

Prices in effect:  
March 1-31, 2024



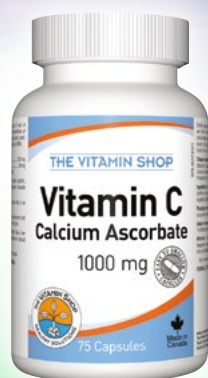
# THE VITAMIN SHOP<sup>®</sup>

CanadianVitaminShop.com™, the online division of

**Healthy Solutions Since 1984!**

1212 Broad St.  
(between Yates St.  
and The Bay Centre),  
Victoria, BC, V8W 2A5  
Phone 250-386-1212

**COMPLETE SELECTION AND LOW PRICES ON BRAND-NAME SUPPLEMENTS**

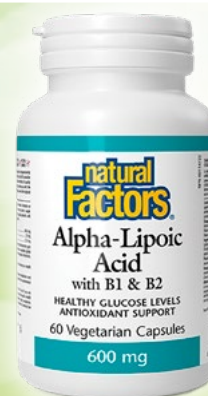


## THE VITAMIN SHOP

### VITAMIN C Calcium Ascorbate 1000mg

- powerful infection-fighting properties
- vitamin C is crucial for the formation of collagen, important for wound repair, gums, bones and teeth
- buffered with calcium and recommended for individuals who experience gastrointestinal discomfort with vitamin supplements
- can be taken therapeutically at higher daily doses without gastrointestinal side effects
- calcium ascorbate replenishes the calcium excreted in urine due to the chelating properties of vitamin C

75 Caps  
**\$4.48**  
Item#86643



### NATURAL FACTORS ALPHA-LIPOIC ACID with B1 & B2 600mg

- the "universal antioxidant"
- supports energy production and tissue formation
- a highly stable DL form of ALA
- with thiamine (B1) and riboflavin (B2)
- non-GMO • suitable for vegetarians

60 Vegcaps  
Item#2158

**\$3 coupon will be applied**



### SISU

#### B CALM with Rhodiola

- B-complex supplementation to help you deal with prolonged stress
- with rhodiola, an adaptogen that helps the body normalize during times of chemical imbalance and provides energy to help cope with physical stressors

120 Vegcaps  
Item#5712

**\$3 coupon will be applied**



### ENHANCED SERRAPEPTASE 120,000 SU

Serrapeptase is clinically proven to support pain and inflammation. This delayed release veggie capsule is easy to swallow, allowing for easy absorption. Containing 60mg of serrapeptase, this formula is to be taken when experiencing pain, inability to smell from ear or throat infections, or to assist inflammation. Now available with added turmeric phytosome, bromelain, boswellia and bio perine.

**BONUS SIZE**  
60+15 Vegcaps  
**\$38.98**  
Item#6134



### CURCUMIN Extra Strength

- rapid relief of inflammation and joint pain
- 30% BDMC compared to the 1% found in regular curcumin extract
- more stable and bioavailable

**BONUS SIZE**  
60+12 Vcaps  
Item#2720

**\$3 coupon will be applied**



### CANDIDA STOP

- helps your body cope with a candida overgrowth
- returns microbial populations to nominal levels
- for women, candida can cause vaginal burning, erratic periods and inconsistent flow
- candida can cause sugar cravings, bleeding gums and other symptoms

180 Vegcaps  
Item#6036

**\$2 coupon will be applied**



**CanadianVitaminShop.com™**

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



**Free Delivery**  
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minimum \$70 order  
within radius.



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anywhere in Canada  
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**STORE HOURS:** Mon-Fri: 9am-5:30pm • Saturday: 9:30am-5:30pm • Sunday: 11am-5pm







**NATURAL FACTORS**  
**QUERCETIN**  
**LipoMiel 250mg**

- ten times higher absorption than standard forms of quercetin
- a bioflavonoid found in certain fruits, vegetables, herbs and grains
- to protect blood vessels, provide antioxidants and support immunity
- can aid seasonal allergies

**\$2 coupon will be applied**

60 Softgels Item#2000 120 Softgels Item#2036



**NATURAL FACTORS**  
**GLUTATHIONE 300mg**  
**LipoMiel Matrix**

- delivers the antioxidant glutathione to protect your body from the oxidative damage caused by free radicals
- considered an "anti-ager"
- LipoMiel technology allows higher absorption
- clinically effective dose

