

Roots Natural Taking care of your Health

RxOmega-3
Extra Strength
A pharmaceutical-grade fish oil providing a powerful strength of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Molecularly distilled and guaranteed for purity and safety from environmental pollutants like PCBs and mercury or other harmful compounds.

BONUS SIZE
120 150 Softgels
\$24.99

N-Acetyl-L-Cysteine
Free Form Amino Acid
NAC is a precursor to glutathione, a critical antioxidant scientifically proven to scavenge free radicals. NAC has the unique ability to maintain healthy lung tissue, support the body's natural defences and enhance cellular health and longevity.

BONUS SIZE
120 180 Vegi Caps
\$26.99

Magnesium Citrate
150mg
Magnesium is necessary for growth and development, wound healing, immune system function, temperature regulation and many activities of the brain and nervous system. Shaky hands, nervousness, muscle spasms, irregular or rapid heartbeat, all respond favourably to magnesium.

BONUS SIZE
180 210 Caps
\$17.99

Milk Thistle
150mg Silymarin
Milk thistle is traditionally used in herbal medicine as a liver and gallbladder protectant, and contains key actives known collectively as silymarin. Dandelion and turmeric contain antioxidants and work alongside milk thistle to support healthy liver function. This non-GMO formula is standardized to contain 150 mg of silymarin per capsule.

BONUS SIZE
90 120 Caps
\$20.99

Total Body Collagen
100% Complete Amino Acids
Total Body Collagen provides hydrolyzed collagen alongside synergistic nutrients to promote healthy skin and connective tissues, reduce joint pain associated with osteoarthritis, and support lean muscle growth and recovery after a workout. This convenient powder is available unflavoured and in two great-tasting natural flavours.

SAVE \$3.00
500 g

Liposomal Vitamin C
High Absorption
Liposomal Vitamin C is an enhanced, highly absorbable source of vitamin C to support immune function and provide antioxidants that help protect against free radicals. This new, specialized delivery system encases buffered vitamin C within a liposome. This protects vitamin C during digestion to ensure a fast and efficient uptake into the cells without the digestive upset of standard forms.

\$15.99
90 Softgels

Ashwagandha
Clinically Studied
KSM-66 Ashwagandha extract helps increase resistance to stress and anxiety in people with a history of chronic stress, improving their quality of life. Ashwagandha is a well-recognized Ayurvedic herb that is traditionally used as a sleep aid and nerve tonic.

\$11.99
30 Vegi Caps

RegenerLife
Boosts Cellular Energy
This formula contains a potent combination of targeted nutritional compounds shown to optimize mitochondrial function, the key producers of energy within our cells. The delicious watermelon-flavoured drink mix supports the body's antioxidant defence systems, helps reduce symptoms of fatigue, and contributes to brain, muscle, and heart health.

SAVE \$5.00
81g Powder

PEA400
Pain Relief
Natural Factors PEA400 is a chronic pain relief formula made from fractionated non-GMO safflower seed oil. Helps manage chronic pain and discomfort. Provides a plant-based therapy to relieve chronic pain and used to relieve the pain associated with nerve compression and inflammatory conditions.

SAVE \$4.00
90 Vegi Caps

Critical Care
Probiotic
Critical Care Probiotic 55 Billion Active Cells support both the small and large intestines. It restores beneficial bacteria lost through antibiotic use and enhances immune health. Provides protection from bacterial infection, yeast overgrowth, and digestive discomfort.

SAVE \$3.00
30 Vegi Caps

Glutathione LipoMicel Matrix
Glutathione LipoMicel Matrix delivers an enhanced source of the antioxidant glutathione to protect your body from the oxidative damage caused by free radicals. Glutathione is considered an "anti-ager" used by the body to defend against free radical damage and is found in high amounts in the liver.

\$26.99
60 Softgels

GABA
Anxiety Relief
When we become overwhelmed with stress and anxiety the brain typically responds by producing more of the amino acid GABA. However, many people with anxiety and insomnia do not manufacture sufficient levels of GABA and supplementation may be necessary.

\$20.99
60 Chewable Tabs

NMNSURGE
NAD Precursor
This metabolically active nicotinamide mononucleotide (NMN), contains a unique healthy-aging ingredient used to rejuvenate cellular health. A biologically active form of vitamin B3 is quickly converted by the body to nicotinamide adenine dinucleotide (NAD+), a metabolite needed for optimal energy production and cell renewal.

