

# IBS AFFECTS



# 1 in 5



# PEOPLE



**IBS SYMPTOMS:** Gas, pain, cramping, bloating, constipation, and diarrhea.

**SOLUTION:** Low FODMAP Fibre and IBS Probiotic

**33<sup>97</sup>**

Unflavoured 200 g  
Tropical 268 g

FODMAPs in fibres such as inulin, psyllium, bran, and wheat are bad for IBS and the digestive system. LOW FODMAP fibre and IBS Probiotic are essential to relieve IBS, constipation, diarrhea, gas, and bloating.

**Reliefibre** is the only ORGANIC fibre LOW FODMAP certified in Canada.

**IBS Relief Biotic** is an innovative probiotic formula that reduces symptoms of IBS.

**18<sup>47</sup>**

30 vcaps



## BioSil is clinically proven to reduce wrinkles

**FAST RELIEF** for  
chronic joint pain  
Jumbo Size!

**29<sup>97</sup>**

240 capsules

**HOT  
PRICE**

**Extra Strength  
RxOmega-3  
Bonus Bottle!**  
30 Free Softgels!

**23<sup>97</sup>**

150 Enteripure  
softgels



**FLYER SALE ENDS September 30, 2019.** Products available at your local natural food stores, while quantities last!

# THE BEST NUTRITIONAL SHAKE ON THE MARKET

100% ORGANIC – EVEN THE FLAVOURS AND SWEETENERS!

**49<sup>97</sup>**  
powder

Everything you need  
IN ONE DELICIOUS  
SCOOP

Crafted from **organic, plant-based** food ingredients and **additional vitamins and minerals** not normally found in standard all-in-one shakes, VegiDay's Organic All-In-One Nutritional Shake has **everything you need – in one delicious, nourishing scoop**.

Available in three delicious flavours: FRENCH VANILLA, DECADENT CHOCOLATE, and UNFLAVOURED

The **ONLY 100% ORGANIC**  
**VEGAN PROTEIN**

Even the flavours and sweeteners!

VegiDay 100% Plant-Based Protein contains a blend of **six vegan proteins** plus a **full spectrum** of **essential amino acids**. No other vegan protein can compare.

Available in four delicious flavours: FRENCH VANILLA, DECADENT CHOCOLATE, VERY BERRY, and UNFLAVOURED

**49<sup>97</sup>**  
powder





# PREMIUM PROBIOTIC formulas for advanced effectiveness

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.

## Ultimate Multi Probiotic

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

**20<sup>47</sup>**

60 vcaps

**37<sup>97</sup>**

120 vcaps



## Women's Multi Probiotic with CranRich

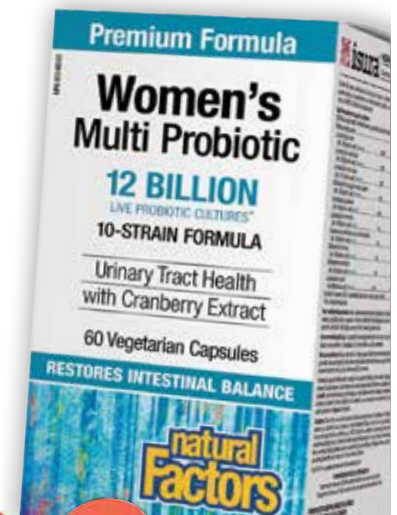
A source of probiotics providing live microorganisms to enhance intestinal, vaginal, and urinary tract flora.

**20<sup>97</sup>**

60 vcaps

**39<sup>97</sup>**

120 vcaps



## Cardiovascular Health

### Natural Factors Ubiquinol: 3 times better absorption than regular CoQ10

Heart disease is a major problem and the statistics are concerning. Every 7 minutes, someone dies from heart disease or stroke in Canada. What's more, 9 in 10 Canadians have at least one risk factor for heart disease or stroke, which include smoking, alcohol consumption, physical inactivity, obesity, high blood pressure, high cholesterol, and diabetes.

Several peer-reviewed studies have confirmed that the **ubiquinol form of CoQ10** has **superior absorption** compared to the ubiquinone form. The amount of CoQ10 absorbed into the blood stream is of critical importance because studies conclusively show that higher CoQ10 blood levels provide greater health benefits, especially in terms of cardiovascular health.

