



THE VITAMIN SHOP



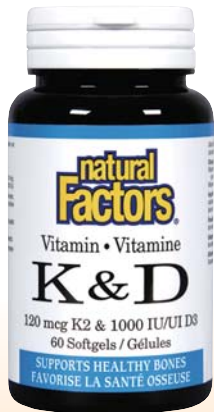
Prices in effect
Feb. 11-March 11,
2012

CANADA'S PREMIER NUTRITIONAL SUPPLEMENT DISPENSARY

1212 Broad St., Victoria, B.C., V8W 2A5

COMPLETE SELECTION AND LOW PRICES ON BRAND-NAME SUPPLEMENTS!

**CELEBRATING
27 YEARS OF
HEALTHY
SOLUTIONS!**



60 Softgels

\$19.98

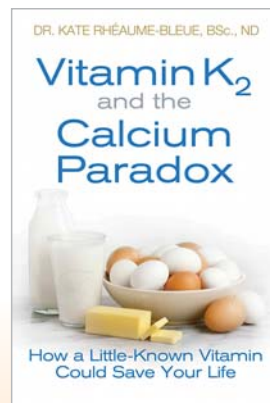
Item# 2166

natural Factors

VITAMIN K & D

120 mcg K2 plus 1,000 IU D3

Vitamin K & D increases bone density, inhibits calcification of arteries and other soft tissue, promotes better insulin sensitivity, and helps to develop better teeth. Vitamin K helps guide calcium towards the area of the body where it is needed such as the skeleton and away from areas where it could have negative effects, such as the cardiovascular system.



1 Book

\$15.98

Item# 1384



SISÚ

Always A Step Ahead

ESTER-C® ENERGY BOOST

Bring your water to life

Ester-C Energy Boost is a daily, re-hydrating vitamin drink mix - just add water. Each convenient "to go" packet contains 1,000 mg of Ester-C® vitamin C per serving and is enhanced with nourishing vitamins, minerals, and electrolytes. Take it to work, the gym, or use at home. Bring your water to life!

12 Packets

\$6.98

Item# 5722



KYOLIC 100® Yeast-free and odourless

Clinical research has shown Kyolic garlic to be effective in many health disorders, especially in its anti-viral activity. Only Kyolic garlic is organically grown and exclusively cold processed to retain all the beneficial properties of garlic while it removes unwanted odour... absolutely!

180 Caps
\$22.98

360 Caps
\$39.98

Item# 3110

Item# 3112

Ask for your
\$5-off coupon!

KYOLIC 104®

For those concerned with cholesterol, Kyolic garlic 104 is combined with natural lecithin powder to maximize the benefits from both of these nutritional foods.

Ask for your
\$5-off coupon!

180 Caps
\$23.98

360 Caps
\$42.98

Item# 3123

Item# 3128



BALANCED PLANETS SUPERFOODS™ Daily Power Shake Preferred Nutrition

SuperFoods™ Daily Power Shake with PGX, is an all natural plant complex that helps you feel full and satisfied. It improves mood, increases energy, supports adrenal glands, balances blood sugar, reduces cravings, and boosts digestion. Available in Whey Protein and Vegetarian Protein. Both formulas come in delicious chocolate and vanilla flavours.

Whey
495g

\$31.98

Buy two or
more at
\$30.98 each

Chocolate: #2870 • Vanilla: #2872



Vegetarian
540g

\$31.98

Buy two or
more at
\$30.98 each

Chocolate: #2871 • Vanilla: #2869



While quantities last. • We reserve the right to limit quantities.

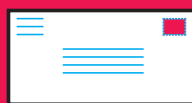
FREE SHIPPING ON ORDERS OVER \$70.00 BEFORE TAXES (some exceptions apply)

4 Easy Ways to Order:



24 Hour Toll-Free Fax
1-877-386-1211

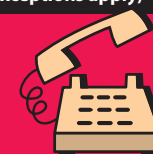
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By Mail
1212 Broad St., Victoria, B.C., V8W 2A5



Web Site
www.CanadianVitaminShop.com



Toll-Free Phone
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Victoria Phone:
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Mail Order Hours: **Monday to Friday:** 9:00 am to 5:00 pm. • **Saturday:** 9:30 am to 5:30 pm.



WEBSITE
SHOPPING:

www.CanadianVitaminShop.com



natural Factors®



Echinamide **ANTI-VIRAL** Formula Stopping the Viral Spiral

A blend of five outstanding anti-viral herbs backed by scientific research and proven effective and safe. The combination of Echinamide™ (echinacea purpurea), lomatium, astragalus, reishi mushroom, and licorice, make up this powerful 'anti-viral cocktail.' May help every viral condition from colds to herpes.

60 Softgels	120 Softgels
\$13.88	\$26.98
Item# 1320	Item# 1329

B12 METHYLCOBALAMIN, 1000 mcg

Clinical human studies show that supplementation of sublingual B12 can reduce homocysteine levels, reducing the risk factor for heart disease, stroke, arthritis, diabetes, and renal failure. Taking Methylcobalamin has many other benefits, including restoration of normal sleep patterns and improved moods. B12 deficiencies are fairly common, especially in the elderly and vegetarians. The methylcobalamin form of B12 is easy to assimilate as it is already activated and in its most usable form.