SAVE \$3.00
60 Vegi Caps

OsteoMove
Extra Strength Joint Care
Reduces chronic and acute inflammation, relieves joint pain, and accelerates repair and recovery of joints and connective tissue. Improves flexibility, and increases hydration and nutrient flow in joint cartilage.

\$37.99
120 Tabs

L-Glutamine
Free Form Amino Acid
Glutamine supplementation is ideal for athletes who want to prevent problems associated with intensive training, and for anyone who would like to recover faster from over-training.

\$18.99
300 g Powder

Quercetin LipoMicel Matrix
Natural Factors Quercetin LipoMicel Matrix contains an advanced form of the antioxidant quercetin with up to 10 times higher absorption than standard forms. Quercetin is a bioflavonoid found in certain fruits, vegetables, herbs, and grains, used in herbal medicine to protect blood vessels, and provide a source of antioxidants.

SAVE \$3.00
60 Softgels

Saffron Extract
Improves Mood
Helps relieve symptoms of stress and improve sleep quality. It features Affron, a 100% pure source of standardized saffron extract that has been clinically studied for mood balance in adults and youth 12 years and over. The gentle, one-per-day dose comes in a convenient, non-GMO vegetarian capsule.

SAVE \$3.00
30 Vegi Caps

PS
Phosphatidylserine
Phosphatidylserine boosts the efficiency of cell membranes, especially in the nerve cells of the brain, leading to improved concentration, learning, vocabulary, and memory. As we get older, our natural production of PS decreases, making supplementation the ideal means for preventing age-related cognitive decline.

\$20.99
30 Softgels

Theracurmin
Double Strength
Curcumin has a broad range of actions that support good health. Modern science confirms that its antioxidant properties help protect against water- and fat-soluble toxins. It also supports healthy inflammatory response and has been used successfully to relieve joint pain associated with osteoarthritis.

SAVE \$4.00
60 Vegi Caps

Root's ORGANIC NATURAL HEALTH FOODS

Summer Savings

CUSTOMER APPRECIATION DAY • SATURDAY JUNE 24, 12-4 pm

This month we have a fun and exciting event to thank all of our wonderful customers!

We appreciate all of the support you've shown us over the years so we'd like to invite you all to our

CUSTOMER APPRECIATION DAY
SATURDAY JUNE 24th
12 noon to 4 pm



We'll have lots of free samples & demos all afternoon, as well as prizes and gift basket giveaways. Plus, we're letting YOU choose what's on sale! Customers may choose up to 3 regular priced items at **15% off!**

Please note, some restrictions apply.

Apple Cider Vinegar
Digestion & Weight Support
Natural Factors Fermented Apple Cider Vinegar with Chromium is a convenient, organic source of ACV in capsule form with the essential trace mineral chromium for maintaining normal blood glucose levels. This supportive one-per-day formula comes in non-GMO capsules and is suitable for vegans and vegetarians.

\$10.99
90 Vegi Caps

PGX Daily
Ultra matrix softgel capsules deliver PGX directly to your stomach, where it gradually absorbs water and slowly begins to expand and produce a feeling of fullness. Lowers insulin secretion and normalizes blood sugar while controlling appetite for healthy weight loss.

SAVE \$3.00
120 Softgels

Rhodiola
Standardized Extract
Rhodiola is showing itself to be an effective herbal extract that works as an adaptogen to help us manage stress. It is native to mountainous regions in Asia and Europe and has a centuries-old reputation as a healing herb that combats fatigue and restores energy.

\$17.99
60 Caps

Vitamin C
with Bioflavonoids and Rosehips
1000mg
• Powerful immune support
• Powerful antioxidant
• Reduces risk of infections
• Supports detoxification
• Helps strengthen bones & teeth

\$9.99
90 Tabs

Garcinia Cambogia
750mg
Helps you lose weight safely and naturally. It is guaranteed to contain 60% hydroxycitric acid (HCA), shown in clinical studies to inhibit the conversion of carbohydrates into fat. This causes the body to use existing fat stores. HCA may also increase serotonin levels, which helps control appetite and food cravings.

\$13.99
90 Tabs

Diuretic Formula
Reduce Water Retention
The diuretic formula is a superior combination of standardized herbal extracts that promote urine flow and flush away waste, reducing the puffiness of edema and gently stimulating the body's cleansing system.

\$10.99
90 Caps

Apple Pectin
With Green Tea Extract
Super Strength pectin bundles the healthy goodness of apples and green tea into a convenient capsule for effective antioxidant protection. The super strength formula is standardized to 16% apple pectin, and 10 mg of standardized green tea extract provides enhanced antioxidant protection. Each 500 mg capsule provides 300 mg of fibre.

