Roots Natural Taking care of your Health!





600 mg EPA/DHA

RxOmega-3

oil in the world nd the only one to hest USP standard

rifying quality and

BONUS SIZE 120/150 Softgels

\$19.99

Vitamin B12



A superior form of

vitamin B12 called Methylcobalamin that dissolves under your ongue and appears to ave advantages over all other forms of B12 It not only absorbs mor readily, but keeps the B12 circulating longer.





3 mg

180 210 Sublingual Tablet

Calcium &

Citrate with D3

Cool Peppermint

Melatonin is a hormone that can blems caused b ress, jet lag or shif duction declines with age.

BONUS SIZE 180 210

Sublingual Tabs **\$10.**99



uilding nutrition Studies show that nineral citrates have superior absorption.





mcuminRich

DOUBLE STRENGTH

Theracurmin-

Biotin

10,000 mcg

Magnesium

KEY LIME - SUGAR FREE

60 Chewable Tablets

Senior's

35 BILLION

Double Strength

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

60 Vegi Caps \$33.99

Extra Strength

Biotin

Helps prevent biotin deficiency

Supports skin health to reduce

Strengthens nails and reduces

Supports the metabolism of

thick, healthy hair

• Encourages the growth of strong,

carbohydrates, fats, and protein

Magnesium Citrate

60 Vegi Caps **\$9.49**



OsteoMove Extra Strength Joint Care

Reduces chronic and acute nflammation, relieves joint pain, and accelerates repair and recovery of joints and connective tissue. Improves flexibility, and ncreases hydration and nutrient flow in joint cartilage.

120 Tabs \$32.99



Vitamin K2

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

OsteoMove

Joint Care

60 Vegi Caps \$18.99

Nature's Happy Pill

Enhances serotonin -



HemoFactors HemoFactors by Natural Factors

contains SunActive iron, a highly bioavailable form of elemental iron hat is easily absorbable and gentle or found in hemoglobin that carries oxygen to cells to help produce energy. Supplementation helps prevent iron deficiency anemia and especially important for women of child-bearing age

60 Chewable Tabs



5-HTP 5-Hydroxytryptophan

Natural Factors Magnesium Citrate provides 150 mg of high-quality bioavailable magnesiun in a delicious, sugar-free, key ime flavoured chewable tablet Magnesium helps maintain proper 50 mg nuscle function and supports health bones and teeth. This one-per-day formula is easy to take and offers a enjoyable option for people who have difficulty swallowing pills.

Senior's Multi Probiotic

5-HTP

60 Enteric



Mental Calmness

Promotes deep relaxation and mental clarity

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

60 Chewable Tabs \$16.99

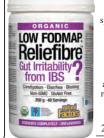
DGL Deglycyrrhizinated Licorice Root

Helps heal peptic ulcers and prevent their recurrence. Inhibits H. pylori, the bacteria believed to cause some mach ulcers and chronic gastritis Stimulates mucin production to otect the stomach lining and helps reat other stomach complaints luding indigestion and heartburn Heals canker sores when slowly

90 Chewable Tabs \$7.99

Protein & Greens

100% Fermented and



stress-Relax

Reliefibre

Helps relieve minor gastrointestinal

ms associated with IBS, including bloating, flatulence, dyspepsia, and altered bowel habits. Proven prebiotic fibre, that helps improve intestinal regularity including constipation and r diarrhea. Provides a gentle relief of constipation for adults and children bove 8 years of age. Reduces glycemic esponse and glycemic index when taken

200g SAVE \$3.00

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 constinution

30 Vegi Caps \$16.99

Pure Food Marine DHA Is naturally produced pure DHA and



EPA, this algae-based source of omegahas 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



Certified Organic Whole Earth & Sea Fermented Organic Protein & Greens is a 100% ferme

nd certified organic formula providing 21g of quality plant protein in every erving. This non-GMO, vegan friendly green superfood formula contains rmented grasses, fruits, vegetables, and micronized medical mushrooms to support an active, healthy and

660g **SAVE** \$4.00

Made with raw organic ingredients and coated in organic dark chocolat this is the perfect source of protein on the go. The Organic Vegan Green Protein Bar offers 15 grams of delicious vegan protein and it doesn' sacrifice one bit of flavour.