90 Sublingual Tabs	180 Sublingual Tabs
\$6.58	\$11.98
Item# 2010	Item# 2021



SUPER C 500 mg Plus Rosehips & Bioflavonoids

Vitamin C is a powerful antioxidant that circulates in body fluids to knock out free radicals. Super C 500mg, by Natural Factors, has added 500mg of Rosehips and Bioflavonoids for enhanced absorption. It aids in the immune process by reducing the harmful effects of environmental poisons.

50 Tabs
\$2.98
Item# 2050

CALCIUM & MAGNESIUM CITRATE

Calcium deficiency is a problem for many women and the effects may only be realized 10–20 years down the line. By then it can be too late to control loss or deterioration of bone. A University of Maryland study shows that hundreds of major brands of calcium tablets do not dissolve enough for the elemental calcium to be absorbed into your bloodstream. No absorption. No calcium. No benefit. At Natural Factors we have intensified the testing of our calcium products so you can be sure you're getting all the calcium you're buying.

with Vit D	without Vit D
360 Tabs	360 Tabs
\$21.98	\$21.78
Item# 2134	Item# 2144



EYE FACTORS Eye Formula with Lutein

Natural Factors' Eye Formula with Lutein is a unique nutritional supplement that combines the synergistic effect of vitamins, multi-anthocyanidins, and herbs for the maintenance of good eyesight and prevention of visual problems such as glaucoma, cataracts, macular degeneration, and more. Everyone can benefit from this formula, especially if we suffer from eye strain or visual acuity disorders.

90 Caps
\$8.78
Item# 1295

GINKGO BILOBA 60mg Exceptional support for mind and body

European studies have shown that ginkgo increases blood flow to the brain and extremities, helping to improve memory and mental sharpness, the early stages of Alzheimer's disease, and circulation problems, especially intermittent claudication. It may help vertigo (dizziness) and tinnitus (ringing in the ears) if of vascular origin. Standardized to 24% flavone glycosides, 6% terpene lactones in 60mg capsules.

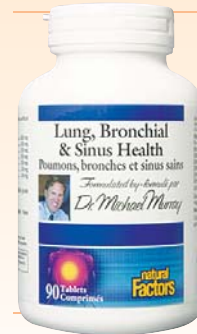
120 Caps
\$10.98
Item# 1291



LUNG, BRONCHIAL & SINUS HEALTH Emphysema? Asthma? Pneumonia? Allergies?

Lung, Bronchial and Sinus Health for the respiratory tract is an all-natural expectorant to help soothe the respiratory airways, thin mucus, and loosen phlegm and bronchial secretions. Try Lung, Bronchial and Sinus Health for congested lungs due to illness or environmental pollution.

90 Tabs
\$17.98
Item# 1328

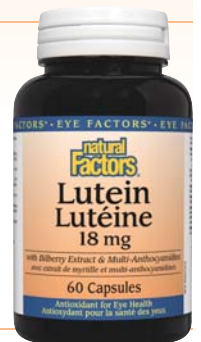


LUTEIN 18 mg Help for macular degeneration

Persons consuming lutein every day had 43% less prevalence of age-related macular degeneration, the leading cause of blindness in older people. It also has other benefits. Noted cardiologist Steven Sinatra comments: "Lutein, in fact, is one of my top nutritional picks to protect you from heart disease, cancer, and eye disease – an all too common problem of aging."

–Heart Sense, March, 1998.

60 Caps
\$23.98
Item# 2109



Organic MACARICH Super Strength Maca

Maca grows high in the Andes Mountains, a plant with properties that can increase energy and stamina, relieve stress, ease the symptoms of menopause, and enhance libido and sexual function in both men and women. Maca shares similar properties with red Korean ginseng, which also supports the endocrine glands. They work together in this formula to enhance health and well-being.

90 Vegcaps
\$10.98
Item# 2088

MAGNESIUM CITRATE 150 mg

Magnesium is an important electrolyte that helps absorb calcium, phosphorus, sodium, and potassium. Known as the "anti-stress mineral", it works as a catalyst with energy-producing enzymes. It encourages muscle fibers to loosen up and relax – promoting a healthier cardiovascular system – and plays a significant role in the prevention of heart attacks. Natural Factors Magnesium Citrate is easily absorbed and utilized by the body.

90 Caps	180 Caps
\$6.78	\$12.88
Item# 2087	Item# 2093



Full Spectrum MULTI ENZYME contains a mixture of digestive enzymes from vegetarian sources. These enzymes possess an unusually high stability and activity compared to enzyme preparations from animal sources. In addition to enhancing digestion, enzyme preparations can also help fight inflammation and boost immune function.

120 Veg Caps
\$27.98
Item# 1262

CELEBRATING
27 YEARS OF
HEALTHY
SOLUTIONS!



WEBSITE
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www.CanadianVitaminShop.com



Certified Organic OIL OF OREGANO
Antioxidant & immune support

Derived from wild-crafted Mediterranean oregano (origanum vulgare). Contains potent antioxidant, anti-inflammatory, and antibacterial properties and is effective against yeast, parasites and even the 'super bugs.' Also helps relieve allergies and sinus problems.