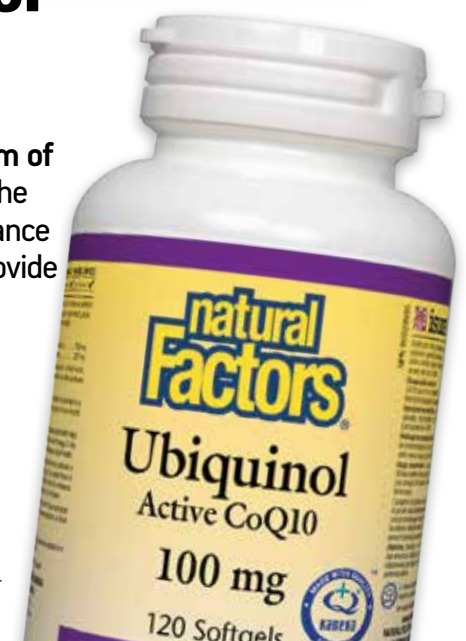
## Ubiquinol Active CoQ10

THE NEW GOLD STANDARD FOR CoQ10

- Provides superior bioavailability compared to conventional CoQ10

**64<sup>97</sup>**

120 softgels



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

# WomenSense: Proud Supporters of the C



**\$5** from the sale of each WomenSense Bonus Bottle will be

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

30 Bonus Capsules!



**48<sup>47</sup>**

150 vcaps

## HOT FLASHES? NIGHT SWEATS?

IMPROVE MENOPAUSE SYMPTOMS with

**MenoSense** This product contains natural ingredients to help relieve the symptoms of menopause and perimenopause. MenoSense is recommended by health care practitioners for the treatment of menopause

**39<sup>47</sup>**

240 vcaps

symptoms including hot flashes, night sweats, and more.



60 Bonus Capsules!

## 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, and skin problems. AdrenaSense offers natural support for the adrenal glands.

60 Bonus Capsules!



**44<sup>97</sup>**

240 vcaps

60 Bonus Capsules!



## 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.

**42<sup>97</sup>**

240 vcaps

**"I'm seven months pregnant and getting more constipated. Help!"**

That baby bump you see getting bigger is also putting pressure on your intestines. Pregnancy constipation is your gut's way of telling you, "It's getting crowded in here."



Most women are prone to constipation throughout their pregnancy. Early in pregnancy you can again blame hormones, which slow the movement of food through your intestines. In physiologic jargon, this change is called gastrointestinal motility. The slower passage of food and fluid allows more fluid to be absorbed (perhaps another one of nature's ways of ensuring that you get the necessary fluids into your system). This combination contributes to constipation.

It's also common for children to struggle with constipation. A constipated child has infrequent bowel movements or hard, dry stools.



Karlene Karst, Nutritionist with her kids.

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



# Canadian Women's Foundation

donated to the Canadian Women's Foundation.

*"Add PCOSense powder in your smoothie each morning. It's the most effective natural solution for PCOS."* – Julie Reil, MD



## PCOSense

- 100% safe and natural PCOS, fertility, insulin, and pregnancy support

Polycystic ovarian syndrome (PCOS) is one of the most common metabolic and hormonal disorders among women of reproductive age. Symptoms include, but are not limited to, irregular menstrual cycles, weight gain, mood swings, acne, unwanted facial hair, infertility, cardiovascular disease, and insulin resistance.



**27<sup>47</sup>**

129 g powder

## Rhodiola

- Improves brain function and boosts energy levels

Rhodiola supports the nervous system by inhibiting the depletion of important brain neurotransmitters such as serotonin, dopamine, and norepinephrine during times of stress.



