

Roots Natural Taking care of your Health!

RxOmega-3
Extra Strength

RxOmega-3 Factors is the purest fish oil in the world and the only one to have achieved the highest USP standard, verifying quality and consistency.

BONUS SIZE
120/150 Softgels
\$20.99

Vitamin B12
1000mcg

A superior form of vitamin B12 called Methylcobalamin that dissolves under your tongue and appears to have advantages over all other forms of B12. It not only absorbs more readily, but keeps the B12 circulating longer.

BONUS SIZE
210 Sublingual Tabs
\$14.99

Magnesium Citrate
150mg

Helps the body absorb calcium and B vitamins. Helps reduce symptoms of stress and anxiety, insomnia, and irritability. Calms sore muscles, and helps prevent chronic headaches and migraines.

BONUS SIZE
180/210 Caps
\$15.99

Calcium & Magnesium
Citrate with D3

A great bone-building nutritional combination! Studies show that mineral citrates have superior absorption.

BONUS SIZE
210 Tabs
\$17.99

Anti-Viral
ECHINAMIDE

Stop viruses before they stop YOU. Effective against all viral conditions plus powerful immune support. Contains ECHINAMIDE, astragalus, lomatium, reishi, and licorice. Stimulates your immune system and provides anti-fungal, anti-viral and anti-bacterial properties.

50 ml tincture **\$9.99**

Oil of Oregano
Certified Organic
Wild Mediterranean

Oil of oregano has a wide range of natural compounds with proven healing effects. Using oil from the whole herb, creates a synergy that greatly enhances potency.

30 ml **\$15.99**

DGL
Deglycyrrhizinated Licorice Root

Helps heal peptic ulcers and prevent their recurrence. Inhibits H. pylori, the bacteria believed to cause most stomach ulcers and chronic gastritis. Stimulates mucin production to protect the stomach lining and helps treat other stomach complaints including indigestion and heartburn. Heals canker sores when slowly dissolved in the mouth.

90 Chewable Tabs **\$7.99**

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.

60 Vegi Caps **\$9.99**

Theracurmin
Double Strength

Curcumin is the yellow pigment of turmeric valued for its many health benefits. With curcumin, it's not how much you take, it's how much you absorb. Curcumin Rich with Theracurmin provides superior absorption compared to regular curcumin.

60 Vegi Caps **\$34.99**

Bioactive Quercetin
EMIQ

- Helps control allergy symptoms
- May support healthy blood pressure and heart health
- Provides antioxidant protection
- Provides 50 mg of highly absorbable quercetin and 50 mg of vitamin C per capsule

60 Vegi Caps **\$19.99**

Active B Complex
Full-Spectrum BioCoenzymated

A bioenergetic blend of phytonutrients, for active support of energy metabolism. Helps the body form red blood cells and tissues, while supporting normal growth and development. Great for liver function. Upgrade your standard B complex supplement to this non-GMO, vegan-friendly, advanced B complex and feel the difference!

60 Vegi Caps **\$18.99**

Reliefibre
Organic, Non-GMO - Gluten Free

Helps relieve minor gastrointestinal symptoms associated with IBS, including bloating, flatulence, dyspepsia, and altered bowel habits. Proven prebiotic fibre that helps improve intestinal regularity including constipation and/or diarrhea. Provides gentle relief of constipation for adults and children above 8 years of age. Reduces glycemic response and glycemic index when taken with food.

200g **SAVE \$3.00**

HemoFactors
Chewable Iron

HemoFactors by Natural Factors contains SunActive iron, a highly bioavailable form of elemental iron that is easily absorbable and gentle on the stomach. Iron is a trace mineral found in hemoglobin that carries oxygen to cells to help produce energy. Supplementation helps prevent iron deficiency anemia and is especially important for women of child-bearing age.

60 Chewable Tabs **\$9.99**

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.

120 Tabs **\$33.99**

BioCgel
Powerful antioxidant protection 500mg

Synergistic combination of 500 mg of calcium ascorbate and 50mg of BerryRich, an ORAC-rich whole fruit blend. Easily absorbed, gentle on the stomach, and non-acidic.

90 Softgels **\$10.99**

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.

