & Magnesium

Citrate with D3

BONES & TEETH

Bonus Bottle – 30 FREE tablets!

Also contains potassium, zinc, and manganese



isura
CERTIFIED CLEAN

20⁹⁷

210 tablets

Hi Potency B

STRESS RELIEF & ENERGY

Bonus Bottle – 30 FREE capsules!

Supports nervous system



isura
CERTIFIED CLEAN

27⁴⁷

210 capsules

BioCgel

HIGH-ABSORPTION VITAMIN C

Potent immune support

Also contains extra strength fruit bioflavonoids

24⁹⁷

180 softgels

isura
CERTIFIED CLEAN

12⁹⁷

90 softgels



Glucosamine & Chondroitin Sulfate

INCREDIBLE JOINT PAIN RELIEF

JUMBO SIZE – 240 capsules!

Reduces joint pain and inflammation



isura
CERTIFIED CLEAN

29⁹⁷

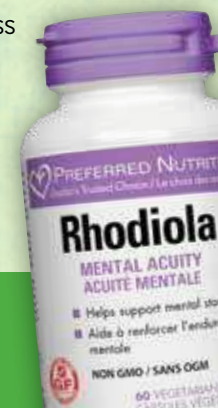
240 capsules

Rhodiola

MENTAL STAMINA

Supports the nervous system

Reduces nervousness and improves concentration



isura
CERTIFIED CLEAN

11⁹⁷

60 vcaps

Vitex

REDUCES PMS SYMPTOMS

Excellent hormonal support for women

Helps regulate and balance estrogen and progesterone



isura
CERTIFIED CLEAN

10⁹⁷

90 vcaps