

LIVE, LEARN... BE HEALTHY!

Vitamin K2
100mcg

Each dose provides 24-hour protection by guiding calcium toward the bones and teeth where it is needed most, and away from the arteries where it causes damage.

BONUS SIZE

120 180 Vegi Caps **\$18.99**



Magnesium Citrate
150mg

Magnesium is vital to hundreds of enzyme reactions and has more health benefits attributed to it than any other mineral including calcium. Magnesium, along with calcium, is a shock-absorber, helping to prevent the body from experiencing excessive stress. Studies show that mineral citrates have superior absorption when taken on an empty stomach.

BONUS SIZE

180 210 Caps **\$15.99**



Melatonin
Peppermint 3mg

Melatonin is a hormone that can improve sleep problems caused by stress, jet lag or shift work. Melatonin production declines with age.

BONUS SIZE

180 210 Sublingual Tabs **\$10.99**



RxOmega-3 Extra Strength

RxOmega-3 Extra Strength is a pharmaceutical-grade source of the omega-3 fatty acids EPA and DHA that support cardiovascular and cognitive health, brain function, and reduced symptoms of rheumatoid arthritis. Each Enterpure softgel delivers a 2:1 ratio of EPA to DHA that is guaranteed pure and safe from environmental pollutants and ensures no fishy aftertaste.

BONUS SIZE

120 150 Softgels **\$21.99**



PEA400
(Palmitoylethanolamide)

- Helps manage chronic pain and discomfort
- Provides a plant-based therapy to relieve chronic pain
- Used to relieve the pain associated with nerve compression and inflammatory conditions

SAVE \$4.00

90 Vegi Caps




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.

\$13.99

60 Vegi Caps




PS
(Phosphatidylserine)

PS Phosphatidylserine boosts the efficiency of cell membranes, especially in the nerve cells of the brain, leading to improved concentration, learning, vocabulary, and memory. Helps prevent age-related cognitive decline.

\$18.99

30 Softgels



Quercetin
LipoMicel Matrix

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. It is used in herbal medicine to protect blood vessels, and provide a source of antioxidants.

\$13.99

30 Liquid Softgels



Activated Charcoal
Relieves Gas and Bloating

Bloating, feelings of fullness, and gas are common symptoms of indigestion that are uncomfortable and embarrassing. Natural Factors Activated Charcoal Capsules is a premium formula for alleviating the symptoms of excess gas. It is formulated for use after meals to relieve bloating, pressure, pain, fullness, and stuffed feeling due to gas.

\$15.99

90 Softgels




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



Saffron Extract
100% Pure

Support mood balance in adults, adolescents, and youth age 12 years and up. Helps reduce the symptoms of perceived stress, such as fatigue, weariness, and irritability. Also helps relieve restlessness and nervousness while supporting feelings of relaxation.

\$22.99

60 Vegi Caps



Active B Complex
Full Spectrum Formula

Aids nutrient metabolism, to support energy production in the body. Helps the body form red blood cells and tissues while supporting normal growth and development. Also supports liver function. A factor in the maintenance of good health.

\$19.99

60 Vegi Caps



N-Acetyl-L-Cysteine
Glutathione Precursor

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. These qualities make NAC especially beneficial for active people, the elderly and those exposed to polluted environments.

\$12.99

60 Vegi Caps



Critical Care Probiotic
55 Billion Active Cells

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. Protection from bacterial infection, yeast overgrowth, and digestive discomfort.

\$24.99

30 Vegi Caps



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 \$5.00

60 Vegi Caps



Serenity Formula
Adrenal Support

Stress-Relax Serenity Formula is a unique mix of adaptogenic herbs designed to promote emotional well-being and to help the body cope with symptoms of stress naturally. It is the ideal formula for those suffering from adrenal exhaustion and other health issues caused by anxiety and chronic daily stress.

