LIVE, LEARN... BE HEALTHY!



Extra Strength

RxOmega-3

600 mg EPA/DHA

RxOmega-3 Factors is the purest fish oil in the world and the only one to have achieved the ighest USP standard, erifying quality and

ONUS SIZE 120/150 Softgels



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

BONUS SIZE

180 210 Sublingual Tabs \$10.99

Vitamin B12



Calcium &

Melatonin

3 mg

180 210 Sublingual Tablet

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

1000mcg

BONUS SIZI 210 Tabs



A great boneilding nutritional combination! Studies show that ineral citrates have aperior absorption

> BONUS SIZE 210 Tabs



St. John's Wort

300 mg +90 Capre

ReliefZyme.

may be found in foods

containing gluten or wheat

K2

100 mcg

PEA400

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

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

ReliefZyme

A unique enzyme blend that

upports the digestive process and

e breakdown of foods containing

gluten, wheat, and dairy proteins

t can be taken with meals to help

break down food and support

nutrient absorption. Improved

digestion helps reduce gas,

bloating, and other complication

that are associated with food

sensitivities

Vitamin K2

Vitamin K helps guide calcium

owards the areas of the body

where it is needed, such as

the skeleton, and away from

PEA400

(Palmitoylethanolamide

Provides a plant-based

Used to relieve the pain

SAVE

associated with nerve

and discomfort

conditions

90 Vegi Caps

Helps manage chronic pain

45 Vegi Caps \$18.

90 Caps

\$11.99

Mood Support



Black

5-HTP

50 mg

Black Elderberry

Black Elderberry features ElderCraft black elderberries hand-harvested in Austria and extracted using a unique solvent-free process. Elderberries re a source of antioxidant and other beneficial micronutrients. They are raditionally used in herbal medicine to help relieve symptoms of cold

5-HTP

5-Hydroxytryptophan

Nature's Happy Pill

Enhances serotonin -

our happy hormone

Helps prevent anxiety

Aids restful sleep

60 Caplets

· Improves mild depression

• Reduces PMS symptoms

Chewable Ginger

Ginger root is a traditional remedy

for digestive upsets including lack

of appetite, nausea, indigestion, and

gas. Chewable Ginger helps relieve

ausea 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

GarlicRich

Super Strength

The garlic in GarlicRich

is concentrated 10:1. Each

nighly potent and odourless

500mg softgel equals eight

cloves of whole garlic.

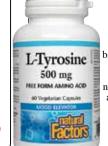
90 Enteric Coated Softgels

xvlitol and stevia.

90 Chewable Tabs \$1 1

\$21

60 Fast Acting Softgels



L-Tyrosine

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

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

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. rotection from bacterial infection yeast overgrowth, and digestive liscomfort



30 Vegi Caps \$24.99



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

Magnesium Bisglycinate 200 mg - Pure BURNES MINOR E CRAME

120 Vegi Caps \$18.

areas where it could have a negative effect, such as the cardiovascular system. 60 Vegi Caps **\$9**.99



OsteoMove Extra Strength Joint Care

Reduces chronic and acute inflammation, relieves joint pain, and accelerates repair and ecovery of joints and connective tissue. Improves flexibility, and increases hydration and nutrient flow in joint cartilage

DOUBLE STRENGTH Theracurmin' 60 Vegetarian Capsules 120 Tabs \$33.99

urcuminRich

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

Theracurmin

60 Vegi Caps \$34.99

Stress Reliever

60 Vegi Caps

\$6.99

PREVENTION TIPS





Drink-Up! at least

Eat Well

Your food choices impact your immuyne system



Get Fit

People who exercise regularly are less likely to get sick

Sound Sleep Get eight hours of sleep a night



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





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

C Extra+

Quercetin

Bioflavonous 500 mg / 500 mg 60 Tiction

Anti-Viral **ECHINAMIDE** Stop viruses before they stop YOU Effective against all viral conditions plus powerful immune support.

