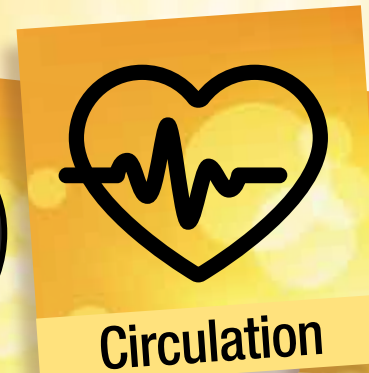


# Wouldn't it be wonderful if there was a cure for the common cold?

## In the meantime, what can you do about the COLD & FLU?

### STEPS to RESILIENCE



Vitamin D3 1000 IU

**Buy One Get One FREE!**

**8<sup>97</sup>**

180 + 180 tablets



Vitamin K&D

**Buy One Get One FREE!**

**15<sup>97</sup>**

60 + 60 softgels



FLYER SALE ENDS September 30, 2020. Products available at your local natural food stores.



**NEW!**

**34<sup>97</sup>**

60 liquid softgels

**Breakthrough in ABSORPTION TECHNOLOGY**

# COMMON SENSE is the **BEST** DEFENCE

The past few months have been filled with rising anxiety among the general public, and fear of the unknown has propelled paranoia. And while there are legitimate concerns, common sense may prove to be the best defence.

From childhood, our parents have deeply rooted the importance of good hygiene – washing our hands, keeping our hands away from our face, and eating a balanced, nutrient-dense diet. And recently, we have been reminded of the value that these practices hold in safeguarding our health. We also know that our immune system has a multi-level defence network against potentially harmful bacteria, viruses, and other organisms. A healthy lifestyle – sleeping well, regular exercise, reducing stress, not smoking – helps our immune system be in the best shape possible. And growing scientific evidence suggests that some vitamins and supplements may reduce the likelihood of a respiratory virus infection or reduce the amount of time a person is sick with a virus – especially if a person is deficient in some way.

We are familiar with the pillars of immune protection: vitamin C, vitamin D, and zinc – supplements that fortify our bodies' natural resilience. Exciting new research confirms that the bioflavonoid quercetin further enhances immune support by working synergistically with vitamin C to improve antioxidant potential and effectiveness, but more importantly, quercetin can reduce oxidative damage to keep blood vessels healthy. And emerging studies on vitamin K2 and palmitoylethanolamide (PEA) have successfully tested and confirmed their role in reducing inflammation and improving cardiovascular health. Consider a holistic approach to health and wellness. Similar to the earth, our bodies are an ecosystem. Each component – hygiene, nutrition, cardiovascular, and mental health – plays a vital role in maintaining a healthy immune system.





# The Best Nutritional Shake on the Market

## Everything you need in one delicious scoop



Best-tasting, 100% organic, vegan proteins!  
Even the flavours and sweeteners!

Available in four delicious options: VERY BERRY, FRENCH VANILLA,  
DECADENT CHOCOLATE, and NATURAL UNFLAVOURED.

**49<sup>97</sup>**

powder

**39<sup>97</sup>**

powder  
unflavoured

**49<sup>97</sup>**

powder

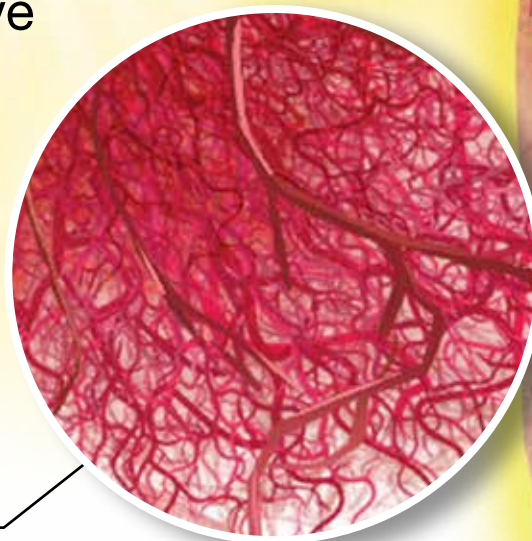


EXCLUSIVELY available in natural health food stores • Ask natural health food store employees for these flyer products.