\$13.99

60 Vegi Caps



5-HTP
5-Hydroxytryptophan
Nature's Happy Pill

- Enhances serotonin - our happy hormone
- Helps prevent anxiety
- Improves mild depression
- Reduces PMS symptoms
- Aids restful sleep

\$13.99

50mg 60 Caplets



Milk Thistle
Siliphos Phytosome

Supports healthy liver function. Contains antioxidants to protect liver cells from free radical damage, while maintain normal glutathione levels. Provides a source of Siliphos to strengthen liver cell membranes. Complements cleanses, and detoxification regimes naturally.

\$19.99

60 Vegi Caps



Reliefibre
Low Fodmap Fibre

Provides a non-GMO, soluble dietary fibre to help improve bowel regularity and relieve minor symptoms associated with irritable bowel syndrome (IBS). It mixes easily with water, juice, or foods without changing the texture, providing daily support for digestive health.

SAVE \$3.00

200g 40 Servings



At Root's Natural we do all the research for you!

Root's ORGANIC NATURAL HEALTH FOODS

HEALTHY IMMUNITY



KEEP THOSE KIDDOS HEALTHY!



BigFriends
Chewable Multi Vitamins & Minerals

Provides children 3 years and older with optimal amounts of the vitamins and minerals their bodies need for good health. Whole food concentrates supply phytonutrients, while delicious fruit flavours and friendly dinosaur shapes keep little ones smiling.

\$9.99

60 Chewable Tablets




BigFriends
Chewable Vit-D3

A great-tasting, natural source of the "sunshine vitamin", essential for building strong, healthy bones and teeth. Ideal for all children, these small, chewable tablets support calcium and phosphorus absorption, and make it fun and easy to support growing children.

\$7.99

250 Chewable Tablets



BigFriends
Chewable Magnesium
Bubble Gum Flavour

Supports the development and maintenance of bones and teeth. Helps maintain proper muscle function, including the heart muscle. Assists with tissue formation and energy metabolism and supports the body's ability to metabolize nutrients.

\$6.99

60 Chewable Tablets



Lung, Bronchial & Sinus Health

Lung, Bronchial & Sinus Health can help those with chronic respiratory problems breathe easier. Useful for anyone with asthma, bronchial congestion, sinus problems, or occasional hayfever.

\$11.99

45 Tabs



Super Immune
With Omega 3 Fatty Acids

Supports immune function, helps in connective tissue formation and repair. Supports healthy skin and mucous membranes and contributes to the body's ability to metabolize nutrients. Helps prevent vitamin A, vitamin D, magnesium, zinc, and copper deficiencies.

\$9.49

90 Liquid Softgels



Zinc Lozenges
Sore Throat Relief

Relieves cold and flu symptoms, such as cough, sore throat, and congestion. Helps relieve fever and promote sweating. Contains antioxidants that help protect against free radicals. Provides a source of zinc and vitamin C. Supports energy metabolism and tissue formation.

\$8.99

60 Lozenges



BigFriends
Multi-Probiotic

Provides live microorganisms that temporarily modify gut flora. Supports the immature gastrointestinal system of young children and helps restore the balance of healthy intestinal microflora. Supplies a source of probiotics. No added flavours, colours, or sugar; gluten-free.

SAVE \$3.00

60g Powder



Oil of Oregano
Certified Organic

Oil of oregano is a potent herbal antimicrobial that effectively tackles bacterial, yeast, fungal, and parasitic infections. It offers powerful antioxidant protection, immune system support, and is used to help relieve various respiratory conditions. Natural Factors Organic Oil of Oregano is wild-crafted using gentle steam distillation to ensure purity.

\$16.99

30 ml



Black Elderberry

Eldercraft black elderberries are hand-harvested in Austria and extracted using a unique solvent-free process. Elderberries are a source of antioxidant and other beneficial micronutrients. They are traditionally used in herbal medicine to help relieve symptoms of cold and flu.