30 ml
\$12.98
Item#2143



SELENIUM 200 mcg

Selenium works as an antioxidant, helping to prevent free radical damage. Antioxidants have been clinically proven to scavenge free radicals and prevent damage to cellular structures throughout the human body. Research has shown that areas with low levels of natural selenium, like North America, have an added health risk.

180 Tabs **\$13.68**
Item#2255
360 Tabs **\$23.48**
Item#2140



PS (Phosphatidyl Serine) 100 mg

The key to peak mental performance for life

PS is a unique supplement for enhancing memory and brain power. Dr. Thomas Crook, author of The Memory Cure and The PS Factor states, "I've tested close to a hundred compounds for their effects on human memory. Phosphatidyl-Serine (PS) is the only compound that works." Taking 100 mg a day is a good maintenance dosage. Those with significant memory loss may require more.

60 Softgels
\$31.98
Item#1282

Buy two or more at \$29.98 each



TURMERIC 300mg & BROMELAIN 150mg

When combined, these two powerful anti-inflammatory herbs work synergistically to provide relief from aching muscles and joints, and help reduce swelling and inflammation. Bromelain and Turmeric work well on their own but in combination, they work synergistically for maximum benefits and absorption.

90 Caps
\$12.68
Item#1322



QUERCETIN 600 mg Nature's Antihistamine

Quercetin, a naturally occurring flavonoid, is a powerful antihistamine with antioxidant and anti-inflammatory properties. It works in response to allergens when the body spills histamine into the bloodstream, causing allergy symptoms. As a natural antihistamine, Quercetin stabilizes cell membranes, preventing histamine release. For many people the happy result is no allergy symptoms.

90 Caps
\$17.58
Item#2155



UBIQUINOL QH Active CoQ10 100mg

The latest research shows ubiquinol CoQ10 is more absorbable than the standard ubiquinone form previously used as a nutritional supplement, making it more effective for supporting heart health, increasing energy, providing antioxidant protection, and maintaining health as we age. Ubiquinol CoQ10 is quickly becoming the preferred choice of doctors, nutritionists, and consumers.

60 Softgels
\$31.68
Item#2357



RESVERATROLRICH™ Super Strength 500mg

ResveratrolRich contains wine grape extract (vitis vinifera) and Japanese knotweed (polygonum cuspidatum root), well recognized for their antioxidant and anti-aging properties. It has been found to improve age-related health conditions and increase longevity. Research indicates that Resveratrol may reduce the risk of cardiovascular disease and it may stop free radicals from doing further damage to brain cells after a stroke.

60 Vegcaps
\$24.48
Item#2231



Double Strength ULTIMATE MULTI PROBIOTIC

This therapeutic-strength, 12-strain probiotic blend restores and maintains healthy intestinal flora. Beneficial bacteria increase the number of specific immune cells that control the immune system's response to pathogens.

60 Veg Caps
\$26.98
Item#2167



SAME 200mg Fibromyalgia? Muscle pain?

SAME supports emotional well-being and joint health. It also increases glutathione production, essential for the breakdown of toxic substances in the liver, and improves muscle pain, and fatigue associated with Fibromyalgia. One daily dose contains 200mg of S-adenosyl-methionine. Enteric coated to prevent breakdown in the stomach.

30 Tabs
\$22.98
Item#2232



VISION FACTORS with 7.5 mg Lutein

Eyes require many important 'vision factors' to stay healthy and lots of antioxidant protection to prevent vision deterioration and loss. Vision Factors is formulated with a broad range of healing and protective nutrients from wholesome vegetables, fruit and berries, and antioxidant-rich nutrients including CoQ10 along with beneficial vitamins and minerals to protect the lens and retina against light and oxidative damage.

60 Caps
\$17.98
Item#2259



SAW PALMETTO with Lycopene Potent prostate protectors are an essential purchase for every man over 40. Prostate enlargement can contribute to more serious conditions than night time urination. Consider prostate enlargement's role in impotence and connection to increased risk of prostate cancer. Natural Factors combines Saw Palmetto Berry Extract (standardized to contain 85-95% fatty acids and sterols) with Lycopene. This combination offers superior prostate support with antioxidant protection for overall health.

90 Softgels
\$19.98
Item#2253



ZINC CITRATE 50 mg

Immune Enhancement with Zinc Citrate

As the most bio-available form, zinc citrate is readily absorbed for use by the body. Zinc is required for many functions in the body and is especially helpful for immune support. It is the ideal mineral to take when everyone around you is coming down with cold or flu.

180 Tabs **\$6.78**
Item#2075
360 Tabs **\$9.48**
Item#2074



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SISU

Always a Step Ahead

BONUS
SIZE!**B STRESS SELECT** with Rhodiola Stress Concerns?

A superior combination of the most beneficial stress relieving B Vitamin Complex with the active forms of B2 and B6, plus Rhodiola a recognized adaptogen. This combination helps to stimulate energy while it also has a calming and soothing effect on the system, supporting metabolism and nourishing the brain. For stress protection and overall health, try Sisu B-Stress Select.

120 Caps+
30 Caps

\$21.98

Item#5708

BILBERRY 100 mg

Bilberries have long been recognized for their role in eye health. European clinical research has confirmed its effectiveness in the treatment of various eye disorders, including night blindness, cataracts, and retinitis pigmentosa. Bilberry increases blood flow and strengthens capillary walls, making it effective also in the treatment of varicose veins, blood clots, and the general lowering of blood pressure.