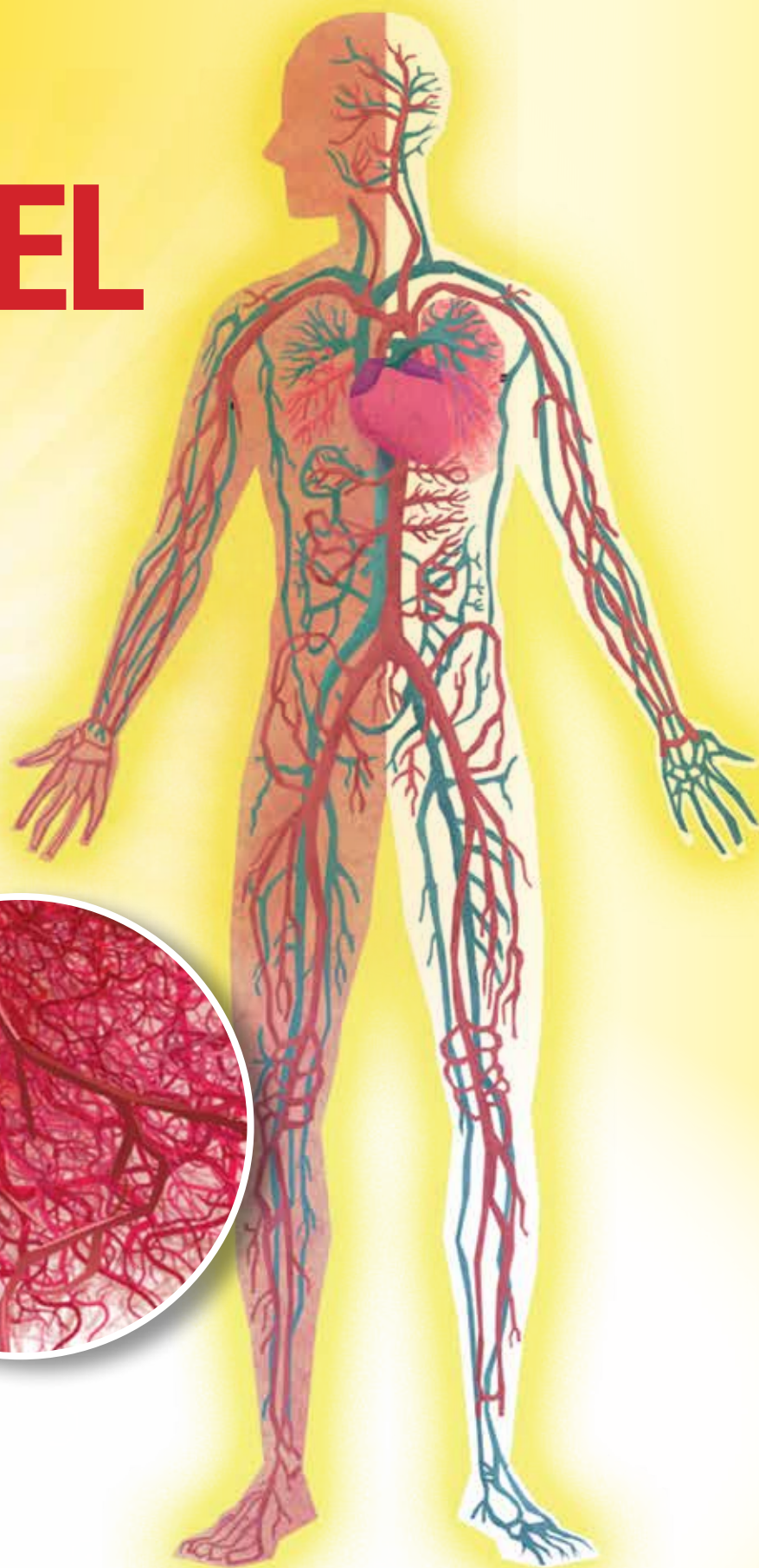


# What does **BLOOD VESSEL PROTECTION** mean to YOU and ME?

The unique antioxidant effect of quercetin supports healthy blood vessels by reducing the impact of oxidative damage to blood vessel walls. Such protection even extends to the capillaries, which supply nutrients and oxygen to every cell in the body.



The system of blood vessels in the human body measures over 96,000 km! They are responsible for delivering oxygen and nutrients to every cell and can be found in every square inch of the body.





# Breakthrough in ABSORPTION TECHNOLOGY

Until now, one of the biggest challenges with quercetin has been its lack of water solubility. We have overcome this challenge via our latest technology: a unique liquid micelle matrix. This **groundbreaking process solubilizes quercetin into liquid**, allowing it to be **absorbed up to 10x better** than regular quercetin.