**13<sup>47</sup>**

60 vcaps

## PMS RELIEF

### Vitex

- Excellent hormone tonic for women
- Balances estrogen and progesterone in the body



**10<sup>97</sup>**

90 vcaps

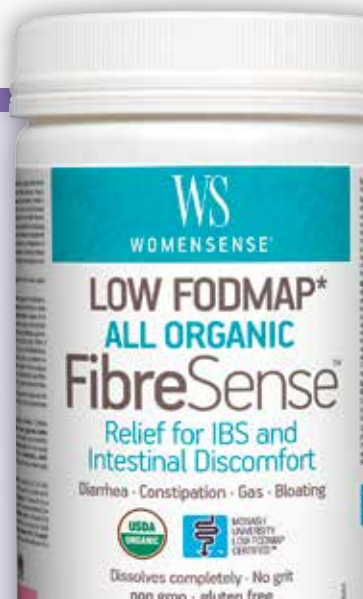
*"For relief, take Organic FibreSense daily – it's safe for mom and baby. Organic FibreSense is also totally safe and easy-to-take for constipated children."* – Karlene Karst, Nutritionist

## Organic FibreSense

- Low-FODMAP prebiotic fibre
- Helps relieve irritable bowel syndrome (IBS)
- Relieves diarrhea, constipation, gas, and bloating

**26<sup>47</sup>**

150 g powder



# BioSil: Advanced Collagen Generator™



*"I take BioSil every day..."*

*I'm amazed at the results I see in my skin, hair, and nails!"*

– CHRISTIE BRINKLEY

BioSil is clinically proven to **reduce wrinkles, increase skin elasticity, thicken and strengthen hair, and strengthen nails**. BioSil is not "made out of collagen," it "generates collagen" through your body's own natural pathways. That means the collagen you add is collagen with your own DNA fingerprint. That's why BioSil helps you look beautiful, youthful, and healthy – *naturally!*



**35<sup>47</sup>**

30 mL

# 100% FERMENTED CERTIFIED ORGANIC GREENS and PROTEIN

Try it for yourself, and feel the difference!  
There's no other product like it!

Factors 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 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.**

**The best nutrition from our organic farms. 55<sup>47</sup>**

Greens





# ED

# EIN

# ce.

**ORGANIC**  
CHOCOLATE,  
VANILLA CHAI,  
and TROPICAL

## Why fermentation?

**Fermentation releases a plant's full nutritional potential**

The process of food fermentation for preservation is an ancient practice. More recently, scientific studies have revealed the many nutritional benefits of fermentation:

- ✓ **Releases the plant's full nutrient power**, as well as produces unique metabolites, for deep nourishment
- ✓ **Helps reduce occasional gas and bloating** by predigesting complex foods
- ✓ **Eliminates antinutrients**, such as phytates, which inhibit the absorption of iron, zinc, and other minerals
- ✓ **Promotes gut health** by supporting the growth of beneficial bacteria, improving digestion, and strengthening your gut barrier
- ✓ **Enhances protein quality and absorption** by up to 40%!

## 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 & Sea.

**Available in Organic Chocolate, Organic Vanilla Chai, and Organic Tropical.**

**63<sup>97</sup>**

**Protein & Greens**

**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 600 potential contaminants. [isura.ca](http://isura.ca)

**Imagine getting all the benefits of omega-3 without any fish**

**NEW!**

**Marine DHA Vegan Omega-3 100% fish-free omega-3s**

Our Marine DHA is a sustainable algal oil source of DHA that supports eye health and brain function. This omega-3 has no fishy smell or aftertaste and is an excellent vegan alternative to fish oil supplements.