2 for \$6.00

Pure Food

Organic Vegan

Greens Protein

Steer Clear of the Cold & Flu Bugs



Lung, Bronchial & Sinus Health

D3

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

Save the Date

Sunday March 1st

FREE 15 Min. Consults

Dr. Faaria Karim

Naturopathic Doctor.

Master of Acubuncure

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 vours ASAP!

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



90 Softgels

Vitamin A

10,000 IU



Anti-Viral FCHINAMID

Stop viruses before they stop YOU Effective against all viral conditions plus powerful immune support. ontains ECHINAMIDE, astragalus lomatium, reishi, and licorice. Stimulates your immune system

50 ml tincture

bacterial properties. **\$9**.99

Oil of Oregano Lung, Bronchial & Sinus Health

Health can help those with chronic respiratory problems breathe easier. Useful for anyone with asthma. bronchial congestion, sinus problems, or occasional

Lung, Bronchial & Sinus

\$11.

Vitamin D3

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



Zinc

Citrate

Oil of oregano is a potent herbal

antimicrobial that effectively tackles bacterial, yeast, fungal, and arasitic infections. It offers powerfu antioxidant protection, immune system support, and is used to help ieve various respiratory conditions Softgels are a convenient way to take this pungent herb.

Zinc

Citrate

15mg

Foundation for good

overall health

90 Tabs

Enhances immune system

Essential for healthy skin,

and hormone balance



90 Chewables

Ouick-Blast

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 mon in a base of honey and super strength ECHINAMIDE

LOVE YOUR HEART



Phytosome Helps improve circulation

Hawthorn

rregular heart beat, chest pain, and low or high blood pressure without harmful side effects.

60 Caps \$10.99



Coenzyme Q10

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



Celery Seed **Healthy Blood Pressure** Celery seed helps promote

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). owerful healing properties

60 Vegi Caps \$16.99



GarlicRich

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

90 Enteric \$11.99

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B Botanica Perfect Protein

A sprouted complete plant protein blend packed

with 20g of protein. Crafted in small batches with

just a few simple organic ingredients. So good

there's no added sweeteners, not even stevia.

Deep Immune Deep

ketopro

MegaFood Blood Builder

Clinically shown to increase iron levels and reduce fatigue without ommon gastrointestinal side effect Made with nourishing, whole foods like beets and organic oranges, plu folic acid and B12 for healthy blood cell production and vitamin C to support iron absorption.



including astragalus, codonopsis and eishi, deep immune from St. Francis Herb Farm was created to help ntain a healthy immune system For adults & kids

NutraVege

Delicious Strawberry

Orange Flavour

Plant-based liquid omega 3

for the maintenance of good

health; 500mg of EPA + DHA.

With no fishy aftertaste!

Ketopro

KetoPro is an 100% natural and

delicious protein powder for anyone

including those on a low-carb or

tetogenic diet. Prairie Natural's Sport

KetoPro is formulated with a keto

friendly blend of Organic Chicken

Bone Broth, New Zealand Whey

Protein Isolate and MCT Oil.

vailable in Chocolate and French Vanilla

50 & 100ml Tincture

Natural CALM Gummies Raspberry-Lemon Flavour

SAVE

Now. Natural Calm is making it easier—and astier-to supplement relaxing magnesium every day. New raspberry-lemon Natural Calm gummies are made from magnesium citrate, clinically proven more absorbable. Vegan, gluten-free, with no preservatives. artificial flavour or colour. Less than 1 gran of sugar per serving

120 gummies **SAVE \$3.00**

NutraSea Arthritis

Delivers a dose of 2800 mg of EPA+DHA

per serving. In conjunction with

conventional therapy, new Targeted

the pain of Rheumatoid Arthritis.

mega-3 from NutraSea helps to reduce

TURTINT

Naturtint Permanent Hair Colour

Vibrant, long lasting hair colour. free from ammonia, parabens and

Available



Covers gray in one application and resorcinol.



