



THE VITAMIN SHOP

Prices in effect from Jan. 3-27, 2014



CANADA'S PREMIER NUTRITIONAL SUPPLEMENT DISPENSARY

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

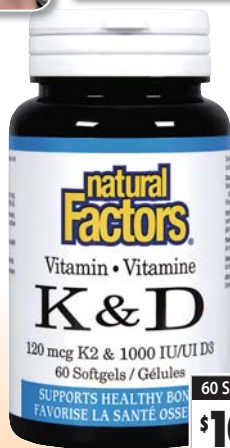
COMPLETE SELECTION AND LOW PRICES ON BRAND-NAME SUPPLEMENTS!

**CELEBRATING
29 YEARS OF
HEALTHY
SOLUTIONS**



MEET & GREET with **Dr. Kate Rheume-Bleue ND**: Fri. Jan 24: 1-3pm.

MEET & GREET with **Dr. Jen Dyck**: Mon. Jan 27: 12:30-2:30pm.



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.

60 Softgels

\$10.98

Item# 2166

120 Softgels

\$19.88

Item# 2168



MEET & GREET with **Dr. Frank Silva ND**: Mon. Jan 27: 11am-1pm.



SISU

Always A Step Ahead

NEW!

Today's fresh, sustainable catch-

Wild Alaskan Salmon FULL SPECTRUM OMEGA 1200mg

Sourced from the pristine, cold waters of Alaska, SISU Full Spectrum™ Omega Wild Alaskan Salmon Oil provides whole, high-potency fatty acids in ratios that reflect those found in wild salmon for increased bioavailability, as well as vitamin D and astaxanthin. Guaranteed free of environmental toxins and certified for environmentally-responsible sourcing and production.

90 Softgels

\$15.98

Item# 5771

180 Softgels

\$29.98

Item# 5772



MEET & GREET with author **W. Gifford-Jones MD**: Mon. Jan 27: 12-3pm.

Preferred Nutrition

W. Gifford-Jones MD MEDI-C PLUS Vitamin C and L-Lysine Formula

Medi-C Plus was developed and researched by Dr. Sydney Bush. Research shows that Medi-C Plus produces healthy collagen, dissolves cholesterol deposits, reduces the risk of cardiovascular disease, increases blood flow to coronary arteries, and prevents formation of free radicals.



Item# 6468

Berry Flavour
300 g

\$22.48



MEET & GREET with **Lisa Kilgour RHN**: Fri. Jan 24: 12-3pm.

GENUINE HEALTH IS POSSIBLE

Supercharged
nourishment is possible!

greens+ whole body total body support

A complete fermented superfood, greens+ whole body nutrition goes beyond what an all-in-one does, providing all your daily nourishment in one, complete, convenient, and 100% vegan, gluten-free, soy-free, and GMO-free product.

NEW!

Made with non-GMO ingredients.



Regular Size

\$59.98

PLAIN 487g; #3920 • ACAI/MANGO 517g; #3921

While quantities last.

CERTIFIED PRODUCT ADVISORS on staff.

We reserve the right to limit quantities.



FREE DELIVERY
Monday to Friday
with minimum \$50 order
within radius.

HOME SHOPPING
250-386-1212
FAX: 250-386-1299

Enter to win
great prizes!

MAIL ORDER
Free shipping with
minimum \$70 order
Anywhere in Canada.

OUT OF TOWN CUSTOMERS
CALL TOLL FREE
1-888-386-1211
FAX TOLL FREE
1-877-386-1211



Store Hours: **Mon. thru Fri.:** 9:00 a.m.-6:00 p.m. • **Sat.:** 9:30 a.m.-5:30 p.m. • **Sun.:** 11:00 a.m.-5:00 p.m. • Closed on Statutory Holidays.

Mail Order Hours: **Mon. thru Fri.:** 9:00 a.m.-5:00 p.m. • **Sat.:** 9:30 a.m.-5:30 p.m.



WEBSITE SHOPPING: www.CanadianVitaminShop.com



natural Factors®

IN-STORE DEMOS

with **Jean Robertson:**

Fri & Sat, Jan 3 & 4 from 12–3pm

and with **Betsy:** Wed. Jan 22

from 12–3pm.

ACIDOPHILUS & BIFIDUS

Gas? Bloating? Post-antibiotic therapy?

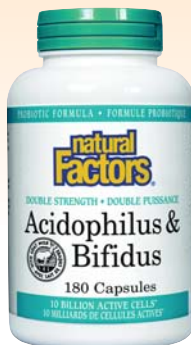
Vaginal yeast infections? Constipation?

Many health problems originate in the digestive tract and current research suggests that probiotics are excellent for optimal digestive health. Natural Factors Double Strength Acidophilus is a blend of ten billion active cells of lactic bacteria in a base of powdered goat's milk, including 80% rhamnosus, 10% L. Acidophilus, and 10% B. Bifidum – an excellent source of friendly bacteria for optimal health.

180 Caps

\$14.98

Item#2116



COENZYME Q10 200mg

Live a longer, healthier, more youthful life by ensuring your body receives and maintains optimal levels of this "spark plug" for all human cells. Coenzyme Q10 "ignites" the oxygen in the cell, turning it into energy. The heart, in particular, requires huge reserves of this important nutrient to perform its huge workload.

120 + 20 Free Softgels
\$31.98

Item#1326

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

\$1.98

Item#2050



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.

180 Caps
+ 30 Caps

\$16.98

Item#2008

CurcuminRich Double-Strength THERACURMIN 600mg

"It is the most bioavailable, number one form of Curcumin" – Dr. Michael Murray

- Potent anti-inflammatory effects
- Helps protect against diseases such as Alzheimer's
- Reduces risk of chronic degenerative diseases
- Absorption rate over 300 times greater than regular curcumin preparations

60 Vegcaps

\$32.98

Item#2056



B12 METHYLCOBALAMIN 1000 mcg

Studies show that sublingual B12 can reduce homocysteine levels, reducing the risk factor for heart disease, stroke, arthritis, diabetes, and renal failure. Taking Methylcobalamin helps 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.

