

# Roots Natural Taking care of your Health



**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**



**Vitamin B12**  
Support for Vegans & Vegetarians

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 Tabs **\$15.99**



**Milk Thistle**  
150 mg Silymarin

Improves digestion and gallbladder function. It is a supportive treatment of liver disease (cirrhosis, hepatitis). Excellent support when following a cleanse or detoxification program.

**BONUS SIZE**  
90/120 Caps **\$19.99**



**Vitamin K2**  
Naturally Sourced 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 **\$29.99**



**Vitamin C**  
Liposomal 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. A 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. No digestive upset.

90 Liquid Softgels **\$16.99**



**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.

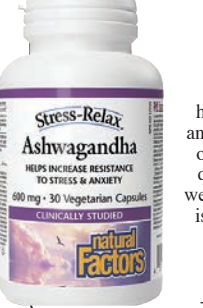
90 Liquid Softgels **\$9.99**



**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.

30 Vegi Caps **\$12.99**



**Vegan Hyaluronic Acid**  
Healthy Skin Hydration

A clinically validated form of hyaluronic acid that has been shown to improve skin moisture and support its natural repair processes. Hyaluronic acid is a natural lubricant found in every tissue of the body, with the highest levels in the skin and cartilage. Each daily capsule contains 120 mg of Hyabest hyaluronic acid, produced by fermentation and suitable for vegans.

60 Vegi Caps **SAVE \$4.00**



**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 **\$35.99**



**Quercetin**  
LipoMiel Matrix

LipoMiel 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.


30 Liquid Softgels **\$15.99**



**Black Elderberry**  
Immune Support

An immune support supplement featuring ElderCraft European black elderberry extract with the added protection of essential nutrients. Elderberries are traditionally used in herbal medicine to relieve cold and flu symptoms, such as cough, sore throat, and congestion. These gelatin-free gummies provide a fun and delicious way for adults and children ages five and up to support immune and respiratory health.


60 Vegi Gummies **\$15.99**



**Active B Complex**  
Full Spectrum Formula

B vitamins support our energy production, maintain healthy metabolism, and help the body form red blood cells and tissues. However, some B vitamins take time to convert into their active forms to become usable by the body. Active B Complex solves this problem with a balanced formula of eight essential B vitamins in their biologically active forms, so they can get to work right away.

60 Vegi Caps **\$21.99**



**L-Glutamine**  
Free form amino acid

L-Glutamine is an athletic support supplement that enhances muscle recovery, digestive system health, and immunity. As a free-form amino acid, it is more effective than the form obtained directly from food. Helps restore levels lost during strenuous exercise, speeding up physical recovery and fuelling the cells. This naturally fermented source of L-glutamine is vegan-friendly.


60 Vegi Caps **\$12.99**



**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 to relieve the pain associated with nerve compression and inflammatory conditions.

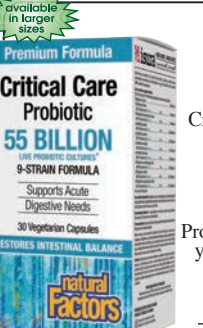
90 Vegi Caps **SAVE \$3.00**



**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.

30 Vegi Caps **\$27.99**



**Lung, Bronchial & Sinus Health**  
Ease Respiratory Discomfort

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

45 Tabs **\$12.99**



**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 **\$18.99**



**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.

60 Vegi Caps **SAVE \$4.00**



**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.

500 g **SAVE \$3.00**



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

# Root's

NATURAL ORGANIC HEALTH FOODS



the beat goes on



## HEALTHY AGING

**RegenerLife** Mitochondrial Support

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.

81g Powder **SAVE \$4.00**



**NMN Surge**  
Cellular Energy Boost

RegenerLife NMN Surge contains metabolically active nicotinamide mononucleotide (NMN), a unique anti-aging ingredient used to rejuvenate cellular health. This 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.

60 Vegi Caps **SAVE \$3.00**



**Sleep Better**  
Triple Action Tablets

Features 10 mg of melatonin alongside 5-HTP, L-theanine, and a botanical sleep blend to support healthy daytime energy through a better night's rest. The advanced tri-layer tablets release 5 mg of melatonin immediately along with other relaxing and sleep-supportive ingredients to help you fall asleep faster, followed by a gradual release of 5 mg of melatonin to help you stay asleep longer. Simply take at or before bedtime.

60 Tri-Layer Tabs **\$17.99**



**Hawthorn Extract**  
Healthy Blood Pressure

Hawthorn Extract combines hawthorn leaf, flower, and berry, which are used in herbal medicine to help maintain cardiovascular health in adults. It provides full spectrum antioxidants, standardized to 2.2% flavonoids. This herbal supplement is for anyone who wants to support heart function naturally.