60 Tabs

Oil of Oregano

Oil of oregano is a potent herbal

antimicrobial that effectively tackles

bacterial, yeast, fungal, and parasitic

nfections. It offers powerful antioxidan

protection, immune system support, and

s used to help relieve various respiratory

onditions. Natural Factors Organic Oil of

Oregano is wild-crafted using gentle steam

C Extra+

Ouercetin

An immune-support formula that

combines the antioxidant benefits

of vitamin C and the bioflavonoid

quercetin in a potent 1:1 ratio.

cartilage, teeth, and gums, while

vitamin C in the body

Vitamin C helps in collagen

mation to maintain healthy bones

ercetin enhances the activity of

\$9.99

Contains ECHINAMIDE, astragalus lomatium, reishi, and licorice. Stimulates your immune system and also provides anti-fungal and antibacterial properties

50 ml tincture



Zinc

Citrate

50 mg

Anti Cold Cold & Cough Syrup

HEALTHY IMMUNITY

ZINC Citrate

Foundation for good

Essential for healthy

Promotes healthy skin

hormone function

overall health

180 Tabs

Enhances immune system

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**

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



Lung, Bronchial & Sinus Health

Ouick-Blast Anti cold

Quick-Blast liquid soft

chews are formulated to

provide instant relief and

be soothing to the throat

with a minty "blast" to

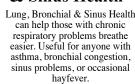
clear the sinuses. Contain

eucalyptus, peppermint

and lemon in a base of

honey and super strength ECHINAMIDE®.

30 Softchews \$6.99



45 Tabs

\$11.99

Echinamide stimulates the immu system. Reduces duration of upper respiratory infections, including the common cold and flu, by up to 75%. Decreases severity of symptoms and provides yearround immune system support for stressed or compromised immune

30 ml spray **\$8**,99



Echinamide Anti-Cold Fresh Herb Extract

60 Softgels \$1 4 99

Serenity Formula

Take vour Vitamins

and Probiotics



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 natually. 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 \$1 2.99



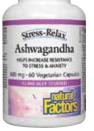
Mental Calmness Promotes deep relaxation

chewable tablets

and mental clarity Safe and effective, derived from green tea extract

100% clinically-tested Suntheanine® Fast-acting, great tasting

60 Chewable Tabs \$17



Ashwagandha Stress-Relax Ashwagandha

features organic KSM-66 Ashwagandha extract to help increase esistance to stress and anxiety in people with a history of chronic stress, improving their quality of life. Ashwagandha is a wellrecognized Ayurvedic herb that is traditionally used as a sleep aid and nerve tonic, and also provides

athletic support.

60 Vegi Caps \$13.99



GABA

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 nanufacture sufficient levels of GABA and supplementation may

60 Chewable Tabs \$18.99



Big Friends

11 Billion+ THE LOCAL LABORATION STREET, S

New Yoots

(A) AOR

RenewLife

New Roots Acidophilus Ultra **Enteric Coated**

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

> 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.

Organic

Clear Fibre

Organic Clear Fibre mixes well

and has no flavour. It contains

100% organic acacia fibre. Add it to

your favourite beverages or foods to

ncrease their fibre content. You can

even add it to baking!

Medi C Powder

In addition to supporting a healthy

cardiovascular system and collagen

production, vitamin C and lysine formula

Immune health

Teeth and gums

outbreaks

· Bones and cartilage

also available in berry

Recovery from shingles

• Recovery from herpes

helps support

2.5 grams of fibre per serving from

Caps





ProstatePerform

Prostate Perform

A natural and effective way to mprove 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.

SAVE \$4.00 30 Softgels



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

AOR

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

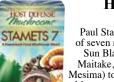


MegaFood One Daily Multivitamins

Convenient, once-daily multis that nourish the whole body and are gentle enough to take on an

mpty stomach. A blend of FoodState Nutrients are delivered with real, whole foods, including oranges, carrots and rice

60 Tabs



performance and health.