60 Caps

\$19.98

Item#5680

**CALCIUM & MAGNESIUM 1:1** with Vitamin D

Sisu has combined Calcium and Magnesium in an easy-to-swallow capsule. The ratio is 1:1, which means it has equal strengths of both Calcium and Magnesium, plus Vitamin D added for easy absorption.

300 Caps

\$16.88

Item#5675

Buy two or more at \$14.98 each.

CINNAMAX 150 mg

Cinnamax supports healthy blood glucose metabolism and helps improve insulin sensitivity. Each vegetarian capsule provides 150mg of a potent 20:1 extract of Cinnamomum cassia equivalent to 3,000mg of cinnamon powder and standardized to 12% polyphenols. The therapeutic dose of just two capsules daily makes it a simple addition to your blood sugar management program.

60 Vegcaps

\$7.98

Item#5622

Buy two or more at \$6.98 each.

25%
MORE!**CO Q10** 100 mg "The vital spark of life"

A must for the maintenance of cardiovascular health. Provides powerful antioxidant support, helps boost energy, slows down age-related diseases, and promotes muscle and heart strength. Convenient dosage of one high potency easy-to-swallow and fast absorbing soft gelatine capsule. No need to take it with food. Naturally sourced from sugar beet.

150 Softgels

\$27.98

Item#5613

ESTER-C® 600mg Capsules

A non-acidic, naturally processed form of Vitamin C.

Research proves Ester-C is up to four times more bio-available. It enters the bloodstream faster and is retained longer than any other Vitamin C. In other words a small amount of Ester-C is superior to a much greater amount of standard Vitamin C.

120+30 Vegcaps

\$17.98

Item#5641

240 Vegcaps

\$27.98

Item#5652

Ask for your \$3-off coupon!

BONUS
SIZE!**GLUCOSAMINE SULFATE (GLS)** 500 mg

GLS stimulates the production of cartilage necessary for joint repair. Double-blind studies have shown GLS to relieve pain and inflammation in joints by helping the body repair the damaged joint. The repair process can take several months so pain relief comes slower than traditional alternatives. However, studies show GLS is superior in relieving pain with no side effects.

360 Caps

\$16.48

Item#5637

MAGNESIUM 250mg

Magnesium helps to maintain proper muscle function and it helps the body to metabolize carbohydrates, fats and proteins. It is essential for hundreds of cellular reactions and the health of every organ. Deficiencies of magnesium may contribute to many conditions including cardiovascular disease, diabetes, muscle pain, weakness and headaches. Many health professionals recommend supplemental magnesium as it plays a crucial role in our physiology, allowing our bodies to function properly.

100 Vegcaps

\$10.98

Item#5650

New Size

250 Vegcaps

\$22.48

Item#5674



OPTIMAL HEALTH MULTI 1 & 2 Two new multi-vitamin/mineral formulas developed jointly by doctors and naturopaths at Sisu and InspireHealth (an integrated cancer care facility) which are based on the latest scientific research. The result is two supplements ideal for those dealing with high levels of stress and chronic diseases.



OPTIMAL HEALTH 1 is a multivitamin and mineral combination to help support the body's healing system every day. It contains optimal levels of the B-vitamin complex and Vitamin A with calcium, magnesium, and zinc.

60 Vegcaps

\$21.58

Item#5757

OPTIMAL HEALTH MULTI 2 is an antioxidant formula to support the body against the effects of stress from internal and external sources every day. It contains the most effective antioxidants including Vitamin E, alpha lipoic acid, coenzyme Q10, Ester-C®, Vitamin C, beta carotene, and selenium.

60 Vegcaps

\$22.58

Item#5758

**RHODIOLA** Stress Caps Panic Attacks? Anxiety?

Clinical trials show that Rhodiola can increase general well being. Rhodiola from Sisu is an incredible, yet safe herb that helps you adapt to whatever stress you may be facing. It helps increase energy, mental clarity, focus and performance, while relieving anxiety and even improving your sex life. Try Sisu Rhodiola Stress caps and reap the dual benefits of improving cognitive performance while calming your emotions.

30 Vegcaps

\$5.68

Item#5655

60 Vegcaps

\$10.98

Item#5661

STRESS RESCUE L-Theanine

Stress has been linked to many health concerns. Sisu Stress Rescue L-Theanine is a natural amino acid that has been found to reduce anxiety, making stressful situations more manageable, improving mental focus and performance without stimulation and promoting relaxation without drowsiness.

Buy two or
more at
\$8.98 ea.125 mg
30 chewable
\$9.98

Item#5718

250 mg
60 Vegcaps
\$28.98

Item#5719

Buy two or
more at
\$26.98 ea.CELEBRATING
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Ask for your \$3-off coupon!

EVENING PRIMROSE OIL 1000 mg

Peak performance for women on the go.

Don't let PMS or menopausal symptoms slow you down. Quest Evening Primrose Oil is rich in essential fatty acids supplying the biological benefits of Linolenic Acid (LA) and Gamma Linolenic acid (GLA) for the maintenance of vital cell activity.