**SALE  
PRICE**

**34<sup>97</sup>**

60 liquid softgels



# Immune Support

## Supports healthy immune function C Extra + Quercetin

Quercetin is used as a blood vessel protectant and supports cardiovascular and immune health. It helps with allergy relief, and enhances the body's absorption and use of vitamin C. Vitamin C assists in collagen formation to maintain healthy bones, cartilage, teeth, and gums, while quercetin enhances the activity of vitamin C in the body. Combined use of vitamin C and quercetin provides excellent immune support.

**21<sup>47</sup>**  
60 tablets

**NEW!**



**NEW!**



**12<sup>97</sup>**  
60 capsules

## Quercetin 500 mg

- Used in herbal medicine as a blood vessel protectant for cardiovascular health
- Provides allergy relief and immune support
- Helps combat free radical damage and reactive oxygen species

**18<sup>47</sup>**  
60 capsules

**NEW!**



**9<sup>97</sup>**  
180 tablets

## High-absorption vitamin C BioCgel

- Non-acidic, buffered, high-absorption vitamin C

**21<sup>97</sup>**  
180 softgels



## Immunity, bones, and teeth

### Time Release Vitamin C 1000 mg

**10<sup>97</sup>**  
90 tablets

**19<sup>97</sup>**  
180 tablets



## Vitamin C 1000 mg

**10<sup>47</sup>**  
90 tablets

**19<sup>47</sup>**  
180 tablets



# VitaDay™ Multis in vegan capsules with organic wholefoods and a full spectrum of nutrients!

VitaDay has innovated the multivitamin to a whole new realm

- Non-GMO, organic wholefood greens
- Enzymes and antioxidants from reishi mushroom, turmeric, grapeseed, and blueberry

**19<sup>97</sup>**

60 vcaps



## Lutein

### Eye health

Protects the lens and retina from damage caused by free radicals and exposure to sunlight. Supports eyesight in conditions such as cataracts and age-related macular degeneration.

**14<sup>47</sup>**

60 softgels / 20 mg

**24<sup>97</sup>**

120 softgels / 20 mg



**14<sup>47</sup>**

30 softgels / 40 mg

**23<sup>47</sup>**

60 softgels / 40 mg

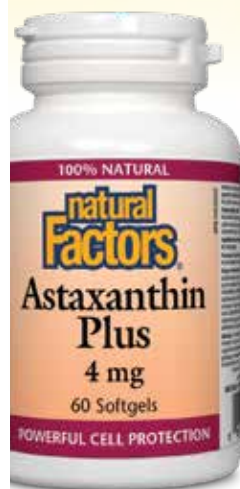
**16<sup>47</sup>**

60 softgels

## Astaxanthin Plus

### Powerful cell protection

Supports cardiovascular and immune health, as well as protects the skin from premature aging and other health risks associated with exposure to the sun's UV rays.



**NEW!**

## PEA400

### Chronic pain relief

Provides a plant-based therapy to relieve chronic pain and helps relieve the pain associated with nerve compression and inflammatory conditions.

**31<sup>97</sup>**

90 vcaps

# Only BioSil.™ Why?

Numerous clinical studies prove BioSil gets the most beautiful results for hair, skin, and nails.

You can look and see the results for yourself.

**19<sup>97</sup>**

15 mL

**35<sup>47</sup>**

30 mL

**40<sup>97</sup>**

90 vcaps

**54<sup>97</sup>**

120 vcaps



**BioSil** Advanced Collagen Generator™  
Clinically Proven Results



# ECHINAMIDE® works!

ECHINAMIDE is a unique patented, super-extracted echinacea concentrate developed by Natural Factors. It is the **ONLY** echinacea clinically proven to reduce your cold and flu.

Over 20 years ago, Natural Factors undertook extensive **research to discover** the key compounds in **echinacea that seemed to strengthen the human immune system to lessen colds**. This research isolated the key active immune-stimulating compounds in echinacea, which we call **ECHINAMIDE**.

We then studied the effects of **ECHINAMIDE in two double-blind Phase II clinical trials**. These trials concluded that ECHINAMIDE works to: (1) lessen the duration of colds, and (2) reduce the severity and

duration of upper respiratory infections, including the common cold. ECHINAMIDE stimulates the immune system to identify viruses sooner, contain them quicker, and eliminate them faster. The result is reduced symptoms and **a quick recovery from viral infections** – without the side effects of drugs. Grown, tested, and manufactured by Natural Factors in British Columbia, Canada, ECHINAMIDE is the only full-spectrum fresh herb extract that contains standardized effective extract of echinacea.