60 Vegi Caps **\$11.99**



**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 Softgel delivers a 2:1 ratio of EPA to DHA that ensures no fishy aftertaste.


60 Softgels **\$13.99**



**Cayenne**  
42,000 SHU

Not just a spicy flavouring, potent HerbalFactors Cayenne is a very useful stimulant, regulating blood flow and helpful to the cardiovascular system. The active ingredient, capsaicin, improves circulation, and may lower blood cholesterol and triglycerides levels. It also stimulates secretion of digestive juices improving digestion.

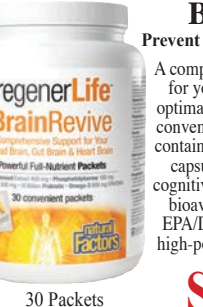
90 Caps **\$6.99**



**Brain Revive**  
Prevent Age-Related Memory Loss

A comprehensive nutritional support for your heart, brain, and gut for optimal emotional well-being. Each convenient daily supplement packet contains five softgels and vegetarian capsules providing nutrients for cognitive health: phosphatidylserine, bioavailable curcumin, omega-3 EPA/DHA, grape seed extract, and high-potency, five-strain probiotics.

30 Packets **SAVE \$5.00**



**Niacin**  
Flush Free

Niacin, also known as vitamin B3, helps maintain healthy cholesterol levels and assists enzymes in the breakdown and utilization of carbohydrates, fats, and proteins. Niacin delivers B3 in the form of inositol hexanicotinate, which minimizes the flushing effect and other side effects associated with other forms of niacin.

90 Caps **\$19.99**



**Garlic Rich**  
Super Strength

Clinical studies confirm that garlic preparations high in allicin reduce elevated blood pressure and cholesterol. Garlic also enhances immune function and supports respiratory health. Each odourless, enteric-coated softgel is equivalent to eight cloves of garlic.

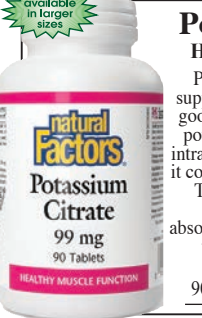
90 Softgels **\$13.99**



**Potassium Citrate**  
Healthy Muscle Function

Potassium Citrate is a mineral supplement for the maintenance of good health. An essential mineral, potassium is found mainly in the intracellular fluid of the body where it controls the body's water balance. The citrate form of potassium is well tolerated and highly absorbable, an ideal choice for those with digestive disturbances.

90 Tabs **\$5.99**



**Resveratrol**  
Super Antioxidant

A highly concentrated form of all-natural trans-resveratrol, a potent antioxidant to protect cells and tissues from oxidative damage that causes premature aging. Resveratrol helps protect blood vessels, brain cells, joint tissue, and skin, making it a superstar compound for whole-body health and longevity. It is sourced from grapes grown in the Okanagan Valley of BC and Japanese knotweed.

60 Vegi Caps **SAVE \$3.00**



**Ubiquinol**  
Active CoQ10

Ubiquinol is the active form of CoEnzyme Q10 which is significantly better absorbed than the non-active form, particularly as we age. CoQ10 helps maintain cardiovascular health and offers antioxidant protection for the maintenance of good health.

60 Softgels **SAVE \$3.00**



**Celery Seed**  
Healthy Circulation

Traditionally used in herbal medicine as a diuretic and carminative, celery seed helps promote a healthy circulatory system by having a positive effect on blood pressure. Celery Seed is standardized to contain 80% of 3-n-butylphthalide (3nB), the compound responsible for celery's powerful healing properties.

60 Vegi Caps **\$19.99**



**Magnesium Citrate**  
Sugar Free Chewable

Magnesium helps maintain proper muscle function and supports healthy bones and teeth. This one-per-day formula is easy to take and offers an enjoyable option for people who have difficulty swallowing pills.

60 Chewable Tabs **\$8.99**



**Longevity**  
Wellness Optimization

All-in-one packets formulated to support all aspects of healthy aging. Each daily packet contains three different RegenerLife supplements – Mitochondrial Energy, NMN Surge, and Omega-3+D Ultra Strength – plus Quercetin LipoMiel Matrix for capillary health. Non-GMO supplement provides a convenient way to get the best of all RegenerLife formulas.

30 Packets **SAVE \$5.00**





# Healthy Life

One Stop Shopping for all your Health and Grocery Needs

# Healthy Choices

**HARMONIC ARTS**  
**Elixirs & Concentrated Mushroom Powders**

Elixirs provide a tasty, convenient way to add nourishing mushrooms, herbs, and superfoods to your daily routine. Our 100% Fruiting Body, Concentrated Mushroom Powders are sustainably and organically grown and lab tested for quality, purity and potency. Guaranteed 50%+ polysaccharide content.

