

LIVE, LEARN... BE HEALTHY!

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

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

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 Tabs
\$14.99

Calcium & Magnesium
Citrate with D

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

BONUS SIZE
210 Tabs
\$17.99

Active B Complex
Full Spectrum

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

60 Vegi Caps **\$19.99**

St. John's Wort
Mood Support

Helps promote healthy mood balance, restlessness and nervousness, and relieves sleep disturbances associated with mood imbalance. People with diagnosed clinical depression or taking antidepressant medication should only use St. John's Wort under the supervision of a health care practitioner.

90 Caps **\$11.99**

ReliefZyme

A unique enzyme blend that supports the digestive process and the breakdown of foods containing gluten, wheat, and dairy proteins. It can be taken with meals to help break down food and support nutrient absorption. Improved digestion helps reduce gas, bloating, and other complications that are associated with food sensitivities.

45 Vegi Caps **\$18.99**

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**

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

90 Vegi Caps **SAVE \$3.00**

Black Elderberry
Immune Support

Black Elderberry features ElderCraft black elderberries 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.

60 Fast Acting Softgels **\$11.99**

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

50mg
60 Caplets **\$21.99**

Chewable Ginger

Ginger root is a traditional remedy for digestive upsets including lack of appetite, nausea, indigestion, and gas. Chewable Ginger helps relieve nausea or vomiting related to motion sickness, pregnancy, or post-surgery while supporting digestive health. Each chewable tablet contains 20 mg of ginger, and is sweetened with xylitol and stevia.

90 Chewable Tabs **\$10.99**

GarlicRich
Super Strength
500mg

The garlic in GarlicRich is concentrated 10:1. Each highly potent and odourless 500mg softgel equals eight cloves of whole garlic.

90 Enteric Coated Softgels **\$11.99**

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**

L-Tyrosine
Stress Reliever

Alleviates both the mental and physical effects of stress. Helps balance mood, and maintain attention, focus and cognition by restoring the neurotransmitter dopamine and norepinephrine. Normalizes heart rate and blood pressure under conditions of stress and provides a powerful antioxidant protection of cells.

60 Vegi Caps **\$6.99**

Sleep Relax Formula

Sleep Relax Formula contains standardized extracts of valerian, passion flower, hops, and skullcap that help calm the nervous system and provide a mild sedative action for a good night's sleep. Valerian is known for its calming effects, while passion flower and hops address anxiety and insomnia. Skullcap is a traditional nervous system tonic.

90 Caps **\$10.99**

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 **\$24.99**

Magnesium Bisglycinate

Provides 200 mg of this essential mineral for natural relief from muscle cramps. This non-GMO, vegan-friendly magnesium is easy on the stomach and does not rely on stomach acid for absorption. Just one capsule per day can restore magnesium levels to support energy metabolism, muscles, bones, and teeth.

120 Vegi Caps **\$18.99**

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. CurcuminRich with Theracurmin provides superior absorption compared to regular curcumin.

60 Vegi Caps **\$34.99**

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

Root's

NATURAL ORGANIC HEALTH FOODS

COLD AND FLU PREVENTION TIPS

- Wash your Hands**
- Stay Hydrated**
Drink-Up! at least 8-ounces a day
- Eat Well**
Your food choices impact your immune system
- Get Fit**
People who exercise regularly are less likely to get sick
- Sound Sleep**
Get eight hours of sleep a night
- Less Stress**
Staying calm will help your overall wellbeing
- Take your Vitamins and Probiotics**

HEALTHY IMMUNITY

- 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.
30 ml **\$15.99**
- ZINC Citrate**
50 mg
Enhances immune system
Foundation for good overall health
Essential for healthy hormone function
Promotes healthy skin
180 Tabs **\$8.99**
- 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®.
30 Softchews **\$6.99**
- 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.
60 Tabs **\$9.99**
- Anti Cold Cold & Cough Syrup**
Prevent and stop colds FAST up to 3 times faster. Potent ECHINAMIDE extract in a base of honey. Mix with hot water for sinus relief. Builds immunity & shortens the duration of throat, sinus and bronchial irritations.
150ml Syrup **\$12.99**
- 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.
45 Tabs **\$11.99**
- Anti-Viral ECHINAMIDE**
Stop viruses before they stop YOU. Effective against all viral conditions plus powerful immune support. Contains ECHINAMIDE, astragalus, Iomatium, reishi, and licorice. Stimulates your immune system and also provides anti-fungal and anti-bacterial properties.
50 ml tincture **\$11.99**
- Bee Propolis Throat Spray**
Created by bees to protect hives against microbes and bacteria, propolis is a unique substance that enhances immune function and offers antioxidant activity. Propolis spray may also help freshen breath.
30 ml spray **\$8.99**
- Echinamide Anti-Cold**
Fresh Herb Extract
Echinamide stimulates the immune system. Reduces duration of upper respiratory infections, including the common cold and flu, by up to 75%. Decreases severity of symptoms and provides year-round immune system support for stressed or compromised immune function.
60 Softgels **\$14.99**

STRESS BUSTERS

- Serenity Formula**
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.
60 Vegi Caps **\$12.99**
- Mental Calmness**
100mg
Promotes deep relaxation and mental clarity
Safe and effective, derived from green tea extract
100% clinically-tested Suntheanine®
Fast-acting, great tasting chewable tablets
60 Chewable Tabs **\$17.99**
- Ashwagandha**
Stress-Relax Ashwagandha features organic KSM-66 Ashwagandha extract to help 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, and also provides athletic support.
60 Vegi Caps **\$13.99**
- 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**

New Roots Acidophilus Ultra
Enteric Coated

New Roots Acidophilus Ultra helps resolve digestive issues, supports the immune system, maintains intestinal health, enhances regularity, and improves nutrient absorption.