240 Softgels
\$22.48

Item#3105

NIACIN FLUSH-FREE™

All the action with no reaction

Niacin Flush-Free™ is a unique Niacin-Inositol complex delivering 500mg of Niacin and 150mg of Inositol. The Inositol binds up the Niacin, preventing flushing associated with Niacin. If you are having difficulty taking Niacin, try Quest Niacin Flush-Free™.

120 Caps
\$15.98

Item#3011

Ask for your \$3-off coupon!



Ask for your \$3-off coupon!

D-MANNOSE Urinary Infections?

Quest D-Mannose with Cranberry helps to dislodge infection-causing E.coli from the walls of the urinary tract, so the bacteria are rinsed out of the body with normal urination. It is a naturally occurring simple sugar that can help to both prevent and treat recurrent urinary tract infections.

60 Caps
\$18.98

Item#2999



Ask for your \$3-off coupon!

PREMIUM MULTI-CAP

One-a-Day Capsules

Quest Premium Multi-Cap is ideal for everyone, especially those who want to

With Iron 180 Caps
\$22.98

Item#2995

Without Iron 180 Caps
\$23.88

Item#3143



ensure they get a complete multivitamin in a convenient capsule form. It contains 25mg of all the major B vitamins and all the essential minerals.

SUPER STRESS

Mega B Complex plus 1000 mg Vitamin C

Stress affects everyone in one way or another. It can deplete your body of essential nutrients, particularly the water-soluble B-complex and Vitamin C.

Super Stress provides high potency B-complex vitamins plus 1000 mg of Vitamin C, making it the most potent stress formula available!

120 Tabs
\$15.88

Item#3028

Ask for your \$3-off coupon!



Ask for your \$3-off coupon!

RED YEAST RICE Heart Complex

Numerous double blind studies around the world show that Red Rice Yeast extract is clinically proven to reduce "bad" cholesterol levels and even improve the "good" HDL cholesterol. Lower LDL and raise HDL with Quest Red Yeast Rice Heart Complex.

90 Softgels
\$18.98

Item#2996

NATURE'S HARMONY



Ask for your \$3-off coupon!

MODUCARE® Sterinol

Balance your immune system!

Extensive research shows that Moducare Sterinol (a proprietary blend of sterols and sterolins) has been beneficial for those suffering from rheumatoid arthritis, hep C, lupus, fibromyalgia, common allergies, and immune system imbalance. Daily supplementation helps maintain optimal good health.

210 Vegcaps
\$46.98

Item#4168

MODUPROST

For effectively supporting prostate health

ModuProst consists of Harzol, a proprietary blend of plant derived sterols and sterolins, and effective herbs that will support and maintain prostate health. Documented research and clinical trials show that Harzol, saw palmetto, and stinging nettles all have significant prostate health benefits. Harzol, one of the main ingredients in ModuProst, was created in Germany thirty years ago and has been one of the leading products recommended by urologists.



Ask for your \$3-off coupon!

60 Vegcaps
\$14.98

Item#2954



Ask for your \$3-off coupon!

RELORA® 250 mg Stress related overeating?

This natural formula helps to control stress-related symptoms, including irritability, muscle tension, and restlessness, as well as stress-related overeating. Relora appears to help cut carbohydrate cravings when they are due to stress by normalizing hormone levels and producing a less stressful state.

60 Caps
\$14.98

Item#9103

STOMACH EASE Herbal Laxative

Nature's Harmony Stomach Ease is a gentle laxative formula containing senna leaves, cascara sagrada, juniper berries, licorice root, rhubarb root, buchu leaves, gentian root and oil of peppermint bringing safe relief from constipation without irritation.

250 Tabs
\$10.98

Item#5693

Ask for your \$3-off coupon!



Ask for your \$5-off coupon!

RX BALANCE

LIV-TOX Liver Protectant

RxBalance "Live-Tox" stimulates toxin elimination with six carefully chosen herbs, each known for their liver cleansing properties. Liv-Tox supports detoxification cycles (Phase I and II), up-regulates glutathione production and improves Superoxide Dismutase production.

60 Vegcaps
\$15.98

Item#5125



Ask for your \$5-off coupon!

RX BALANCE MAG BISGLYCINATE 200 mg

Allergy-free formula

RX Balance Magnesium Bisglycinate is a high-quality, highly bioavailable, allergen-free magnesium supplement. Supplementation with this product can help with palpitations, muscle cramps, insomnia, nervousness, fatigue, migraines, estrogen-related disorders such as PMS and endometriosis, and much more. Magnesium requirements increase during pregnancy and breast feeding, as well as during stress.

90 Vegcaps
\$16.98

Item#5091

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Preferred Nutrition *your health is our passion*



BONUS SIZE!

ESTROSENSE™ with Indole-3-Carbinol

Balanced hormones are key to reducing the symptoms of menstruation, menopause and hormone related problems. For heavy or painful periods, endometriosis, uterine fibroids, fibrocystic breasts, ovarian cysts, breast health concerns, PMS, bone loss, acne, and hysterectomy prevention, EstroSense may be the answer.

120 Vegcaps
+ 30 Vegcaps

\$49.48

Item#2462

Buy two or more at \$47.98 each



BONUS SIZE!