Cold & Flu Oregano-8

30 Liquid Gels

top common colds and flu before they even start this season. With ts synergistic blend of ingredients Oregano-8 is not only fast and effective for fighting colds and flu but also helps prevent them. You can count on Oregano-8 to attack the infection while supporting and strengthening your immune system

Genuine Health Fermented Organic

Gut Superfoods+ Kids

Fermented to provide a great source

of amplified plant nutrients for overall

ealth. High in fibre: 4 grams of prebiotic

fibre. Low sugar, easy to use: simply

mix into water, a smoothie or recipe for a

daily nutrition boost! Supports, cognitive

function, mood, immune function, healthy

body weight & bowel movements.

\$19.99





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**



Natural Aphrodisiac fo Men and Women

Alpha

WOMENSENSE! **EstroSense**

Hormone Balance

Probiotics Urgency 50 Billion+

New Roots

30 minimum

GMO GER

60 Vegi Caps SAVE \$3.00

WOMENSENSE! MenoSense Menopause formula for the Hot flashes Night sweats Poor sleep Irritability Nervousness · Loss of concentration

ULTIMATE

Libido With Tongkat Ali

Ultimate Libido with Tongkat Ali s 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.



100% pure medium chain triglycerides (MTC) from coconut oil. Our body easily converts MCT'S into energy to be used as fuel and encourage fat-burning. For best results start taking 1 teaspoon daily with food or add to your favouite smoothie or coffee. Part of a Keto friendly diet



MacroGest

rotein-rich and high-fat foor such as dairy, eggs, and med

FeminaFlora Oral

30 minitromati regatable to

FLORA

Ultimate FLORA

Delivering 50 billion probiotic bacteria

from 10 strains. You would need to eat

over 50 servings of yogurt to equal the

Iltimate Flora Critical Care! It is the

ideal formula for improving digestion,

boosting immunity and supporting

overall health.

Pascoe

Passionflower Extract

Calms the mind to allow a more

nsomnia due to mental stress). Made

with 425 mg of passionflower extract

No hangover effect, non habit-form

and non-drowsy Works on the GARA

receptors, therefore has no addiction or

dependency potential. Proven onset of

action in 20-30 minutes. Suitable for

ages 13 and older.

Probiotics Urgency

50 Billion+

Strengthens immune system,

normalizes bowel function, and

maximizes nutrient absorption.

Natural, water-based enteric-coating

to survive stomach acid and ensure

100% delivery to the intestines.

30 Enteric-Coated Vegi Caps \$27.99

Vegi Caps

Ener-C

Proudly Non-GMO, Ener-C is a delicious

effervescent multivitamin drink mix flavoured

with real fruit juice powders. Ener-C's formula

provides immune and thyroid support, B vitamins

electrolytes and so much more!

\$26.99

natural sleep (in cases of restlessness

30 Enteric Coated

Vegi Caps

30 Tabs

Ultra EPA Norwegian Gold

Ideal for anyone with inflammatory conditions such as arthritis, inflammatory bowel disease, or auto-immune disorders or wanting to lower triglyceride levels. Norwegian Gold Fish Oils are enteric coated giving them 3 times the absorption of regular fish oils. They also contain the fat-digesting enzyme 'lipase' for maximum utilization o the oils in the body and no fishy aftertaste

Keto Paleo MacroGest

Is an intensive-strength digestive

enzyme formula that supports the

breakdown of protein-rich and

high-fat foods such as dairy, eggs.

non-GMO formula provides key

oteolytic and digestive enzymes to

help decrease bloating and support better digestion, especially for those

eating a ketogenic or paleo diet.