60 Vegi Caps **SAVE \$3.00**

New Roots Prostate Perform

A natural and effective way to improve your prostate health in just 7-10 days. Relieves symptoms of Benign Prostatic Hyperplasia (BPH). Helps stop the urgency and strain of urination that keeps you up at night and on edge during the day.

30 Softgels **SAVE \$4.00**

New Roots D-Stress
80mg Pure Essential Oil

Our organic lavender oil is clinically proven to help cope with restlessness, mental stress, and insomnia.

30 Softgels **\$14.99**

Botanica Liquid Capsules

Whether you are looking to reduce inflammation, manage adrenal health or get a better sleep, Botanica's Liquid Capsules are a highly concentrated and effective way to improve your health with herbs.

10% OFF All Phytocaps

MegaFood One Daily Multivitamins

Convenient, once-daily multis that nourish the whole body and are gentle enough to take on an empty stomach. A blend of FoodState Nutrients are delivered with real, whole foods, including oranges, carrots and rice.

60 Tabs **SAVE \$3.00**

Host Defense Stamets 7

Paul Stamets designed this blend of seven mushroom species (Royal Sun Blazei, Cordyceps, Reishi, Maitake, Lion's Mane, Chaga and Mesima) to support healthy immunity. Many use Stamets 7 as a functional food multiple for maintaining peak performance and health.

60 Vegi Caps **SAVE \$3.00**

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 \$5.00**

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 \$5.00**

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 \$5.00**

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**

Critical Liver Support

Optimal liver function is vital in order to deal with the abundance of jobs the liver is required to perform. Critical Liver Support provides therapeutic liver support and protection while enhancing overall liver function. Critical Liver Support contains ingredients that promote proper liver function and high potency antioxidants to protect the liver against damage.

90 Vegi Caps **SAVE \$3.00**

PQQ-10

PQQ-10 protects cells from oxidative damage that can lead to cognitive decline, neurodegenerative disease, and cardiovascular problems. PQQ and CoQ10 work together to support the mitochondria, the cells' energy producers. By protecting neurons and stimulating nerve growth in the brain.

30 Softgels **\$25.99**

Medi C Powder

In addition to supporting a healthy cardiovascular system and collagen production, vitamin C and lysine formula helps support:

- Immune health
- Teeth and gums
- Bones and cartilage
- Recovery from shingles
- Recovery from herpes outbreaks

also available in berry & citrus flavour

300g **\$23.99**

FLORA Elderberry Liquid+ Formula

Is a delicious, organic blend of elderberry, echinacea, and licorice-no added sugar! It can be taken daily preventatively or used to provide relief from cold and flu symptoms.

500ml **\$21.99**

FLORA Udo's Choice Probiotics

Available in 7 unique blends, specially formulated to be age- and condition-specific from toddlers, seniors, and individuals with sensitive digestive systems. By using these tailored probiotic supplements, you can maintain gastrointestinal well-being and core foundation of overall good health.

60 Caps **10% 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**

WOMENSENSE 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

With Sensoril Ashwagandha

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

60 Caps **\$7.99**

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.

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 phosphorus 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**

Naturapeutic Kids Toothpaste with natural xylitol

Helps prevent dental cavities and reduce the risk of tooth decay when used as part of a basic oral hygiene routine. Helps prevent plaque formation.

SAVE \$2.00

Frosty Mint Toothpaste with natural xylitol

Though it's so tempting to keep warm under your blankets when it's cold out, this wintery toothpaste will have you springing out and rushing toward the sink! Start the day feeling fresh and refreshed! This toothpaste is smooth as an ice-coated road.

SAVE \$2.00

Spearmint Toothpaste with natural xylitol

This spearmint toothpaste will leave you feeling sharp and ready to take on your daily tasks. If frosty mint overwhelms you, indulge in the splendid and unique taste of spearmint. It will chill your mouth, and settle down after a good brushing, leaving a more gentler feel.

SAVE \$2.00

prairienaturals B Complex Solution

Prairie Naturals Liquid B Complex Solution provides fast-acting relief. This liquid supplement of high-potency B vitamins is made with the methylcobalamin form of B12, along with optimal levels of vitamins B5, B6, B12, folic acid & biotin. Quickly reduces stress; promotes energy; lifts moods. Simple to take. Easy to absorb. Fast-acting.

500ml **SAVE \$2.50**

Water b göne Diuretic Support

Formulated to help flush excess water from your system while providing you PMS support. The dandelion, scientifically referred to as Taraxacum officinale, increase diuresis (water loss), along with juniper berry that also is proven to treat UTI's. Water b göne's other ingredients include milk thistle, black cohosh, and magnesium.

60 Caps **10% OFF**

Garcinia Cambogia

Garcinia Cambogia 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.

90 Tabs **\$11.99**

NutraSea ADHD Targeted Omega-3

May help reduce the symptoms associated with attention deficit hyperactivity disorder in school-age children.

200ml **\$30.99**

NutraSea Arthritis Targeted Omega-3

Helps to reduce the pain of Rheumatoid Arthritis, in conjunction with conventional therapy.

200 ml **\$34.99**

STRESS MANAGER

Helps manage cortisol levels and reduce the symptoms of stress such as fatigue, sleeplessness, irritability and inability to concentrate. Formulated with Ashwagandha, Magnolia, L-Theanine, and Phosphatidyl Serine.

30 Tabs **\$24.99**

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.

660g **SAVE \$5.00**

Whole Earth & Sea Boosters

These fermented organic power-up mixers are rich in dietary antioxidants to protect against damage from free radicals. Great-tasting, vegan, non-GMO, and naturally sweetened with stevia. Each serving contains 3 g of fibre and only 20 calories.

25 Servings **\$29.99 ea.**

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**