\$11.99

60 Fast Acting Softgels

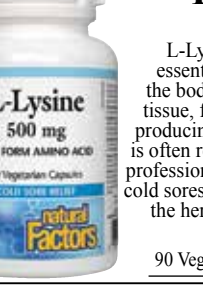


L-Lysine
500mg

L-Lysine is one of nine essential amino acids that the body needs for repairing tissue, forming collagen, and producing hormones. L-Lysine is often recommended by health professionals to treat and prevent cold sores and other symptoms of the herpes simplex-1 virus.

\$10.99

90 Vegi Caps



BigFriends
Chewable Vitamin C

A fun and delicious way for children to increase their antioxidant intake and keep their bones, cartilage, teeth, and gums healthy, while also supporting immune function. Children love the tangy-orange flavour, while the naturally low acid content protects teeth and tummies.

\$5.99

90 Chewable Tabs

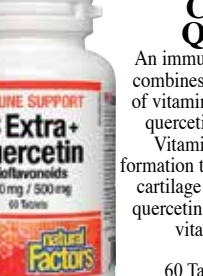


C Extra+ Quercetin

An immune-support formula that combines the antioxidant benefits of vitamin C and the bioflavonoid quercetin in a potent 1:1 ratio. Vitamin C helps in collagen formation to maintain healthy bones, cartilage, teeth, and gums, while quercetin enhances the activity of vitamin C in the body.

\$13.99

60 Tabs



SunVitamin D3

Vitamin D is the sunshine vitamin. It is essential for immune function, calcium absorption, building and maintaining strong bones and teeth, and overall health. Many individuals lack sufficient vitamin D, and vitamin D supplementation is widely recommended throughout life.

\$4.99

90 Softgels



Quick-Blast Anti cold
Instant Relief

Quick-Blast liquid soft chews are formulated to provide instant relief and be soothing to the throat with a minty "blast" to clear the sinuses. Contains eucalyptus, peppermint and lemon in a base of honey and super strength ECHINAMIDE.

\$6.99

30 Softchews




Sea-licious KIDS Omega-3

Sea-licious product is a clean and moderately concentrated omega-3 fish oil product. Each teaspoon contains a minimum of 1250 mg of omega-3 concentration as combined EPA and DHA, as well as Vitamin D3 and a blend of antioxidants.

SAVE \$3.00

Delicious Cotton Candy Flavour 250ml



Healthy Life

ONE STOP SHOPPING FOR ALL YOUR HEALTH AND GROCERY NEEDS

Healthy Choices

St Francis Deep Immune Daily Immune Tonic

Contains a powerful complement of adaptogenic herbs, acting to balance the immune system and help prevent immune illnesses. There's no better way to strengthen your immune system naturally than with Deep Immune—a uniquely formulated remedy that has proven highly effective for more than 30 years.

50ml Tincture **\$20.99**

Floradix Liquid Iron & Tablets

Floradix Liquid Iron Formula is clinically proven to raise serum ferritin levels (iron levels) quickly and restore your energy.

Floradix Liquid Iron Formula is clinically proven to quickly raise serum ferritin levels (iron levels) in the body, thereby restoring energy and well-being. Formulated for those with low iron or anemia. Easily absorbed, non-constipating formula. Contains B Vitamins and Vitamin C for enhanced absorption. Vegetarian, kosher, no additives, preservatives, added sugars or alcohol. Naturopath recommended.

15% OFF

Kindervital

Enhanced Bone & Immune Formula Multivitamin for Children

Improves appetite and digestion is highly absorbable with calcium + vitamins A, B, C, D, E. Easy-to-digest and great tasting natural food base.

250 ml **15% OFF**

GO-LAX Bowel Formula

Provides a gentle, effective solution for occasional constipation. Works to hydrate and soften the stool, promote peristalsis, soothe the gut lining, and promotes bowel movements. Promotes healthy bowel function, without cramping or pain, to support your body's natural ability to eliminate waste and maintain good overall health.