MENOSENSE™ Menopause Formula

Menopause Formula was carefully formulated to help in the reduction of hot flashes, sleep disturbances, irritability, nervousness, and loss of concentration, as well as night sweats, vaginal atrophy or dryness, leg cramps, and menstrual abnormalities.

180 Vegcaps
+ 60 Vegcaps

\$34.98

Item#2421

Buy two or more at \$33.98 each

MAGSENSE™

Heart & nervous system support

Magnesium is an abundant mineral in the body that is necessary for many organs and tissue functions. MagSense supports the heart and nervous system as well as cellular energy and much more.

Also available in Berry Flavour 200g: Item# 2684



200 g

\$18.98

Item#2459

400 g

\$34.48

Item#2458

THYROSENSE™ Thyroid Formula

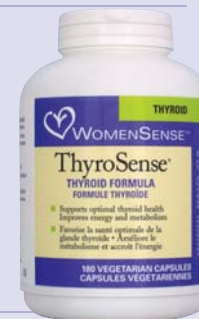
Two in ten women in North America suffer from hypothyroidism as a result of deficiencies in certain hormones. ThyroSense™ supports thyroid health and is formulated to improve conversion of T4 to T3, enhance weight loss, improve energy, support proper hormone balance, and improve sensitivity to temperature.

180 Vegcaps

\$33.48

Item#2467

Buy two or more at \$31.98 each



Formulated by Brad King, lecturer and author of *Beer Belly Blues*.



MACA ENERGY 750 mg Maca Punch

Reduce stress, improve mental clarity and memory, increase stamina, slow biological ageing, improve libido, fight osteoporosis, relieve headaches, support balanced hormones, enhance immune system, and increase energy with Brad King's Ultimate Maca Energy™.

180 Vegcaps

\$26.78

Item#2434

Buy two or more at \$25.48 each



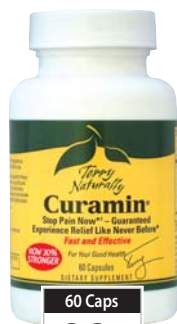
Ultimate MALE ENERGY

If you're a man over 35, you are probably already starting to feel the debilitating effects of lower testosterone and higher estrogen levels. Ultimate Male Energy is designed to restore testosterone to optimal levels. This may increase muscle mass, which sets the stage for a decrease in body fat. May also boost brain function, memory, strengthen bones, lower insulin, and protect the heart.

120 Caps

\$36.98

Item#2389



TERRY NATURALLY CURAMIN

Stop pain Now – Experience relief like never before! Curamin enhances the body's natural defense mechanisms for the relief of inflammation and pain. The all natural ingredients in this formula include Curcumin and Boswellia as well as other powerful and natural anti inflammatory products. When pain is a problem, Curamin® is the answer.

60 Caps

\$29.98

Item#7572



NEW!

RE-BODY SAFSLIM

Belly fat transformation

A revolutionary breakthrough in targeted belly fat science. SafSlim, is the first-ever solution to target the root causes of unsightly and health-threatening omentum fat – the fat that accumulates in the belly region. Emulsified and “body-ready” for maximum absorption, SafSlim is whipped into a delicious creamy texture that's fun to take and is the most effective way to transform your belly and ab flab . . . naturally.

450 g

\$32.98

Berry Cream: Item#5870 • Tangerine Cream: Item#5871



RED REISHI Extra Strength

Purica Mushrooms . . . simply the best!

For enhancement of memory, energy and stamina as well as alleviation of stress and insomnia. Certified organic, quality-assured, nano-technology mushroom cultivated in the lab using only organic plant materials for the fuel source. Tested to contain five times higher levels of active compounds than wild strains.

120 Vegan Caps

\$41.98

Item#2615



700 ml for the price of 500

FLORADIX FORMULA

Herbal Iron Extract

Energize with

FLORADIX FORMULA Iron Tonic

A delicious, all natural liquid formula containing herb extracts, fruit concentrates, honey, and a specially prepared iron-enriched compound. It contains vitamins and minerals to ensure proper absorption of the iron.

500+200ml

\$36.88

Item#4409

Non-constipating and easily digested. Ideal during pregnancy, for growing children, athletes, body builders, and runners.



FLOR-ESSENCE

Keeping Hope Alive.

Flor-Essence is a superior traditional formula of eight herbs which work synergistically to cleanse, stimulate, and strengthen the whole body. Flor-Essence has remarkable healing properties and exerts a gentle but highly effective influence on the entire body, gathering and flushing out accumulated toxins, allowing for cellular renewal that promotes wellness and rejuvenation.

500 ml

\$24.98

Item#4445

Buy two or more at \$22.98 each



BONUS SIZE!

ST. JOHN'S WORT

Oil Extract 430 mg

Nature's Soothing Flower

St. John's Wort is recommended for people wishing to reduce their stress level. It supports healthy nervous system functioning and promotes calmness and relaxation. New research shows that this herb also contains naturally high levels of melatonin and can be used for treating insomnia and jet lag. Available in easy-to-swallow gel caps.

180+40 Caps

\$29.98

Item#4410

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WEBSITE SHOPPING:

www.CanadianVitaminShop.com





NEW!