30 Vegi Caps **\$23.99**

Gluten Relief
Digestive Aid

Supports the digestion of difficult-to-digest foods containing gluten, casein, lactose, and certain complex carbohydrates. Reduces the symptoms of digestive irritation, such as bloating, cramps, and gas. Also normalizes the inflammatory response to help reduce allergic reactions and symptoms.

90 Vegi Caps **\$17.99**

Super Strength Cranberry Concentrate
500mg

Now you can get many more times the antioxidant activity of cranberry juice and none of the sugar with CranRich, Natural Factors, highly concentrated natural preventative for urinary tract infections.

90 Caps **\$11.99**

L-Glutamine
5 g per serving

L-Glutamine is an amino acid essential for recovery after physical stress and critical illness and following heavy or prolonged exercise. It protects muscle tissue and supports muscle growth.

300 g Powder **\$16.99**

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

Root's ORGANIC NATURAL HEALTH FOODS

KEEP CALM AND STAY HEALTHY

Tips for Reducing Anxiety

- Use Aromatherapy
- Practice Visualization
- Do Yoga
- Spend Time in Nature
- Listen to Soothing Music
- Breathe Deeply
- Art Therapy
- Have a Warm Drink
- Meditate
- Read a Good Book
- Soak in a Warm Bath
- Laugh Out Loud
- Take a Walk
- Keep a Journal
- See a Movie

Mental Calmness
100mg

Promotes deep relaxation and mental clarity

- Safe and natural green tea extract
- 100% clinically-tested Suntheanine
- Fast-acting, great tasting chewable tablets

60 Chewable Tabs **\$17.99**

5-HTP
5-Hydroxytryptophan
Nature's Happy Pill 100mg

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

60 Delayed Release Tabs **\$21.99**

Kava Kava
250 mg

- Promotes relaxation and helps calm nervousness
- Relieves occasional anxiety and minimizes the negative effects of stress
- Supports restful sleep
- Supports mental focus and clarity
- Helps soothe pain

60 Vegi Caps **\$13.99**

Tranquil Sleep
Relieves mild insomnia and calms nervousness

A synergistic combination of sleep-enhancing supplements

- Helps you fall asleep, stay asleep, and wake refreshed
- Fast acting, great-tasting chewable tablets

60 Chewable Tabs **\$18.99**

Rhodiola
150 mg

Rhodiola is an adaptogen, which means it helps the body adapt to and recover from stress. It increases energy, mental clarity, and performance, and relieves anxiety naturally. Improvements to mood, energy, and stress are noticed quite quickly.

60 Caps **\$15.99**

Mind Retreat
Stress Relax

Mind Retreat contains gamma-aminobutyric acid (GABA), lemon balm, magnesium, and vitamin B6, key nutrients that help cope with occasional stress. Mind Retreat promotes relaxation, reduces restlessness, and can be used as a sleep aid for periodic insomnia.

60 Vegi Caps **\$19.99**

Serenity Formula
Adrenal Support

The Serenity Formula helps relieve chronic stress and anxiety by strengthening the adrenals and improving nerve function. It contains Sensoril, a patented extract of ashwaganda, which helps "shut off" the stress response and shield against excess cortisol production.

60 Vegi Caps **\$12.99**

Sleep Relax
Herbal Formula

- Natural sleep aid for occasional insomnia
- Soothes anxiety and stress
- Non-habit forming sleep support
- Helps calm and rejuvenate the nervous system
- Promotes a restful sleep

90 Caps **\$9.99**

Magnesium Citrate
300mg per serving

Magnesium Citrate Powder is an effective way to meet your body's daily magnesium requirement. It calms symptoms of anxiety and stress, balances the absorption and utilization of calcium, and reduces the risk of heart disease.

Available in tropical and berry flavours
75 servings **\$17.99**

SAME 200mg

- Helps raise serotonin, dopamine, and phosphatidylserine levels
- Without the side effects of prescription antidepressants
- Support for arthritic disorders
- Helps promote bile flow and inactivate excess estrogens

30 Enteric Coated Caplets **SAVE \$3.00**

GABA
100mg

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.