\$12.99
90 Vegi Caps

Vitamin D3
2500 IU
Vitamin D is called "the sunshine vitamin" because we can usually get it from the sun's ultraviolet rays; it supports bone development and is needed for calcium and vitamin C absorption, and it supports the nervous system.

\$4.99
90 Softgels

L-Carnitine
500mg
Safe, effective support for promoting healthy body composition. Helps athletes improve muscle mass, performance, and recovery time. Addresses fatigue, one of the most common complaints of modern living.

\$14.99
60 Vegi Caps

Chromium Picolinate
250mcg
• Improves blood sugar control
• Helps the body metabolize carbohydrates and fats
• Helps prevent chromium deficiency
• Helps reduce carbohydrate cravings
• May reduce cholesterol and triglyceride levels

\$6.99
90 Tabs

RealEasy Meal Replacement Shake
RealEasy with PGX Whey Meal Replacement shake combines PGX with high-quality whey protein, vitamins, minerals, lecithin, and medium-chain triglycerides to help you feel full longer, bring blood sugar to normal levels, and help reduce cholesterol. Available in three flavours, chocolate, strawberry and vanilla, these meal replacement shakes are delicious and satisfying for an easy way to trim down.

SAVE \$3.00

Super savings every day just for you!

Vitamin A
10,000 IU
• Naturally derived from fish liver oil
• Molecularly distilled
• Free of heavy metals and chemical contaminants
• Supports eye health
• Easy to swallow

\$4.99
90 Softgels

Vitamin C
1000 mg
• Powerful immune support
• Powerful antioxidant
• Reduces risk of infections
• Supports detoxification
• Helps strengthen bones & teeth

\$9.99
90 Tabs

Vitamin D3
2500 IU
Vitamin D is called "the sunshine vitamin" because we can usually get it from the sun's ultraviolet rays; it supports bone development and is needed for calcium and vitamin C absorption, and it supports the nervous system.

\$4.99
90 Softgels

Vitamin K2
100mcg
Vitamin K helps guide calcium towards the areas of the body where it is needed, such as the skeleton, and away from areas where it could have a negative effect, such as the cardiovascular system.

\$8.99
60 Vegi Caps



Healthy Life



One Stop Shopping for all your Health and Grocery Needs



Healthy Choices



Lion's Mane
Micronized Mushrooms

- Memory Support.
- Improves Cognitive Function.
- Promotes Nerve Growth factor (NGF).
- Grown in North America.

120 Vegi Caps **15% OFF**

Skin Care
Red Orange Complex H + Hyaluronic Acid

- Helps maintain healthy skin and reduce skin erythema process induced by the sun.
- Reduces UV related skin sensitivity and damage.
- Increases moisture content in your skin.
- Reduces Oxidative stress throughout the body.

60 Vegi-Caps One-a-day **15% OFF**

Hair Force
Promotes Healthy Hair, Skin & Nails

Prairie Naturals Hair-Force synergistically combines 22 natural nutrients that directly counteracts the hair-damaging negatives caused by stress, illness, hormonal imbalances and other health and environmental concerns.

BONUS SIZE **SAVE \$4.00**
180+20 Softgels

Green Sun Chocolates

Organic, vegan chocolate superfoods, using 70% dark Peruvian chocolate. Bonus, it's a women owned company! Try these delicious and guilt-free chocolate superfoods!

20% OFF

Provita Natural Supplements

Formulated by Dr Delcea, Provita supplements harness the power of orthomolecular medicine to assist in the body's natural ability to heal itself.

10% OFF
Full line

Santevia Water Bottle Filter Sticks

Add healthy minerals and boost the alkalinity of your water in one easy step. Lasts up to 3 months!

\$17.99

Udo's oil
Vegan DHA

All the omegas you need fresh-pressed and unrefined Omega-3, 6, 9. Supports the immune system, normal joint function and cardiovascular health and helps maintain good digestion.

250ml **\$18.99**

Daily Maintenance Enzymes

Helps promote good digestion and overall health with Flora's Daily Maintenance Enzyme, an all-around digestive enzyme combination. This blend supports the breakdown of nutrients for absorption by replacing natural enzymes that are lost from cooking. Maximum nutrient absorption. Gluten-Free + Non-GMO + Vegetarian Enzymes included: bromelain, protease, amylase and lactase.

60 Vegi Caps **\$13.99**

Iron+ Liquid
with B-Vitamin Complex

Supports energy production and helps to form red blood cells while supporting proper function. Helps prevent iron deficiency and anemia associated tiredness and fatigue. Supports pregnant women to meet they're recommended intake of iron when taken in conjunction with a healthy diet.