INNO-Q-NOL CARNITINE™

Inno-Vite™

Carnitine is a substance that helps the body burn fat into energy. It also reduces symptoms of angina, heart failure and peripheral vascular disease.

Inno-Vite's Inno-Q-Nol Carnitine contains CoQ10 as ubiquinol – guaranteed to be stable due to Inno-Vite's exclusive patent license – and is highly absorbable.

60 Softgels
\$24.98

Item#5511



NATURE'S GATE

NATURAL TOOTHPASTE

Nature's Gate has formulated a natural toothpaste that includes an abundance of Free Calcium, a natural strengthening component of your teeth. Derived from Extracts of Carrots and Calcium Ascorbate, this combination of Vitamin C and Baking Soda acts as a gentle abrasive to help clean and whiten your teeth naturally, while helping to remove dental plaque that can cause the formation of tartar.

Creme de Peppermint: Item# 5360 • Creme de Anise: Item# 6136 • Creme de Mint: Item# 5361

170 g
\$4.48



NEW!

Raw Hemp SMOOTHIE

Soy free • Dairy free • Wheat gluten free

An all-natural, whole-food super smoothie. Simplistically rich in fiber, proteins, whole grain, and super foods including organic spirulina and probiotics. For better blood sugar balance, try Raw Hemp Smoothie, the only hemp-protein super-smoothie that provides a full third of your daily fiber needs. Choose from two delicious flavors: Natural Super Berry and Natural Chocolate.

Berry Burst: #4256 • Natural Chocolate: #4257

300 g
\$15.98

STRAUSS HEART DROPS 100% Natural Herbal Remedy

High blood pressure? Cholesterol? Plugged arteries? Angina attacks?

Jim Strauss suffered a heart attack 20 years ago. Being a seventh generation herbalist, he decided to "treat himself" and thus developed Strauss Heart Drops. He successfully reversed all of his many heart conditions and has helped hundreds of people with various heart related problems ever since.

50 ml	100 ml	250 ml
\$32.98	\$63.98	\$121.98
Item#1750	Item#1751	Item#1798



HYALURONIC ACID 120mg

AOR Hyaluronic Acid forms a thick gel that helps lubricate, nourish, and protect cartilage by reducing friction between the surfaces while facilitating movement of the joints. Studies demonstrate hyaluronic acid greatly reduces pain and improves

function in osteoarthritis while the anti-inflammatory activity, through its effect on nitric oxide, helps in rheumatoid arthritis.

60 Vegcaps
\$32.98
Item#7762



ASTAXANTHIN ULTRA 4mg

Astaxanthin is a unique carotenoid found in abundance in marine algae. It offers exceptional protection against free radicals, is more effective than Vitamin E, and more potent than beta-carotene. Studies have shown astaxanthin to be effective for ocular (eye health), gastrointestinal and cardiovascular health.

60+18 Softgels
\$28.98
Item#7797



NEW!

NAC (N-Acetylcysteine) 1000 mg

Enerex NAC 1000 (N-Acetylcysteine) is an advanced antioxidant that boosts Glutathione levels. Glutathione acts to convert heavy metals and toxins into neutral water soluble compounds that can easily be excreted from the body. It is widely accepted that the heavy metal toxins we are exposed to in our daily lives are directly linked to Alzheimer's Disease.

90 Caplets
\$23.78
Item#5497

Ask for your \$2-off coupon.

MEMORIA contains a brain-boosting compound of complementary nutrients and botanicals providing natural co-factors to improve brain performance, attention, and memory. It has been found that many cognitive issues stem from not getting the right nutrients, often compounded by poor lifestyle choices. Memoria helps to enhance cognitive function and memory, increase peripheral circulation and is a source of antioxidants.

120 Caps
\$25.58
Item#5496



SHRINK-WRAP SPECIAL!
While quantities last

CLEANSESMART

The advanced cleanse system
An advanced 30-day cleansing and detoxification program. Stimulates the body's seven channels of elimination but is 4-5 times stronger than First Cleanse and more effective at eliminating constipation and improving bowel function.

30-day kit plus
60 caps
FibreSmart
While quantities last
\$26.98
Item#6898



NEW!

DIETSTART

DietSTART is a 14 day, 2 part kit that will release stored fat from the body's fat cells for energy and balance blood sugar levels, which can help control appetite. It helps the body eliminate toxins and increase lean muscle mass. This unique weight loss formula contains scientifically proven ingredients and is completely stimulant free.

14-Day Kit
\$23.98
Item#2640



RENEW LIFE

SIMPLY TRIM

Simply Trim is the product to use as a follow up to DietStart. It will burn fat, increase lean muscle mass, and balance blood sugar in just two capsules per day. Safe and effective, Simply Trim can be taken until you reach your weight loss goal!

60 Caps
\$27.58
Item#2645

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www.CanadianVitaminShop.com



**abs+**

abs+ was specifically formulated to address abdominal fat. The standardized green tea in abs+ works along with CLA (conjugated linoleic acid) to safely enhance your metabolic rate, further increasing the use of fat as an energy source (instead of muscle) and decreasing the fat cell size.