**\$2 coupon will be applied**

60 Softgels Item#2106 90 Softgels Item#2214



**NATURAL FACTORS**  
**Big Friends Liquid ECHINACEA**  
**Alcohol-Free • Natural Berry**

- helps relieve symptoms of upper respiratory tract infections for anyone over age five
- take at the first sign of cold symptoms
- uses both flower and the therapeutic root
- clinically proven

50 ml  
**\$10.98**

Item#2373



**NATURAL FACTORS**  
**GABA 100mg**

- use when you're stressed or overwhelmed
- can improve sleep quality
- natural calming and anti-epileptic agent in the brain
- one of the brain's most important regulators of neurotransmission
- can counteract the effects of caffeine

120 Chews  
**\$33.98**  
Item#2371



**NATURAL FACTORS**  
**MAGNESIUM Pure Bisglycinate**

- healthy and modern diets can lack magnesium
- excess dietary calcium and medications can lessen absorption of magnesium
- this product does not require stomach acid for absorption and does not cause diarrhea

145 g Item#2308 290 g Item#2372

**\$3 coupon will be applied**

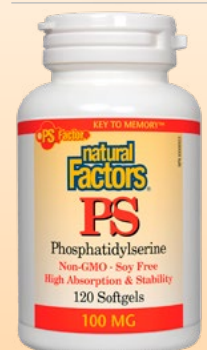


**NATURAL FACTORS**  
**WOMEN'S MULTI Vitamins & Minerals**

- formulated for busy moms
- added phytonutrients plus calcium, magnesium, iron, iodine, zinc, BerryRich, green tea extract, indole-3 carbinol, lutein, rhodiola, CoQ10, cranberry & inositol
- with betaine hydrochloride and digestive enzymes to aid digestion

60 Vegcaps Item#2359

**\$3 coupon will be applied**



**NATURAL FACTORS**  
**PS Phosphatidylserine 100mg**

- a fat that plays an integral role in cell membrane function
- our production of PS decreases as we age, which can lead to cognitive decline
- can reduce stress

120 Softgels  
**\$61.78**  
Item#1290



**NATURAL FACTORS**  
**Iodine from KELP**

- kelp is a natural source of important minerals, particularly iodine, potassium, calcium and magnesium
- iodine is essential for proper thyroid gland function and thyroid production
- harvested from kelp beds in the cool waters of the North Atlantic Ocean where the aquatic environment is pure and clean

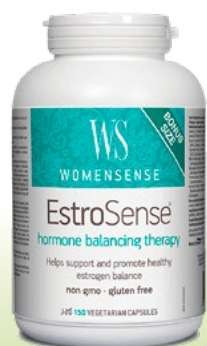
180 Tabs  
**\$9.98**  
Item#1267



**NATURAL FACTORS**  
**CHEWABLE GINGER 500mg**

- to help relieve nausea or vomiting due to motion and/or seasickness
- highly concentrated ginger extract
- supports digestive health
- an expectorant and antitussive to help relieve symptoms of bronchitis, coughs and colds

90 Chews  
**\$11.48**  
Item#2385



**WOMENSENSE ESTROSENSE**

- to reduce symptoms of menstruation and menopause
- naturally maintain healthy breast, endometrium & uterine estrogen balance
- protect against bone loss
- promotes liver detoxification & excretion of harmful estrogens

**BONUS SIZE**  
**120+30 Vcaps**  
Item#2462

**\$2 coupon will be applied**

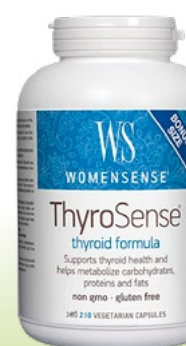


**WOMENSENSE**  
**MENOSENSE**

- naturally balances estrogen levels to reduce discomfort of menopause without the side-effects associated with hormone replacement therapy
- recommended for treatment of hot flashes, night sweats and more

**BONUS SIZE**  
**180+30 Vcaps**  
Item#2421

**\$2 coupon will be applied**



**WOMENSENSE THYROSENSE**

- proven natural nutrients that can help enhance thyroid gland function
- to help metabolize carbohydrates, proteins & fats
- does not replace prescription thyroid medication but can help deal with the symptoms

**BONUS SIZE**  
**180+30 Vcaps**  
Item#2453

**\$2 coupon will be applied**



**SISU**  
**STRESS RESCUE L-Theanine 250mg**

- a natural amino acid that can reduce anxiety, make stress more manageable
- can improve mental focus and performance without stimulation
- promotes relaxation without drowsiness