60 Vegi Caps **SAVE \$3.00**



(AOR Gandha-600

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



Ortho Sleep

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

Caps

SAVE \$5.00

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 suppor

the mitochondria, the cells' energy

energy and endurance. Promotes **SAVE \$5.** Caps **Critical Liver Support** Optimal liver function is vital in order



to deal with the abundance of jobs the liver is required to perform. Čritical Liver Support provides therapeutic liver overall liver function, Critical Liver Support contains ingredients that promote proper liver function and high otency antioxidants to protect the live

FLORA

90 Vegi Caps

PQQ-10

producers. By protecting neurons and

stimulating nerve growth in the brain. 30 Softgels



Elderberry Liquid+ Formula Udo's Choice Probiotics

Middle

Senior's Postionis

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

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. 0 0 0

60 Caps

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

(AOR

♥ WomenSense MenoSense



NON THE STATES FREE

Sage Leaf

Menopause Relief Menopause formula for the Hot flashes

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

omplex helps your body to generate

its own collagen to provide support for stronger, healthy and thicker hair;

stronger nails; fewer fine lines and

bones. A perfect choice for vegans!

Vegi Caps SAVE \$4.00

rinkles; and denser and more flexible

Night sweats Poor sleep Irritability

 Nervousness · Loss of concentration

90 Vegi Caps \$20.99

ULTIMATE

Hair Growth Formula

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

Preferred Nutrition

Sage Leaf Extract

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

requency and intensity of hot flashes



Stress B

AdrenaSen

and BioPerine black pepper extract for a comprehensive approach to maintaining a healthy libido. 90 Vegi Caps SAVE \$3.00

WOMENSENSE'

AdrenaSense

Anti-Stres

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**

EstroSense

Hormone Balance

Reduce hormone related problems

60 Vegi Caps SAVE \$3.00

ULTIMATE

Libido

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,

With Tongkat Ali

™ WOMENSENSE

Heavy or painful periods

Endometriosis

Uterine fibroids

Ovarian cysts

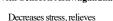
• PMS

Acne

Fibrocystic breasts



Preferred Nutrition"



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

60 Caps

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 ood concentrates from Factors Farms apply phytonutrients, while delicious fruit flavours and friendly dinosaur shapes keep little ones smiling.

Naturapeutic Town

Kids Toothpaste with

natural xvlitol

Helps prevent dental cavities and reduce

of a basic oral hygiene routine

Helps prevent plaque formation

SAVE \$2.00

B Complex Solution

Prairie Naturals Liquid B ComplexSolution 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 vitami B5, B6, B12, folic acid & biotin.

Quickly reduces stress; promotes

energy; lifts moods. Simple to

take. Easy to absorb. Fast-acting.

NutraSea ADHD

Targeted Omega-3

May help reduce the

symptoms associated

with atttention deficit

hyperactivity disorder in

school-age children.

200ml

Protein & Greens

100% Fermented-Organic

friendly green superfood formula contains

This exceptional non-GMO, vegan-

PROTEIN &

\$30

fermented grasses,

fruits, vegetables, and

micronized medicinal

mushrooms to support

sustainable lifestyle

and active, healthy and

Providing 21g of quality

plant protein in every

serving.

Nature's Way

risk of tooth decay when used as part

60 Chewable Tabs

ALRYON

Big Friends **Chewable Vitamin D3**

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

90 Chewable Tabs



teeth and tummies

Frosty Mint Toothpaste with natural xylitol Though its 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 toothpaste is smooth a

an ice-coated road **SAVE** \$2.00

Spearmint Toothpaste with natural xvlitol

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



a more gentler feel **SAVE**

\$7 00

Garcinia Gambogia Garcinia Cambogia helps you

lose weight safely and naturally

It is guaranteed to contain 60%

in clinical studies to inhibit the

appetite and food cravings.

ydroxycitric acid (HCA), shown

Water b göne Formulated to help flush excess water from your system while providing you PMS support. The dandelion, cientifically referred to as Taraxacum water b gone

Nature's Way

cinale, increase diuresis (water loss along with juniper berry that also is proven to treat UTI's Water b gone other ingredients include milk thistle

black cohosh, and magnesium. 60 Caps

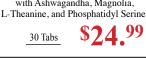


conversion of carbohydrates into fat This causes the body to use existing fat stores. HCA may also increase erotonin levels, which helps control

90 Tabs

STRESS Natures





Total Body Collagen

With Hyaluronic Acid

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 weetened with stevia. Each serving contains 3 g of fibre and only 20 calories.





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

from pasture-raised

SAVE



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

Sale Ends October 31, 2020