

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
\$19.99

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

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

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

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 **\$33.99**

Extra Strength Biotin
10,000 mcg

- Helps prevent biotin deficiency
- Supports skin health to reduce dry skin
- Strengthens nails and reduces brittleness
- Encourages the growth of strong, thick, healthy hair
- Supports the metabolism of carbohydrates, fats, and protein

60 Vegi Caps **\$9.49**

Magnesium Citrate
150mg

Natural Factors Magnesium Citrate provides 150 mg of high-quality, bioavailable magnesium citrate in a delicious, sugar-free, key lime flavoured chewable tablet. 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**

Senior's Multi Probiotic
35 Billion live probiotic cultures

- Supports digestive health
- Combats age-related decline in immune system function
- Relieves digestive discomfort associated with antibiotic use
- Reduces inflammation
- Strengthens natural immunity
- Reduces constipation

30 Vegi Caps **\$16.99**

Pure Food Marine DHA

Is naturally produced pure DHA and EPA, this algae-based source of omega-3 has no fishy smell or aftertaste. It is an excellent vegetarian and vegan alternative to fish oil supplements. DHA supports healthy eyes, vision, and brain function and is vital for healthy eye and brain development in infants. It also supports cardiovascular health and helps regulate inflammatory response.

30 Vegi Caps **\$14.99**

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 **\$32.99**

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**

5-HTP
5-Hydroxytryptophan
Nature's Happy Pill
50mg

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

60 Enteric Coated Caplets **\$12.99**

DGL
Deglycyrrhizinated Licorice Root

Helps heal peptic ulcers and prevent their recurrence. Inhibits H. pylori, the bacteria believed to cause some 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**

Protein & Greens
100% Fermented and Certified Organic

Whole Earth & Sea Fermented Organic Protein & Greens is a 100% fermented and certified organic formula providing 21g of quality plant protein in every serving. This non-GMO, vegan friendly green superfood formula contains fermented grasses, fruits, vegetables, and micronized medical mushrooms to support an active, healthy and sustainable lifestyles.

660g **SAVE \$4.00**

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**

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**

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 **\$16.99**

Reliefibre
Organic, Non-GMO - Gluten Free

Helps relieve minor gastrointestinal symptoms associated with IBS, including bloating, flatulence, dyspepsia, and altered bowel habits. Proven probiotic fibre, that helps improve intestinal regularity including constipation and/or diarrhea. Provides a 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**

Pure Food Organic Vegan Greens Protein Bar

Made with raw organic ingredients and coated in organic dark chocolate, this is the perfect source of protein on the go. The Organic Vegan Greens Protein Bar offers 15 grams of delicious vegan protein and it doesn't sacrifice one bit of flavour.

2 for \$6.00

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

Root's

NATURAL ORGANIC HEALTH FOODS

Save the Date

Sunday March 1st
FREE 15 Min. Consults

Dr. Faaria Karim
Naturopathic Doctor,
Master of Acupuncture

Dr. Faaria Karim is passionate about educating and empowering her patients to feel vibrant, strong and energized. She blends clinical expertise with research evidence to help solve health challenges to enhance & elevate their lives.

She received her Naturopathic Doctor Degree and Masters of Science Degree in Acupuncture from Bastyr University in Washington, USA, and is practicing at Selkirk Naturopathic Clinic in Maple Ridge and Restoration Health Clinic in North Vancouver.

RSVP: Please call 604-467-1822 to reserve your FREE 15 Minute Consult. Spaces are limited reserve yours ASAP!

LOVE YOUR HEART

Hawthorn
Phytosome
50mg

Helps improve circulation, irregular heart beat, chest pain, and low or high blood pressure without harmful side effects.

60 Caps **\$10.99**

Coenzyme Q10
100mg

Important for every cell, CoQ10 helps produce energy and maintain heart function. A powerful antioxidant that enhances immune function - imperative during cold & flu season.

60 Softgels **\$10.99**

Celery Seed
Healthy Blood Pressure

Celery seed helps promote a healthy circulatory system by having a positive effect on blood pressure. Natural Factors Celery Seed is standardized to contain 85% of 3-n-butylphthalide (3nB), powerful healing properties.

60 Vegi Caps **\$16.99**

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**

Steer Clear

of the
Cold & Flu Bugs

Anti Cold
Cold & Cough Syrup

Prevent and stop colds up to 3 times faster. Potent ECHINAMIDE extract in a base of honey, and essential oils. 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**

Vitamin D3
1000 IU

Vitamin D3 is called "the sunshine vitamin" because we can usually get it from the sun's ultraviolet rays; it supports bone development and is needed for calcium and vitamin C absorption, and it supports the nervous system.

90 Tablets **\$2.99**

Vitamin A
10,000 IU

- Naturally derived from fish liver oil
- Molecularly distilled
- Free of heavy metals and chemical contaminants
- Supports eye health
- Easy to swallow

90 Softgels **\$3.99**

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. Softgels are a convenient way to take this pungent herb.

30 Softgels **\$8.99**

Zinc Citrate
15mg

- Enhances immune system
- Foundation for good overall health
- Essential for healthy skin, and hormone balance

90 Tabs **\$4.99**

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 and anti-bacterial properties.

50 ml tincture **\$9.99**

Chewable Vitamin C
500mg

100% Vitamin C natural fruit chews are an easy-to-take formula to help in the development and maintenance of bones, cartilage, teeth, gums and connective tissue formation. Each wafer also contains citrus bioflavonoids, rosehips, and rutin for increased absorption and therapeutic benefits.

90 Chewables **\$7.99**

Quick-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. Contains eucalyptus, peppermint and lemon in a base of honey and super strength ECHINAMIDE.

30 Softchews **\$6.99**

One S