60 Vegcaps Item#5719

**\$2 coupon will be applied**



**SISU**  
**NO. 7 Joint Complex**

- works differently than glucosamine & chondroitin by targeting pathways that balance joint enzymes that may break down cartilage & impact your joints' natural cushioning
- proven to increase flexibility

90 Vegcaps Item#8773

**\$2 coupon will be applied**



**SISU**  
**LIQUID MELATONIN 10mg**

- a naturally-occurring hormone that regulates the sleep/wake cycle
- melatonin production tends to slow as we age, making sleep more difficult
- melatonin has been reported to make people feel better

59 ml Item#5472

**\$2 coupon will be applied**





**CANPREV  
VITAMIN D3 2500 IU**

- D3 is known as the 'sunshine' vitamin
- the most natural form of vitamin D
- superior absorption
- when combined with sufficient calcium, a healthy diet and regular exercise, D3 may reduce risk of developing osteoporosis in people with vitamin D deficiency

**\$3 coupon will be applied**

120 Softgels Item#4716  
240 Softgels Item#4715



**CANPREV  
D3 DROPS 2500 IU**

- the most natural form of vitamin D
- superior absorption
- when combined with sufficient calcium, a healthy diet & exercise, D3 may reduce risk of developing osteoporosis in people with vitamin D deficiency
- one drop contains a daily dose of 2500IU D3 in a base of medium chain triglycerides for enhanced absorption

**\$3 coupon will be applied**

15 ml Item#7135

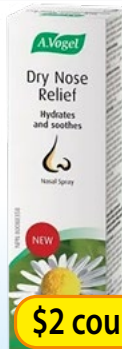


**NORTH COAST NATURALS  
Organic RAW HEMP PROTEIN**

- from certified organic hemp seeds
- 100% vegan
- a complete protein, containing all nine essential amino acids
- rich in magnesium & potassium
- sodium and cholesterol free

840g Powder Item#4216

**\$2 coupon will be applied**



**A. VOGEL  
DRY NOSE RELIEF**

- to relieve itching, runny or stuffy nose, sneezing and mucus buildup
- Fast-acting
- long-lasting hydration
- softens mucus crust to facilitate removal
- antibacterial properties help create a protective barrier against cold and flu viruses
- soothes and helps relieve inflammation

**\$2 coupon will be applied**

15 ml Item#9889



**FLORA  
GINKGO BILOBA**

- helps boost blood flow to the brain, delivering important nutrients to brain cells
- can help memory reaction response and ability to concentrate
- a powerful antioxidant and natural blood thinner

**\$3 coupon will be applied**

60 Vegcaps Item#4556



**NAKA  
Pro BioMax**

- bio-active vitamin B complex containing the most bioavailable forms of these essential vitamins
- can aid stress, provide energy and improve cognitive function
- with ashwagandha, rhodiola and Panax ginseng

**BONUS SIZE**  
120+30 Vegcaps  
**\$40.58**

Item#1171



**PROGRESSIVE  
Vegessential ALL-IN-ONE**

- the benefit of a cupboard full of supplements in a single smoothie
- simple all-in-one formula
- provides unmatched nutritional density convenience

840 g  
**\$50.48**

Vanilla: #6144  
Chocolate: #6143



**QUEST  
Chewable CAL-MAG plus Vitamin D  
Natural Spearmint Flavour**

- for those who have difficulty swallowing capsules or pills
- delicious spearmint chewable wafer
- for the development of bones and teeth, especially in women who are prone to osteoporosis
- 2:1 combination of calcium & magnesium with vitamin D for enhanced bio-availability

90 Chews  
**\$16.78**  
Item#2991



**PRAIRIE NATURALS  
HAIR FORCE**

- vitamins, amino acids & minerals to stimulate hair growth & create thicker, more manageable hair
- helps reverse brittling effects of harsh sunlight & exposure to colouring & perms

**BONUS SIZE**  
180+30 Softgels  
**\$54.48**

Item#9452



**NEW ROOTS HERBAL  
PURGE PARASITIS**

- to help prevent infections when travelling to exotic lands, eating undercooked meats, contaminated fruits and vegetables or around animals harbouring parasites
- can help those with weak immune systems or who are on immune suppressive drugs

**\$2 coupon will be applied**

90 Caps Item#2710



**PLATINUM  
EasyMulti SUPER 45+**

- ensures you get all the vitamins and nutrients needed for optimal health and immune system support in a world of over-processed foods, poor dietary habits and stress
- gender-specific formulas for women and men 45+