15% OFF

GUT-FX Formula

The ultimate formula to heal inflammation and restore our gut-neighbourhood. Helps your body to repair the lining of the intestinal tract. It contains herbs to reduce inflammation and soothe digestion, and probiotics to support a healthy gut flora. Improves our ability to absorb nutrients, eliminate toxins, balance the immune system, and support neurological hormones.

15% OFF

LUNG-FX

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.

15% OFF

GABA

Relieves stress and anxiety. Provides fast-acting, temporary relief from feelings of tension, stress and anxiety. Promotes mental relaxation and regulates mood. Calms "Monkey Mind," and promotes faster initiation of, and improved quality of sleep.

120 Caps **SAVE \$5.00**

Gandha-600

Ashwagandha extract

A powerful Ayurvedic adaptogen that promotes overall well-being. Helps with chronic stress, low energy and endurance. Promotes anti-anxiety and anti-stress responses. Supports the immune system.

240 Caps **SAVE \$5.00**

Ortho Sleep

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 **SAVE \$5.00**

Vitamin D3 2500 IU

Vitamin D3 is made with cholecalciferol, the most readily absorbed form. Be sure you get enough of this low-cost, highly valuable vitamin. Feel the difference that Vitamin D makes to your health and happiness. Does not contain gluten, soy, egg, dairy, wheat, corn, sweeteners and is Non-GMO.

500+50 Softgels **SAVE \$5.00**

Sleep n beauty

Sleep & collagen support

An all-natural supplement designed to maintain healthy hair, skin, and nails by supporting collagen formation and supplying anti-aging antioxidants.

87g Powder **SAVE \$3.00**

Moducare

Daily Immune Support

A clinically researched proprietary blend of plant sterols and sterolins to help protect, balance, and restore the immune system. Available in 90/180 vegetarian capsules or yummy grape-flavoured chewable tablets—great for kids!

10% OFF

SierraSil Joint Pain Relief

SierraSil Joint Formula 14 reduces pain and stiffness and promotes active lifestyles by aiding the body's natural anti-inflammatory response. SierraSil is clinically proven to reduce the gene expression that causes inflammation, thereby preventing cartilage breakdown by up to 78% and reducing general aches and stiffness.

90 Caps **\$31.99**

Profi Protein Plant-Based Protein

Profi protein - The best tasting, plant-based protein on the market!! Each serving provides 20g of protein and a good amount of your daily Iron, at only 120 calories. Try Profi today, it is great just mixed in water, coconut milks, yogurts or your favourite smoothie!

15% OFF

Santevia MINA pitchers & Countertops

Santevia alkaline water systems filter, mineralize and create delicious alkaline water saving thousands of water bottles from the landfill. Alkaline water is helpful with reducing inflammation and acidosis in the body, all created in a convenient pitcher or countertop unit.

10% OFF

Root's NATURAL ORGANIC HEALTH FOODS

Vitamin K2+A+D3

The combination of vitamins K, D, and A has been shown to significantly increase bone mineral density (BMD) better than either alone. High-dose vitamin K has been shown to significantly reduce fractures in double-blind research of postmenopausal women with osteopenia.

30ml **\$12.99**

PCO Sense

PCOSense is a complete natural health solution for women with polycystic ovarian syndrome (PCOS). This formula supports normal menstrual cycle and fertility, healthy glucose balance, and reduced serum testosterone in women with PCOS.

129g **\$25.99**

BioSil

Rejuvenating Your Hair, Skin, and Nails

BioSil "turns on" the body's actual collagen-generating cells, known as fibroblasts. BioSil's patented ch-OS complex helps your body to generate its own collagen to provide support for stronger, healthy and thicker hair; stronger nails; fewer fine lines and wrinkles; denser and more flexible bones. A perfect choice for vegans!

90 Vegi Caps **SAVE \$5.00**

Restful Sleep

For anyone suffering from nervousness and or insomnia. For those who experience insomnia due to stress, consider taking additional adrenal support such as AdrenaSense or StressLess.