**16<sup>47</sup>**

**30 vegetarian softgels**



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

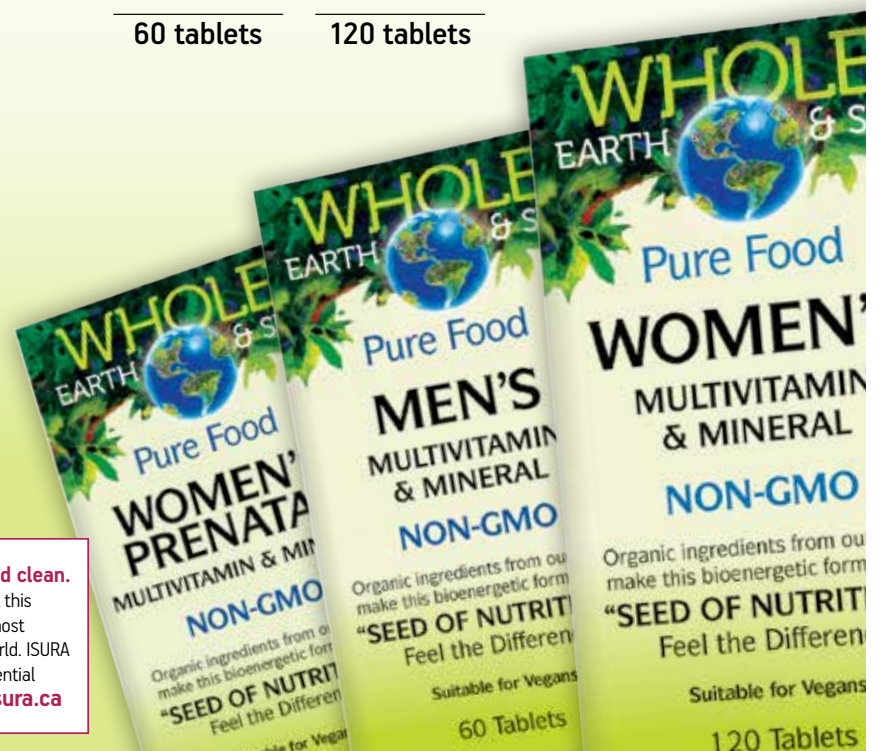
Four formulas specially designed to meet the needs of both younger and more mature men and women. Made with farm-fresh, organic, and sustainably grown non-GMO ingredients.

**33<sup>97</sup>**

**60 tablets**

**63<sup>97</sup>**

**120 tablets**



# 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.

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 keto diet.



**20<sup>97</sup>**

60 dr caps

GLUTEN ISSUES?

## ReliefZyme

ReliefZyme contains a unique enzyme blend with dipeptidyl peptidase IV (DPP-IV) activity to help support the complete digestion of wheat, gluten, and dairy proteins. This intensive-strength formula offers significant enzyme activity, helping to improve nutrient absorption in individuals with gluten and dairy sensitivities.



**21<sup>97</sup>**

45 vcaps

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.



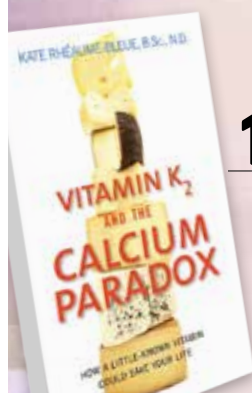
**21<sup>97</sup>**

90 ec tablets  
REGULAR STRENGTH

**39<sup>47</sup>**

90 ec tablets  
DOUBLE STRENGTH

## This book could save your life!



**14<sup>95</sup>**

book

**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 supernutrient that humans once thrived on, and that has been ignored by scientists for almost 70 years.

## Vitamin K2

The most important nutrient to prevent heart disease

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

**9<sup>47</sup>**

60 vcaps

**17<sup>47</sup>**

120 vcaps



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



# SeaRich and Sea-licious

The most delicious omega-3s and the greatest assortment of flavours!

We know your children want a variety of delicious flavours. We tried fish oils all across the country and these were the top two best-tasting brands in Canada.



GLUTEN FREE



NON GMO



IFOS  
Rating  
Third-party Tested & Certified

Tangerine Lime · Raspberry Lemonade · Tropical Colada · Natural Maple · Cotton Candy · Lemon Meringue · Coconut Lime · Grapefruit