**SAVE 15%**

**Löse it**  
**Metabolism/Workout Support**

Löse it is a scientifically backed, all-natural formula that works to increase energy and promote a healthy endocrine (hormonal) system by balancing estrogen in the body plus also stimulating the metabolism.

60 Vegi Caps **\$34.99**

**Renew Life**  
**Shelf Stable Probiotics**

Made for women by women, Renew Life Ultimate Flora Women's Extra Care Probiotic has 50 billion live cultures to help maintain healthy vaginal bacteria and yeast levels—and supports urinary tract and gastrointestinal/intestinal health, too.

20% bonus - 72 capsules for the cost of 60.

**BONUS SIZE** **SAVE \$3.00**

60/72 Vegi Caps

**Sambucus Immune**  
**with Vitamin C and Zinc**

Sambucus gummies are safe and effective for the whole family to help relieve symptoms of colds & flus. These delicious tasting elderberry gummies contain 50 mg of Black Elderberries, 90 mg of Vitamin C and 7.5 mg of Zinc for each serving of two gummies.

60 Gummies **\$20.99**

**Nutra Vege**  
**Extra Strength Plant-Based**

NutraVege Extra Strength is a plant-based, extra strength liquid omega-3 in a delicious cranberry orange flavour. NutraVege is 100% vegetarian and vegan-friendly with 1000 mg of EPA+DHA in just one teaspoon per day.

200ml & 500ml **SAVE \$3.00**

**Stress Manager**  
**Cortisol Reducer**

Nature's Way Stress Manager is a combination of herbal ingredients that helps reduce the symptoms of stress such as fatigue, sleeplessness, irritability and inability to concentrate. Nature's Way Stress Manager is Vegetarian.

30 Tabs **\$28.99**

**Vitamin D3**

Vitamin D not only helps strengthen bones; Vitamin D also protects against dementia, depression, diabetes, obesity, certain cancers and MS. Prairie Naturals Vitamin D3 is made with cholecalciferol, the most readily absorbed form.

500+50 Softgels **SAVE \$3.00**

**Enzyme Force**  
**Promotes Healthy Digestion**

Prairie Naturals Enzyme-Force with Fibrzyme is a full-spectrum digestive enzyme blend for the optimal digestion of proteins, carbohydrates, fats and fibre.

120+20 Vegi Caps **SAVE \$4.00**

**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.

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

**Purica Recovery 3.0**

Helps relieve inflammation and supports joint health. Supports in the formation and development of connective tissue and collagen. It helps reduce symptoms of stress such as fatigue, sleeplessness, irritability and inability to concentrate.

120 Vegi Caps **SAVE \$4.00**

**Purica Complete 360**

PURICA Complete 360 Bonus Bottle 20% More! Combat Stress and Boost Immunity. Purica's master formulation is a proven synergistic blend of Sensoril Ashwaganda and 8 organic, micronized medicinal mushrooms.

120/144 Vegi Caps **SAVE \$3.00**

**High EPA Omega-3**

AquaOmega products are formulated and designed to be the most effective products, thanks to their high concentration and their ideal ratio of EPA to DHA. Using highly advanced purification methods in a 5-star IFOS-certified facility which produces translucent oils with purity levels of over 94%, we deliver only the cleanest, most concentrated fish oil.

450ml **SAVE \$4.00**

**Santevia Pitchers & Countertops**

Santevia systems provide clean, filtered, alkaline water to keep your body thriving!

**10% OFF**

**Profi Protein**  
**Plant-Based**

The best tasting, smoothest plant-based protein on the market!! Each serving provides 20g of protein and a good amount of your daily Iron, at only 120 calories. Low sugar and Keto-friendly. Profi tastes great just mixed in water, coconut milks, yogurts or your favorite smoothie!

**15% OFF**

**Nordic Naturals**  
**Essential Fatty Acids**

From babies to seniors, everybody should be taking their omegas! Nordic naturals is the most researched fish oil on the market, providing some of the most pure and therapeutic oils for the whole family!

**15% OFF**

**Root's**  
**NATURAL ORGANIC HEALTH FOODS**

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 **\$23.99**

**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 \$3.00**

**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**  
**PCOS Support**

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**

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 **\$18.99**

**Candida Stop**  
**15 Day Supply**

Candida Stop formula helps to alleviate mild cases of fungal infections, such as Candida overgrowth, and can help you return fungal levels to normal.