240ml **\$18.99**

EstroSense
Hormone Balance

- Reduce hormone related problems
- Heavy or painful periods
- Endometriosis
- Uterine fibroids
- Fibrocystic breasts
- Ovarian cysts
- PMS
- Acne

60 Vegi Caps **SAVE \$3.00**

MenoSense
Menopause Relief

Menopause formula for the reduction of:

- Hot flashes
- Night sweats
- Poor sleep
- Irritability
- Nervousness
- Loss of concentration

90 Vegi Caps **\$20.99**

AdrenaSense
Anti-Stress

Our ability to adapt to stress depends upon optimal function of the adrenal glands and in particular, the regulation of the main stress hormone: cortisol. Less Stress, More Energy! Improves Mental/Physical Performance.

90 Vegi Caps **SAVE \$3.00**

Testosterone Boost

Helps promote healthy testosterone production in men. Ideal for men looking to support physical performance, energy levels, and vitality. Helps increase resistance to stress/anxiety in people with a history of chronic stress. Features essential nutrients for men's health, including zinc, vitamin D3, and B vitamins. Testosterone production begins to decline in men after the age of 30.

60 Vegi Caps **\$22.99**

Male Energy
Hormone Balance

- Reduce body fat, especially around abdominals
- Protect the body's natural testosterone production
- Helps preserve and build muscle
- Enhances liver function to aid in healthy metabolism

60 Vegi Caps **\$26.99**

Maca Energy

Provides a source of antioxidants; Helps support healthy mood balance during menopause; Helps support emotional aspects of sexual health in men and women; Ethically farmed and sun dried maca concentrate; Formulated for both men and women.

90 Vegi Caps **\$18.99**

Root's ORGANIC NATURAL HEALTH FOODS

Chill Pills
Stress Reliever

A natural herbal and vitamin formula that brightens your mood and relieves stress. It reduces nervous irritability, improves concentration and induces relaxation so you can calm down. Best of all, it is non-addictive and will not make you drowsy.

30 Vegi Caps **\$21.99**

Liver
High-Potency Formula

Traditionally used in herbal medicine as a hepatoprotectant (liver protectant) and to help relieve digestive disturbances. Helps to support healthy liver function.

90 Vegi Caps **SAVE \$4.00**

Prostate Perform

Prostate Perform is an effective prostate-support formulation. Prostate Perform relieves the symptoms of benign prostatic hyperplasia (BPH), including frequent urination particularly at night, inconsistent stream, the strain to urinate, and prostate growth.

30 Softgels **SAVE \$3.00**

Black Cumin Seed Oil

Black Cumin Seed Oil yields a high dose of thymoquinone, one of the actives in black cumin seed oil, and is indicated for reducing the symptoms of allergies. Scientists have tested the effects of the oil on 600 patients, with results that confirm the relief for allergies at about 70% of the patients.

60 Softgels **\$13.99**

Joyful
Mood Balance

Joyful is formulated with nutrients that elevate mood and help manage anxiety. Joyful contains 11 botanical extracts, amino acids, and bioactive forms of the vitamins pivotal for mood and cognition. The therapeutic goal of Joyful is two fold: to elevate mood and to strengthen resistance to stressors that generate anxiety.

30 Vegi Caps **\$23.99**

Myo-Inositol
Balance Ovarian Function

Improved insulin receptivity for cells is among the most important benefits inositol delivers for alleviating PCOS. As a natural insulin sensitizer, myo-inositol stimulates ovarian cell growth. It's an affordable organic compound that's great by itself or as part of assisted reproductive therapy (ART).

125 g **\$10.99**

Prenatal Complete Multivitamin

Prenatal is a comprehensive formula containing 23 vitamins, minerals, and nutrients. Crucial for proper fetal development and maternal health before and during pregnancy, as well as while breast-feeding.

90 Vegi Caps **\$19.99**

Human Probiotics
42 Billion+

Human Probiotics is formulated with 12 human-sourced probiotic strains, potency-validated with 42 billion colony-forming units (CFUs) per enteric-coated capsule. Isolated from healthy individuals, these therapeutic strains are proven to colonize within the entire gastrointestinal tract.

30 Vegi Caps **SAVE \$3.00**

Calcium Magnesium Citrate 2:1 with K2

Combination liquid formula that provides Calcium, Magnesium, Collagen, Manganese, Boron, Vitamin K2 and Vitamin D3 plus Gluten free and Lactose-Free. Helps support the maintenance of bones and teeth. Great tasting blueberry, strawberry, & orange flavour.