**26<sup>47</sup>**

Sea-licious Omega-3 with Vitamin D3 250 mL

**23<sup>97</sup>**

Sea-licious Omega-3 250 mL

**40<sup>47</sup>**

Sea-licious Omega-3 with Vitamin D3 500 mL

**37<sup>97</sup>**

Sea-licious Omega-3 500 mL



**31<sup>97</sup>**

SeaRich with Vitamin D3  
1500 mg EPA / 750 mg DHA

**20<sup>47</sup>**

SeaRich Omega-3 200 mL

**21<sup>97</sup>**

SeaRich with Vitamin D3  
750 mg EPA / 500 mg DHA

**44<sup>47</sup>**

SeaRich Omega-3 500 mL

## #1 Brain Support Kit. It's a NO-BRAINER. More convenient. More effective.

**Sharp-PS** for memory and concentration

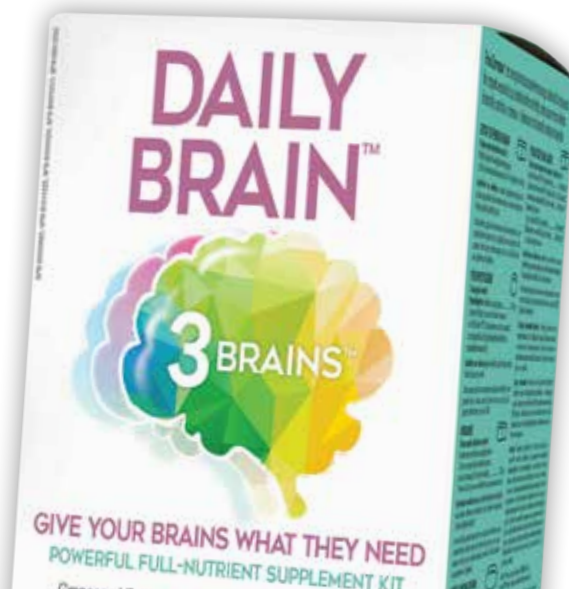
**Grapeseed extract** and **Curcumin** for anti-inflammatory support

**Omega-3 EPA/DHA** for heart and brain function

**Probiotics** correct imbalances in the intestinal tract

**53<sup>47</sup>**

30 packet kit



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



# Sick of Sugary Gummies for Children?

Give your children delicious, meaningful nutrition with Big Friends

No Sugar • No Animal Products

11<sup>47</sup>

60 chewable tablets

9<sup>47</sup>

250 chewable tablets

7<sup>97</sup>

15 mL

## Big Friends Children's Supplements

are hypoallergenic, containing no animal products, artificial colours, preservatives, dairy, starch, wheat, or yeast – just a complete range of high-quality vitamins and minerals.



6<sup>47</sup>

90 chewable tablets



# ECHINAMIDE – The ONLY echinacea clinically proven to work.

Get rid of your cold or flu up to three times faster.

19<sup>47</sup>

60 softgels

12<sup>97</sup>

50 mL

ECHINAMIDE is a unique patented, super-extracted echinacea concentrate developed by Natural Factors. It is the **ONLY** echinacea clinically proven to get rid of your cold and flu up to three times faster.

Natural Factors has determined the optimum growing conditions for echinacea, and they use 100% organic methods, to grow echinacea at Factors Farms in the Okanagan Valley of British Columbia.





# THERACURMIN unlocks the medicinal power of curcumin

## The ONLY curcumin proven to work!

**10 times better absorption than any other curcumin**

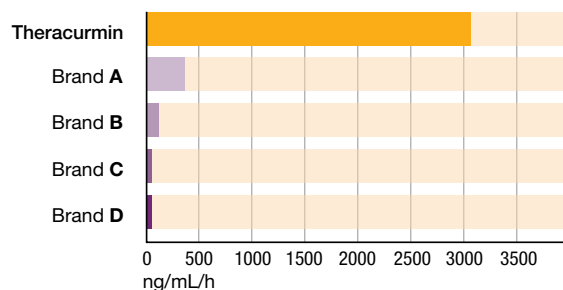
The truth is no other curcumin supplement has been validated by clinical studies. Most products in the marketplace quote generic research done on regular curcumin powder.

### THERACURMIN: Clinically tested so you know it works

Not all curcumin products are equal. Numerous studies have been published so far on Theracurmin with additional studies underway. Clinical trials on the patented formula show proven benefits.

*"Theracurmin has shown better results in more double-blind, placebo-controlled studies than any other curcumin on the market. PERIOD."* – Kate Rhéaume, ND

### Bioavailability Comparison of Curcumin<sup>†</sup>



Comparison conducted using leading brands of enhanced and regular forms of curcumin.

<sup>†</sup> Bioavailability comparison of curcumin from two published studies showing blood levels of curcumin over a 12-hour period normalized at the same dosage level.

<sup>‡</sup> Scientific scrutiny revealed that Theracurmin was more bioavailable on a milligram-to-milligram basis than other leading enhanced and regular forms of curcumin. \*As measured by SPINS 2014 data.

### THERACURMIN: #1 absorbed form of curcumin<sup>‡</sup>

Detailed absorption studies have proven that Theracurmin is the best-absorbed form of curcumin on the market on a milligram-to-milligram basis compared to all other curcumin supplements. This improved absorption with Theracurmin is extremely important in getting the health benefits curcumin provides.