**\$3 coupon will be applied**

Women 120 Softgels Item#8282  
Men 120 Softgels Item#8283



**ENEREX PRO BIOTIKA + NAG**

- human-strain probiotics plus NAG to help restore intestinal microflora & gut
- one billion CFU of 3 beneficial potent probiotic bacteria plus 300mg NAG
- with prebiotic FOS – beneficial for inflammatory bowel conditions and compromised GI tracts
- viable at room temperature

**\$2 coupon will be applied**

Biotika+NAG 90 DRcaps Item#5568  
Biotika 90 DRcaps Item#5555



**PURE LAB VITAMINS  
BIOACTIVE B Complex**

- balanced B vitamins in their active forms
- to help metabolize carbohydrates, proteins and fats
- B vitamins have many functions in the body
- stressful lives exhaust B vitamins more
- slow-release formula
- bioavailable, co-enzyme form

60 Vegcaps  
**\$25.48**

Item#4312



**CHROMADEX TRU Niagen**

- maintains NAD levels – an important resource in all living cells – we use it every day for things like breathing, eating, sleeping & drinking
- NAD can decline 50% between ages 40–60
- supplementing with Tru Niagen maintains blood NAD+ levels

90 Vegcaps Item#9426

**\$5 coupon will be applied**



**JOY OF THE MOUNTAINS  
OIL OF OREGANO**

- ideal for naturally fighting and relieving bacterial, fungal, viral and parasitic invasions
- natural pain reliever for wounds, bug bites & stings
- use internally, topically, or as an inhalant for sinus and bronchial problems

**\$5 coupon will be applied**

90 Vegcaps Item#1927





60 Vegcaps  
Item#2156

### BIOACTIVE QUERCETIN EMIQ 50mg

- clinically proven to alleviate and control allergy symptoms
- highly bioavailable with 40X greater absorption than regular quercetin
- EMIQ may offer benefits for people suffering from oxidative stress such as high blood pressure



90 Tabs  
Item#1328

### LUNG, BRONCHIAL & SINUS HEALTH

**Emphysema? Asthma? Pneumonia? Allergies?**

- all-natural expectorant
- helps relieve chest congestion and dry, irritating coughs
- helps oxygen saturation in lungs
- synergistic with NAC and bromelain

# \$2.00 OFF

these  
allergy-relief  
products  
from

# natural Factors®



### AOR MAG MALATE RENEW 100mg

- magnesium malate
- malic acid is a key to energy production in muscles via the TCA cycle
- magnesium stabilizes ATP
- research supports their use in reducing the symptoms of fibromyalgia

240 Vegcaps Item#7662

**\$3 coupon will be applied**



### CANPREV D3 & K2

- supports bones and teeth
- an activator of osteocalcin, the protein essential for calcium deposition in bone
- K2 works with D3 to influence mineral strength in bones & teeth
- non-soy

240 Softgels Item#4703

**\$3 coupon will be applied**



### SALUS CALCIUM MAGNESIUM Liquid Tonic

- with zinc and vitamin D
- for strong bones, teeth, healthy gums and cardiovascular system
- without magnesium, calcium can harden arteries or create kidney stones
- optimal bio-availability
- contains fruit juices for proper acid balance needed for absorption

500 ml Item#4443

**\$3 coupon will be applied**



### AOR NMN-250

- NMN can enhance energy metabolism, suppress age-associated weight gain, improve insulin sensitivity, improve eye function, improve mitochondrial metabolism and prevent age-linked changes in gene expression
- NAD+ precursor
- NAD+ declines with age

30 Caps Item#7887

**\$3 coupon will be applied**



### GENUINE HEALTH OMEGA3

- omega-3 fatty acids are integral to health and well being
- omega-3 from wild fish oils provide the best source of EPA and DHA
- strictly tested to ensure purity and safety
- no fishy taste, repeat or odour

120 Softgels Item#6174 240 Softgels Item#6181

**\$2 coupon will be applied**



### HEALTHOLOGY GO-LAX Bowel Formula

- a gentle, effective solution for occasional constipation
- hydrates and softens the stool, promotes peristalsis, soothes gut lining and improves the microbiome
- does not contain purgative herbs like senna & cascara sagrada which can cause cramping, pain and laxative dependence

60 Vegcaps Item#5012 120 Vegcaps Item#5010

**\$3 coupon will be applied**