60 Chewable Tabs **\$18.99**

Melatonin
Cool Peppermint Flavour

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



Healthy Life

One Stop Shopping for all your Health and Grocery Needs

Healthy Choices

Quercetin Extra Strength

- Powerful Antioxidant
- Boosts Immune System
- Reduces Inflammation
- Relieves Allergy Symptoms
- Reduces Blood Pressure
- Support Brain Health
- Used in Herbal Medicine as a capillary/blood vessel protectant

120 Vegi Caps **SAVE \$5.00**

Reclaim Hormonal Support

Reclaim Hormonal Support combines specific natural compounds to detoxify the body of excess estrogen, restore hormone balance, elevate mood, support immune health, reduce PMS symptoms, improve skin and body composition.

60 Vegi Caps **SAVE \$3.00**

Immune 7 Powerful Immune Support

The Award Winning Immune 7 is Back In Stock!

- Provides serious immune support
- Supercharges your vitality
- Micronized for superior absorption

120 Vegan Caps **SAVE \$5.00**

St Francis DEEP IMMUNE Healthy Immune support

Deep Immune, our #1 seller, contains a powerful complement of adaptogenic herbs, acting to balance the immune system and help prevent immune illnesses. Made in Canada.

Buy 2 50ml for **\$36.99**

Whole Earth & Sea Fermented Organic Greens

This exceptional non-GMO, vegan-friendly green superfood formula contains fermented grasses, fruits, vegetables, and micronized medicinal mushrooms to support an active, healthy, and sustainable lifestyle. 100% fermented and certified organic.

Available in Tropical, Chocolate, and Unflavoured

390 g Powder **SAVE \$2.50**

WOMENSENSE 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**

AOR 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 \$8.00**

AOR 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 \$10.00**

AOR 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 \$15.00**

FLORA Udo's Oil Omega 3-6-9

Award winning, Udo's Oil Omega 3+6+9 Blend contains all the good fats you need. Natural, unrefined oils from fresh, certified organic flax, sunflower, sesame, and evening primrose seeds as well as oils from coconut, and rice bran.

500 ml **\$24.99**

Salus Red Beet Crystals

Add the goodness of red beets to breakfast, lunch and snacks with naturally sweet tasting Salus Red Beet Crystals. Our Crystals are carefully obtained from the juice of freshly harvested organic beets, pressed within 2-3 hours of harvest.

200 g **\$20.99**

Domatcha

Did you know that matcha is one of the best superfoods for you? Domatcha offers the most premium Japanese matcha that provides your body with a huge boost of antioxidants, and your mind with a state of focus and clarity. Boost your wellness with this tasty tonic that is great served hot, cold or in recipes!

10% OFF

\$1.00 Food Banks Donated to Canada

For every Prairie Naturals Superfood Product Sold

Organic Superfoods for Immunity & Community

SAVE 10% on all Superfoods from prairienaturals

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

Provita Natural Supplements

Provita is a Port Coquitlam based, family-run company offering high quality products using TCM, herbs and orthomolecular medicine to help the body support and heal itself, naturally.

15% OFF

Root's NATURAL ORGANIC HEALTH FOODS

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; and denser and more flexible bones. A perfect choice for vegans!

90 Vegi Caps **SAVE \$4.00**

WOMENSENSE 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 **\$24.99**

WOMENSENSE 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**

WOMENSENSE 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**

ULTIMATE Hair Growth Formula

Promotes healthy hair growth and improves hair thickness. Stimulates hair follicle formation and ideal for individuals with androgenic alopecia (male pattern baldness). Helps maintain healthy hair, skin, nails, and mucous membranes. Supports cognitive and immune function, energy metabolism and tissue formation.

30 Tabs **SAVE \$3.00**

ULTIMATE Libido With Tongkat Ali

Ultimate Libido with Tongkat Ali is an aphrodisiac formula for men and women with naturally sourced ingredients. It combines Epimedium extract, used in herbal medicine as an aphrodisiac, along with tongkat ali, damiana powder, niacin, zinc, and BioPerine black pepper extract, for a comprehensive approach to maintaining a healthy libido.

90 Vegi Caps **SAVE \$3.00**

Preferred Nutrition Sage Leaf Extract 350mg

Sage is an excellent herbal remedy to help naturally reduce the onset and degree of excessive sweating and hot flashes. In a recent clinical trial 71 menopausal women taking sage leaf tablets for 8 weeks showed a remarkable decrease in both the frequency and intensity of hot flashes.