New Roots

Femina Flora Oral

55 Billion+

Specifically formulated for womer

including strains essential for

emale urinary and vaginal health

Natural, water-based enteric-coating

Elderberry Liquid+

Formula

Is a delicious, organic blend of

lderberry, echinacea, and licoric

no added sugar! It can be taken

daily preventatively or used to

provide relief from cold and flu

SAVE

to survive stomach acid and ensure

100% delivery to the intestines

30 Enteric-Coated

Vegi Caps

and meat. This compre

Digestive Enzyme



CleanseMORE

An effective colon cleansing produc that works for relieving occasional constipation. It relies on gentle stimulating herbs that are non-habi 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

60 Vegi Caps

Vision Factors

Vision Factors with 7.5mg Lutein Preventing and treating advanced

degenerative eye conditions such as macular degeneration. cataracts glaucoma and retinitis pigmentosa. Night vision problems and streightening the capilaries that feed the various parts of the eye. Protects from son damage

60 Caps



servings of 10 billion cells.

67 Daily Portions \$24.

Manuka Honey

Is sourced from a sustainable, 100% Maori-owned beekeeping operation. Each batch is UMF-certified and every jar is 100% traceable, all the way back to the source. Flora Mānuka Honey is also measured and raded according to its MGO content, which is the main anti-bacterial ingredient unique to mānuka honev



OFF

Terrawash Laundry Pouch Good for 3 years or 365 washes!



This all natural laundry pouch takes the place of laundry detergents, softeners and even cleans your washing machine while it's at it! Fragrance free and hypoallergenic, this magnesium pouch is good for 3 years or 365 washes!'

10% off

Formula

RELIEF OF JOINT PAIN

AERYON

P & L

Joint Pain Relief by aiding the body's response. SierraSil is

Sale Ends February 29, 2020

SierraSil

calm and relaxed state at nighttime

This all-natural formula can help

reduce stress, promote relaxation

and improve sleep quality so you

feel well rested and recharged when

you wake up in the morning!

SierraSil Joint Formula 14 reduces pain and stiffness and promotes active lifestyles natural anti-inflammatory clinically proven to reduce the gene expression that eventing cartilage breakdown by up to 78% and reducing general aches and stiffness



snoöze SNOOZE is scientifically formulated to provide adrenal support and bring your body to a

gut superfoods

• Immune health • Vision

ARCTIC

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

· Teeth and gums · Wound healing Bones and cartilage • Recovery

Nordic Naturals

All Nordic Naturals' fish oil products

are offered in the triglyceride molecular

the form your body most easily absorbs.

form—the form naturally found in fish, and

verything we make is non-GMO and third-

party tested, surpassing the strictest

international standards for purity

% OFF

and freshness

ULTIMATE from shingles • Recovery from herpes outbreaks • Healthy moods HAIR GROWTH vailable in Citrus, Berry, and Unflavoure

FORMULA NON GMO / SANS OG

MenoSense

and tissue formation.

ULTIMATE

Hair Growth

Formula

Promotes healthy hair growth and

nproves hair thickness. Stimulates

hair follicle formation and ideal for

individuals with androgenic alopecia

nale pattern baldness). Helps maintair

healthy hair, skin, nails, and mucous

membranes. Supports cognitive and

immune function, energy metabolis



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.

OIL 60 Vegi Caps \$10.99

Sukin Natural Skin Care Australian Made

Sukin's Signature Face, Body and Hair offering utilises beautiful botanicals, natural extracts and essential oils to reveal nutrient rich radiant skin and hair. The Sukin Signature Range consists of botanically rich actives including Aloe Vera. Rosehip, Jojoba, Avocado, Cocoa and Shea Butters and Vitamin E, plus many more. It's what we leave



Ki Immune Defence and **Energy Formula**

Don't miss the BIG moments! Ki Immune Defence and Energy Formula helps strengthen the body's immune defences naturally against infections and viruses, which we are exposed to daily



OFF

30 Tabs

Total Body Collagen Is 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 ioints from the inside out SAVE



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Sale Ends February 29, 2020