### THERACURMIN – All natural

Making Theracurmin even more special is it's all-natural composition. Theracurmin is naturally produced using a patented process that retains the most important compounds in curcumin. These unique compounds produce powerful anti-inflammatory benefits. The process is entirely natural and no synthetic chemicals are used.

**21<sup>47</sup>**

60 vcaps

**39<sup>47</sup>**

60 vcaps





# GREEN SHEET SPECIALS

EXCLUSIVELY AVAILABLE IN NATURAL HEALTH FOOD STORES.

## Hi Potency B Complex

ENERGY AND NERVE HEALTH

**Bonus Bottle!**  
**30 FREE Capsules!**

Provides essential B vitamins to maintain energy levels

**isura**  
CERTIFIED CLEAN

**27<sup>97</sup>**

210 capsules



## Magnesium Citrate

HEALTHY MUSCLE FUNCTION

Relaxes muscles and supports nervous system in times of stress

**isura**  
CERTIFIED CLEAN

**9<sup>97</sup>**

60 chewable tablets



## WellBetX Berberine

BLOOD SUGAR AND INSULIN SENSITIVITY

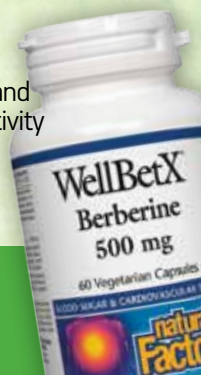
Maintains healthy blood sugar balance and restores insulin sensitivity

**16<sup>97</sup>**

60 vcaps

**31<sup>47</sup>**

120 vcaps



## Tea Tree Oil

ANTIBACTERIAL

Fights bacteria, fungal infections, parasites, and viruses

Disinfects cuts, scrapes, and prevents infection

**isura**  
CERTIFIED CLEAN

**13<sup>47</sup> 23<sup>97</sup>**

50 mL

100 mL



## PS

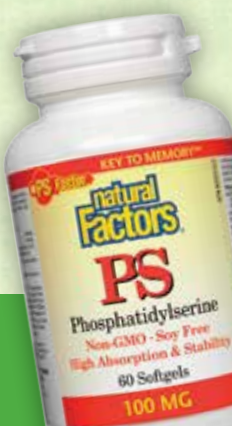
BRAIN AND MEMORY SUPPORT

Improves memory and prevents dementia

**isura**  
CERTIFIED CLEAN

**35<sup>97</sup>**

60 softgels



## BioCoenzymated Active B Complex

THE MOST EFFECTIVE B COMPLEX EVER MADE

Enhanced support for energy and nerve health

**isura**  
CERTIFIED CLEAN

**21<sup>97</sup> 35<sup>97</sup>**

60 vcaps

120 vcaps



## Coenzyme Q10

HEART HEALTH

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

**isura**  
CERTIFIED CLEAN

**47<sup>97</sup>**

140 softgels



## Restful Sleep

PROMOTES HEALTHY SLEEP

Helps relieve insomnia, nervousness, and restlessness caused by mental stress

Natural, non-habit-forming

**isura**  
CERTIFIED CLEAN

**18<sup>97</sup>**

90 vcaps



## 100% Natural GABA

PROMOTES RELAXATION

Fast-acting relief for nervousness and acute stress

**isura**  
CERTIFIED CLEAN

**19<sup>97</sup>**

60 chewable tablets



## OsteoMove

FAST RELIEF FOR CHRONIC JOINT PAIN

Use OsteoMove with pain-reducing InflamRelief to protect knees and joints, and get moving

**isura**  
CERTIFIED CLEAN

**29<sup>97</sup>**

120 tablets



## Melatonin

NATURAL SLEEP AID

Improves sleep quality and duration  
Reduces daytime fatigue

**isura**  
CERTIFIED CLEAN

**8<sup>97</sup>**

90 subtabs



## Vitamin C

IMMUNITY, BONES AND TEETH

**Bonus Bottle**  
**30 FREE tablets!**

Enhances immune system function

**isura**  
CERTIFIED CLEAN

**19<sup>97</sup>**

210 tablets