90 Vegi Caps **SAVE \$3.00**

**D- Mannose**  
**Powder 100% Pure**

Recurrent urinary tract infections (UTIs) are common for women of all ages. Those with suppressed immune function, diabetes, or a postmenopausal drop in estrogen are even more at risk. The good news is d-mannose is excellent for both acute and chronic infection. It's also safe for adjunctive use while taking antibiotics.

50 g **\$23.99**

**Reuteri Restore**  
**Single Stain Probiotic**

Maintaining strong numbers of L. reuteri is key as research has demonstrated a decrease in L. reuteri within the gut microbiome may be linked with higher occurrences of gastrointestinal illness. A reduction of L. reuteri can also lead to an increased incidence of inflammatory illness.

30 Vegi Caps **SAVE \$3.00**

**Magnesium liquid**  
**Gentle on the stomach**

Salus Magnesium Liquid gives your body what it needs to perform over 600 different bodily processes and functions. Magnesium reduces the risk of heart disease, hardening of the arteries, and restless leg syndrome and cramping.

250ml **\$20.99**

**Naka Nattokinase**  
**Cardiovascular Support**

According to famous and well respected doctors, Nattokinase will benefit in:

- Breaking Down Blood Clots (Thrombosis)
- Arterial Cleansing
- Venous Veins
- Improved Blood Circulation
- Relieve Nasal Inflammation
- Blood Pressure

**BONUS SIZE** **SAVE \$4.00**

60+15 Free Vegi Caps

**Lily of the desert**  
**Aloe Vera Juice**  
**Preservative Free**

On its own, aloe vera naturally contains over 200 biologically active constituents, such as polysaccharides, vitamins, enzymes, amino acids, and minerals that effectively promote a healthy life style. As the only aloe vera brand with Gold Standard clinical studies and a patent-pending Alesorb process, our products offer the highest efficacy of aloe vera benefits in the natural marketplace.

946ml **\$10.99**

**Floradix & Floravit**  
**Liquid Iron**

Floradix & Floravit Liquid Iron Formulas are clinically proven to raise serum ferritin levels (iron levels) quickly and restore your energy. 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.

250ml **\$21.99**

**Gallexier**  
**Herbal Bitters Liquid**

Gallexier Herbal Bitters help to ease the uncomfortable symptoms of indigestion, and helps the liver digest fatty foods by stimulating bile flow. This 12-herb formula also helps to relieve nausea. Suitable for vegetarians and vegans. Gallexier Herbal Bitters are free of chemical preservatives, additives, gluten, wheat, yeast, dairy, lactose, alcohol and GMO-sourced ingredients.

250ml **\$27.99**

**Kindervital**  
**Multivitamin**

Give your kids what they need to be their best. Salus Kindervital Liquid Multivitamin contains core vitamins and minerals needed daily for optimal health. Provides the essential building blocks to build healthy muscles, strong bones enhance vision, and boost immunity. Essential for kids during growth spurts. Tastes great and easily absorbed liquid formula.

250ml **\$23.99**

**GUT-FX Formula**  
**Contains Probiotics**  
**10 Billion CFU per serving**

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 **\$35.99**

**LUNG-FX**  
**With Probiotics**

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 **SAVE \$3.00**

**LIV-GREAT**  
**Liver Support**

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 **SAVE \$3.00**

**CardioNox**  
**Supports Healthy Cardiovascular Function**

Coenzyme Q10 supercharged with nitric oxide. Promotes healthy blood pressure and oxygenation and reduces stress on the heart. Maximum effectiveness at a lower dose.

30 Vegi Caps **\$31.99**

**OrthoAdapt**  
**Adrenal Health**

Helps your body cope with stress. Mobilizes internal energy stores, and reduces the impact of stressful conditions. Activates whole-body defenses, and prevents the body from overreacting to a stressor.

120 Caps **SAVE \$3.00**

**Zinc-Copper**  
**Supports the Immune System**

A balanced ratio of two key minerals that supports healthy skin, prostate and immunity. Addresses zinc deficiency while reducing the risk of excess zinc. Clinically backed ratio of zinc to copper.

100 Caps **SAVE \$3.00**

**Botanica**  
**Perfect Protein**

Botanica's organic plant-based supplements for your unique path to wellness. All Botanica products formulated by herbalists, naturopaths, and nutritionists, made of whole plant ingredients – never isolates or synthetics – and produced in small batches for the greatest purity and potency. Canadian made.

**15% OFF**

**Naturtint**  
**Let your natural colour shine**

Naturtint plant enriched products are created to help you achieve gorgeous, long-lasting hair colour & care with minimal chemical ingredients that are cruelty free and vegan friendly.

**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 February 28, 2023



22254 Dewdney Trunk Rd. Maple Ridge BC 604-467-1822 www.rootsnatural.ca



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