60 Vegi Caps **\$10.99**

Preferred Nutrition Super Stress B

Decreases stress, relieves mild nervousness and assists in metabolizing carbs, fats and proteins. Increases red blood cells.

60 Caps **\$7.99**

RenewLife CandiGONE

Are you worn out? Candida may be the problem!

CandiGONE is a powerful 15-day cleansing formula designed to help destroy and remove Candida and yeast from the body. CandiGone can help you regain your health and vitality.

15-Day Program **\$26.99**

RenewLife Organic Clear Fibre

Organic Clear Fibre mixes well and has no flavour. It contains 9.5 grams of fibre per serving from 100% organic acacia fibre. Add it to your favourite beverages or foods to increase their fibre content. You can even add it to baking!

270 g **\$17.99**

RenewLife CleanseMORE

An effective colon cleansing product that works for relieving occasional constipation. It relies on gentle stimulating herbs that are non-habit forming. It also contains the mineral magnesium, which is something the body requires for many functions. It keeps the colon properly hydrated, while at the same time stimulating "peristalsis", the natural muscular contraction of the digestive tract.

60 Vegi Caps **\$12.99**

Big Friends Chewable Multivitamin & Minerals

For children three years and older, this formula contains optimal amounts of the vitamins and minerals their bodies need for good health. Whole food concentrates from Factors Farms supply phytonutrients, while delicious fruit flavours and friendly dinosaur shapes keep little ones smiling.

Jungle Berry 60 Chewable Tabs **\$8.99**

Big Friends Chewable Vitamin D3 400iu

A great-tasting, natural source of the sunshine vitamin, essential for building strong, healthy bones and teeth. Ideal for all children to support calcium and phosphorous absorption. Sugar and gluten free.

250 Chewable Tabs **\$7.99**

Big Friends Chewable Vitamin C

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

Tangy Orange 90 Chewable Tabs **\$4.99**

New Roots 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**

New Roots Ultra Stress B Complex 50mg + Vitamin C

Advanced flush-free formula. Helps in the development and maintenance of bones, cartilage, teeth, and gums. Helps the body to metabolize carbohydrates, fats and proteins.

90 Vegi Caps **SAVE \$3.00**

New Roots 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**

Nature's Way NutraSea Lemon Omega 3

In just one teaspoon a day, you will receive 1250mg of EPA + DHA, which is beneficial for the maintenance of good health, supports cardiovascular health and brain function, and can help reduce serum triglycerides.

200ml **\$21.99**

Nature's Way Calcium Magnesium Citrate 2:1

Calcium Magnesium Citrate 2:1 is a more complete liquid formula, with higher levels of calcium, magnesium, K2(MK7), boron, manganese, and vitamin D to help support healthy bones by preserving adequate mineral mass and promoting repair functions of the bones and teeth.

500 ml **\$23.99**

Nature's Way Primadophilus Optima

50 Billion Active HDS Probiotic. Is a self stable probiotic which contains 100% Human Digestive Strains (HDS) for better compatibility and colonization with in the digestive tract. Promotes digestion; supports immunity; relieves occasional gas, bloating, constipation and/or diarrhea, plus aids with vaginal and urinary health. Encapsulated in a delayed release vegetarian capsule to enhance survival through the stomach acid.

30 Vegi Caps **\$31.99**

Whole Earth & Sea Pure Food Multi's for Men & Women

Imagine getting the benefit of a whole growing season in one tablet. Introducing the new WHOLE EARTH & SEA Pure Food Supplements. Provides the full range of nutrients needed to support the demands of physical stress, dietary limitations and/or metabolic inefficiencies.

60 Tabs **SAVE \$4.00**

Double Strength Zymactive Systemic-Enzyme Formula

Includes the advanced proteolytic enzyme Serrapeptase to support pain relief

90 Enteric Coated Tablets

REJUVENATE YOUR LIFE

30 Enteric Coated Vegi Caps **\$33.99**

Total Body Collagen With Hyaluronic Acid

A highly digestible, Non-GMO hydrolyzed collagen from pasture-raised and grass-fed cattle and clinically studied Verisol. It comes in tablets, two great tasting flavours and unflavoured powder to promote healthy skin, connective tissues and joints from the inside out.

500g **SAVE \$5.00**

Sale Ends June 30, 2020



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