500 ml **SAVE \$3.00**

Sambucus Immune Support
Elderberry Gummy

Delicious tasting gummies with the added benefit of Vitamin C and Zinc for immune support.

60 Gummies **\$18.99**

NutraVege Omega-3 Plant

A pure and potent plant-based omega-3 with 150mg of EPA + 300mg of DHA in just one fresh mint flavour softgel per day. NutraVege is 100% vegetarian and vegan-friendly. Clean, light fresh mint flavour.

30 Softgels **SAVE \$3.00**

Advanced B Complex
Biologically active full-spectrum B complex

B-vitamins in a form your body can utilize immediately. Balanced ratios and clinically-supported doses. Support for energy, stress and burnout, metabolism, brain and nerve function. Promotes healthy methylation and doesn't cause niacin "flush".

90 Caps **10% OFF**

Ortho Sleep
Improve Sleep Quality

Improves overall sleep & helps with jet lag. The most comprehensive, natural sleep formula available. Helps one fall asleep, stay asleep, and wake up feeling refreshed.

120 Caps **10% OFF**

Mag Malate Renew
Muscle Support

Helps maintain proper muscle function. Reduces the symptoms of fibromyalgia and chronic fatigue syndrome. High quality, 100% pure magnesium malate. Enhances cellular energy production and muscle function. Now in purple carrot root capsules.

120 Caps **10% OFF**

Calcium Magnesium with zinc and vitamin D

For strong and healthy bones and to maintain proper muscle function. Helps with bone and muscle recovery. Contains easily absorbed forms of calcium & magnesium along with zinc, vitamin D, whole food concentrates, and digestive herbs for enhanced absorption. Safe for pregnant moms and baby.

250 ml **10% OFF**

LUNG-FX Respiratory Support

Works by supporting the lungs' natural defense systems. It contains expectorant herbs to help you break down and expel mucous. It promotes detoxification to protect the lungs from damage caused by pollutants and toxins. It contains anti-inflammatories and antioxidants to heal and soothe damaged lung tissue.

90 Vegi Caps **15% OFF**

Inflamma Mend
Natural Pain Relief

Helps target inflammation by reducing pain and swelling. It increases the production of anti-inflammatory mediators, and helps prevents the production of pro-inflammatory cells. Great for chronic inflammatory conditions throughout the body

60 Softgels **15% OFF**

Floradix Kindervital
Liquid Multivitamin

Provides the essential building blocks to build healthy muscles, strong bones, enhance vision, and boost immunity. Essential for kids during growth spurts. Great tasting and easily absorbed liquid formula, no additives, preservatives.

250ml & 500 ml **10% OFF**

Cholesto Less
Healthy Cholesterol

Support cardiovascular health by lowering LDL (bad) cholesterol and maintaining HDL (good) cholesterol levels. Having healthy cholesterol levels supports cardiovascular health, helping to prevent life-threatening illnesses such as heart attack and stroke.

60 Softgels **15% OFF**

Gut-Fx Formula
With 10 Billion Live Cell Probiotics

GUT-FX is the ultimate formula to repair your intestinal tract lining, heal inflammation, support healthy gut flora, and restore your gut health. Helps repair leaky gut syndrome and other intestinal ailments.

180 g **15% OFF**

Floradix & Floravit Liquid Iron Formula

Floradix & Floravit formulas are highly soluble Iron compounds combined with B vitamins and vitamin C for maximum absorption. Easily digested and non-constipating. They are enhanced with natural fruit juices and added digestive and iron-rich herbs. Ideal for those concerned with anemia, low energy, fatigue and other symptoms related to iron deficiency.

250ml & 500 ml **10% OFF**

LIV-GREAT LIVER FORMULA
Healthy Detoxification

LIV-GREAT provides the liver with daily support by boosting its detox capacity and helping to protect it from damage. It contains nutrients and herbs to support both Phase 1 and Phase 2 of liver detoxification, and it promotes the production of bile to improve the elimination of toxins. It also contains powerful antioxidants to protect and heal the liver from damage.

60 Vegi-Caps **15% OFF**

Protein & Greens
100% Fermented & Organic

This exceptional non-GMO, vegan-friendly green superfood formula contains fermented grasses, fruits, vegetables, and micronized medicinal mushrooms to support and active, healthy and sustainable lifestyle. Providing 21g of quality plant protein in every serving.

Available in unflavoured, vanilla chai, chocolate and tropical flavour.

660g **SAVE \$5.00**

Sale Ends June 30, 2023



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