180 Softgels
\$50.98
Item#1342

**vegan proteins+****Instant Smoothie a day**

Vegan proteins+ instant smoothie is a creamy, great tasting protein treat that's 100% vegan. The rich, natural, vanilla flavour with a splash of strawberry provides 20g of complete protein with a balance of all essential amino acids as well as vitamins, minerals, and antioxidants PLUS 1,000 IU of Vitamin D – all at only 120 calories per serving!

275 g
\$22.98
Item#6092

**go4trim weight loss support**

Feel full. Burn fat. Avoid cravings.
Curb emotional overeating.

"go4trim offers a unique blend of natural ingredients to control hunger, burn fat, break cravings and boost metabolism." –Dr. Joey Shulman (DC, registered nutritionist). Simply take go4trim regularly before each meal for safe, healthy and natural weight loss.

126 Caps
\$43.48
Item#6247

STICK FLAVOURS: 21 x 2.8g Sticks
Natural Pink Grapefruit: Item#6246
Apple Pear: Item#6253
\$24.98

NEW!

**nutrilean+**

A healthy spin on meal replacement!

nutrilean+ meal replacement provides all the necessary protein, carbs, healthy fat, calories, vitamins and minerals you need in a healthy meal. Simply mix with water and go! Nutritious and delicious with no artificial sweeteners, colours, flavours or added sugar. This amazing product can help you reach and maintain your desired weight with ease.

Large-Size Powder
\$44.98

Vanilla 944g: Item#6084 • Chocolate 958g: Item#6087



NEW!

fast arthritis relief+

Relief in 7 days

Take fast arthritis relief+ daily to prevent and treat joint pain while providing cartilage building and anti-inflammatory benefits,

naturally. Significantly reduces joint pain and increases range of motion.

60 Caps
\$35.98
Item#6251

120 Caps
\$67.78
Item#6252



NEW!

fast back care+

Natural relief in two hours

fast back care+ provides clinical strength relief of back pain without drowsiness or side effects. All-natural ingredients provide pain

relief, improving flexibility and preventing future flare ups.

90 Caps
\$38.98
Item#6249

180 Caps
\$67.78
Item#6250



NEW!

fast joint care+

Joint Pain? Stiffness?

New, research-proven fast joint care+ works in seven to ten days, safely and naturally. Derived from NEM (natural eggshell membrane), fast joint care+ may provide effective pain relief, increased mobility and joint function, and long-term repair. Safe and free of negative side effects. High quality and environmentally friendly. One day is all you need!

60 Caps
\$58.98
Item#6151

natural
Factors

BONUS SIZES!

HI-POTENCY B Complex

Hi-Potency B complex is a balanced high potency Vitamin B formula containing 50 mg of all the B factors. The potency of this formula enables you to fulfill your daily needs by taking one easy-to-swallow capsule per day.

Item#2008

180 Caps
+ 30 Caps
\$17.98

**MIXED E 400 IU**

Vitamin E has been studied for over forty years, and clinical research has found that it is important for cardiovascular health and is a powerful antioxidant that protects against damage caused by free radicals. Vitamin E also boosts the immune system and improves brain function.

Item#2295

180 + 60
Softgels
\$13.98



BONUS SIZE!

CELADRIN® Get a grip on arthritis.

Celadrin is a patented blend of special fatty acids that are stable in oxygen, making it a most effective natural anti-inflammatory to treat arthritis and other inflammatory disorders. Research reported in the prestigious Journal of Rheumatology, shows remarkable benefits of reduced pain and swelling, increased movement and reduction of inflammatory factors when using Celadrin.

Item#2076

90 Softgels
+ 30 Softgels
\$14.78



SHRINK-
WRAP
SPECIAL!
While quantities last

MELATONIN 3 mg Sweet dreams!

Helps increase the total sleep time (aspect of sleep quality) in people suffering from sleep restriction or altered sleep schedule (e.g. shift work and jet lag). Helps relieve the day time fatigue associated with jet lag. Helps reduce the time it takes to fall asleep and helps re-set the body's sleep-wake cycle. Sublingual tablets – peppermint flavour.

90 Sublingual Tabs
\$6.98
Item#2218

90+90 Sub. Tabs
\$11.98
Item#2242



BONUS SIZE!

MSM JOINT FORMULA

A safe, effective, natural way to ease joint pain

A combination of Glucosamine Sulfate, a natural anti-inflammatory agent known to protect and rebuild cartilage tissue, Chondroitin Sulfate, used extensively to inhibit enzyme breakdown of cartilage tissue and joints, and MSM, a well-recognized, natural anti-inflammatory healing agent.

Combined, these natural healers work synergistically to provide pain relief from damaged connective tissue, and have powerful healing and maintenance properties that help restore joint and cartilage health – in an easy-to-swallow capsule.

180 Caps+
60 Caps
\$19.98
Item#3132

**WILD PACIFIC SALMON OIL 1300 mg**

For Your Heart! Be good to your heart. Try Natural Factors Wild Pacific Salmon Oil, derived from fresh, wild salmon, free of hormones and antibiotics. Studies show numerous health benefits for the cardiovascular system, rheumatoid arthritis, inflammation, skin disorders and much more.

180 Softgels+
30 Softgels
\$12.48
Item#1279



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HEALTHY
SOLUTIONS!



WEBSITE
SHOPPING:

www.CanadianVitaminShop.com