90 Vegi Caps **\$18.99**

Ultimate 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 **\$21.99**

PCO Sense

Rhodiola 3% Salidroside

Rhodiola improves the body's ability to cope with internal and external stresses. Boost energy, and combat mental fatigue with this caffeine-free alternative.

500mg 60 Vegi Caps **\$13.99**

Memory Boost

Memory Boost is a blend of seven brain-boosting nutrients selected for their effectiveness in enhancing memory and cognitive function. It supports oxygen and energy supply to the brain, reduces oxidative stress, and helps maintain healthy neurotransmitter levels.

120 Vegi Caps **\$24.99**

ULTIMATE Male Energy

- 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 Caps **\$25.99**

Ultimate Flora Probiotic

50 Billion Active Cultures

Daily multi-strain women's probiotic is a blend that supports women's gut and overall health and provides 50 billion live bacterial cultures in a convenient once a day capsule. Contains 9 different strains of live bacteria, with a combination of both Lactobacillus (45 billion active cultures) and Bifidobacterium (5 billion active cultures) strains.

30 Vegi Caps **\$27.99**

Acerola Powder

Need a boost of vitamin C? Each serving of Flora's Acerola Powder provides 14 times more vitamin C than an orange. Acerola Powder is pressed from organically-grown fruit, adds a tart, tangy note to smoothies and juice. Gluten-Free + Non-GMO + Organic + Vegan

50g Powder **\$23.99**

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 **\$20.99**

NutraSea & NutraSea + D Omega 3

Ultra-pure, great tasting omega-3 to support the whole family. Made from pure, sustainably sourced ingredients. Supports cardiovascular health, brain function and more.

15% OFF select products

5 Mushroom Concentrated Powder

Extracted from 100% Fruiting Body. Easy to add to coffee, tea, or favourite smoothie. Our Concentrated Mushroom Powders are: Organically grown and lab tested. Guaranteed 30%+ polysaccharide content and have NO fillers or additives. 5 Mushroom- Gut + Immune Support.

15% OFF

Botanica

Discover Botanica's collection of finely-crafted, organic plant-based supplements for your unique path to wellness. All Botanica products formulated by herbalists, naturopaths, and nutritionists, made of whole plant ingredients.

15% OFF

Botanica Select products on sale

Flor+Essence

with Turkey Tail & Turmeric

Turkey tail contains key polysaccharides that maintain a healthy immune system. Turmeric is full of antioxidants that support a healthy inflammation response. The great-8 herbs of Flor+Essence synergistically support multiple detoxification pathways. Organic + Gluten-Free + Kosher + Non-GMO + Vegan.

500 ml **\$28.99**

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**

NutraVege

Omega-3 Plant

Plant based Omega-3

With up to 1000mg of EPA + DHA. 100% vegetarian and vegan friendly. Pure check third party testing, view results online purecheck.net

15% OFF select products

Elixirs

Harmonic Arts Elixirs provide a tasty, convenient way to add nourishing mushrooms, herbs, and superfoods to your daily routine. 100% compostable packaging, each blend is formulated by our clinical herbalists with specific wellness features in mind.

15% OFF

MegaFood Blood Builder

Clinically shown to increase iron levels and reduce fatigue without common gastrointestinal side effects. Made with nourishing, whole foods, like beets and organic oranges, plus folic acid and B12 for healthy blood cell production and vitamin C to support iron absorption.

72 + 30 Tabs Shrink Pack **FREE 30 TAB**

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 **\$17.99**

Black Cumin Seed Oil

Scientists have tested the effects of Black Cumin Seed Oil on 600 patients, with results that confirm the relief for allergies at about 70% of the patients. Among them were allergies against pollen and dust, etc., who generally have a weak resistance and are prone to suffer from infections.

60 Softgels **\$13.99**

Sambucus ELDERBERRY

Sambucus Elderberry Gummies Orig. & kids 60's with added benefit of Vitamin C and Zinc. Helps relieve cold and flu symptoms and taste great! Gummies are gluten free and gelatin-free.

60 Gummies **\$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**

Sale Ends October 31, 2021



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