## Your first line of defence! Anti-Viral Potent Fresh Herbal Extract



**18<sup>97</sup>**

60 softgels

**34<sup>97</sup>**

120 softgels

## Instant, soothing relief Flu & Cold Instant Soothing Hot Tea Concentrate

Just add one or two tablespoons of Hot Tea Concentrate to hot water and feel good instantly.

**11<sup>97</sup>**

50 mL

**22<sup>97</sup>**

100 mL

**15<sup>97</sup>**

150 mL

**16<sup>47</sup>**

90 softgels

**12<sup>47</sup>**

50 mL

**19<sup>97</sup>**

100 mL





# YOU AND YOUR KIDS WILL LOVE **BIG FRIENDS®** NUTRITIONAL SUPPLEMENTS!

Get our high-quality **Multivitamin & Minerals** and **Vitamin D3 gummies**, along with some other fun surprises, in the special edition

## CHILDREN'S **SURPRISE** **Box**

**15<sup>97</sup>**  
box



### Big Friends Children's Supplements

are hypoallergenic, containing no animal products, artificial colours, preservatives, dairy, starch, wheat, or yeast – just a complete range of high-quality vitamins and minerals.

**7<sup>97</sup>**

15 mL drops

**8<sup>97</sup>**

250 chewable tablets

**6<sup>97</sup>**

90 chewable tablets





# WOW GET THE ULTIMATE!



**21<sup>97</sup>**

60 vcaps

**39<sup>97</sup>**

120 vcaps

Ultimate Maca Energy gives you the **natural** boost you need. Helps with **mood, libido, and energy.**



**14<sup>47</sup>**

90 vcaps

**26<sup>97</sup>**

180 vcaps

**15<sup>97</sup>**

150 g

**42<sup>97</sup>**

130 mL

A natural formula to **reduce the negative effects** of declining testosterone levels, aging, and stress.



**25<sup>47</sup>**

120 caps

A natural formula to **support your adrenal glands**, balance cortisol levels, and **keep stress under control.**



## IF YOU THINK THIS IS THE BEST WAY FOR HAIR GROWTH, THINK AGAIN!

— YOUR ULTIMATE —  
**HAIR GROWTH FORMULA**

Helps **maintain hair growth** and improves **hair thickness** and **volume.**

**27<sup>97</sup>**

30 tablets





# NEW Power-up Mixers

100% Fermented • Organic

NEW!



**21<sup>97</sup>**

125 g

**SOOTHE ME™**

Sleep better by soothing your digestion, calming your mind, and lifting your mood.

**32<sup>97</sup>**

188 g

**BEETS ME™**

An incredible variety of plant nutrients, antioxidants, and fibre.

**32<sup>97</sup>**

175 g

**BOOST ME™**

Helps the body adapt to stress, balance hormones, and enhance memory.

## Fermented Protein & Greens

This innovative formula gives you all the nutrition in our organic greens superfood formula along with 21 g of the cleanest possible plant-based VEGAN PROTEINS.

**56<sup>97</sup>**

powder



## Whole Earth & Sea® #1 Multis

**33<sup>97</sup>**

60 tablets

**63<sup>97</sup>**

120 tablets



EXCLUSIVELY available in natural health food stores • Ask natural health food store employees for these flyer products.



# TWO FOR ONE!

**Hot Deal**

## B12 Methylcobalamin TWO for ONE

The most effective  
B12 vitamin ever made!  
Just what your body needs.



**23<sup>97</sup>**

60 + 60  
sublingual tabs



**Hot Deal**

**23<sup>97</sup>**

30 + 30  
sublingual tabs

## Melatonin 5 mg + 10 mg TWO for ONE

Melatonin works with the body's natural cycles to safely and effectively reset your "biological clock," helping you fall asleep faster, increasing the quality and duration of sleep, supporting REM sleep, and reducing daytime fatigue.

**26<sup>97</sup>**

90 + 90  
sublingual tabs



**Hot Deal**

**26<sup>97</sup>**

180 + 180  
sublingual tabs



## Incredible Deals!

### Vitamin K & D

**60  
Softgels  
FREE**



**19<sup>97</sup>**

180 softgels

**36<sup>97</sup>**

360 softgels

### Vitamin D3



**11<sup>97</sup>**

500 softgels

**13<sup>97</sup>**

15 mL

## Maximum Triple Strength RxOmega-3 900 mg TWO for ONE

**Hot Deal**

**57<sup>47</sup>**

150 + 150  
Enteripure® softgels