90 Sublingual Tabs

\$5.98

Item#2010

BONUS SIZE

210 Subling. Tabs

\$11.58

Item#6435



CHROMIUM PICOLINATE 500mcg

Natural Factors Chromium Picolinate enhances the action of insulin, metabolizes glucose, and helps maintain healthy blood sugar levels. As most North Americans are at risk of chromium deficiency, supplementing with easily absorbed chromium picolinate ensures adequate levels of chromium, maintains healthy blood sugar balance, and reduces food cravings.

90 Tabs

\$7.48

Item#1242



L-CARNOSINE

Free Form 500mg

- Promotes youthful cellular function
- Prevents cellular damage and waste build-up
- May extend cellular healthspan and lifespan
- Shown to benefit brain and heart health

60 Vegcaps

\$15.98

Item#2067



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.

180 + 60 Softgels

\$16.98

Item#2295



WEBSITE SHOPPING:

www.CanadianVitaminShop.com





ULTRA PRIM 1000mg

Ultra Prim is the highest quality Evening Primrose Oil product on the market today. Its purity is unequalled. Evening Primrose Oil is one of the few oils that contains abundant amounts of gamma Linolenic acid (GLA), required to form important prostaglandin hormones, particularly PGE1, that controls reproductive hormones, cardiovascular health, breast pain, skin disorders and nerve function.

180 Softgels
\$22.68
 Item#2114



MSM JOINT FORMULA

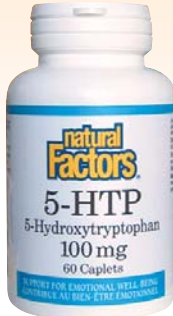
A safe, effective, natural way to ease joint pain. A combination of Glucosamine Sulfate, a natural anti-inflammatory agent known to protect and rebuild cartilage tissue, Chondroitin Sulfate, used extensively to inhibit enzyme breakdown of cartilage tissue and joints, and MSM, a well-recognized, natural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

BONUS SIZE!
 BONUS SIZE - FORMAT BONUS
180 Caps + 60 Caps
\$17.98
 Item#3132

5-HTP 100 mg

An exciting natural formula designed to help improve mood and promote better sleep

Clinical studies show that the nutrient 5-HTP (5-hydroxytryptophan) helps increase your levels of serotonin, the brain chemical involved with keeping you on a steady course, relaxed and calm. Adequate serotonin levels also help you sleep more soundly and may help reduce your cravings for carbohydrates.



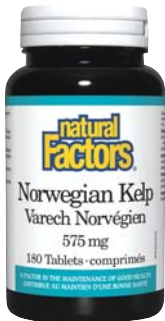
60 Caplets **\$15.68**
 120 Caplets **\$28.98**
 Item#2000 Item#2182

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
\$26.98
 Item#1262



NORWEGIAN KELP 575 mg

Thyroid Support

Kelp (Fucus vesiculosus) is a sea vegetable that is a concentrated source of important minerals, particularly iodine, potassium, calcium and magnesium as well as many trace minerals. Kelp is a good source of iodine, essential for proper thyroid function that helps to regulate the body's metabolism. By boosting thyroid function, kelp may contribute to thermogenesis (the body's fat burning ability).

180 Tabs
\$7.48
 Item#1267



RXOMEGA-3 FACTORS

EPA 400mg / DHA 200mg
 Pharmaceutical-Grade • Extra-Strength

Omega-3 fatty acids, particularly EPA and DHA, are a critical factor in positive cellular activity needed to protect against many chronic diseases, especially cancer, diabetes, arthritis, and heart disease. Natural Factors RxOmega contains pure wild fish oil sources and each soft gel capsule contains 400mg EPA and 200mg DHA.

BONUS SIZE!
 BONUS SIZE - FORMAT BONUS
120 Softgels + 30 Softgels
\$15.78
 Item#2034

Echinamide QUICK BLAST
 Instant relief!



Ask for your \$2.50-off coupon!

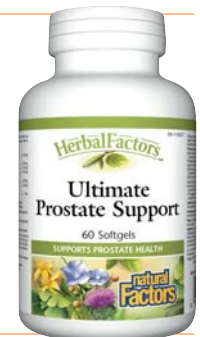
A combination of soothing eucalyptus, peppermint and lemon in a base of honey and super strength Echinamide echinacea work in harmony to bring soothing relief to sore throats, sinus congestion and to relieve the symptoms and shorten the duration of upper respiratory tract infections such as the common cold.

30 Liq. Softgels
 Item#2194

Herbal Factors

ULTIMATE PROSTATE SUPPORT

Short of the annual physical, there is now a new natural way to maintain prostate health well into old age. Natural Factors' own Dr. Michael Murray has designed a prostate formula that combines eight of the best-known and researched herbs that work together to support prostate health throughout a man's life.



60 Softgels
\$22.68
 Item#2065



LUTEIN 40 mg

Important for eye health

Lutein is an antioxidant that protects the eyes, lungs and arteries from free radical damage. It promotes the health of the macula, retina and lens with its antioxidant properties by filtering out damaging blue light. This may reduce the risk of age-related macular degeneration and cataracts.

New 40mg size
40 mg
60 Softgels
\$17.58
 Item#1499



PGX DAILY is "just as important as exercise."

- Promotes weight loss
- Lowers cholesterol
- Balances blood sugar

Incorporating PGX Daily into your diet can help you lose weight safely and gradually. The beneficial effects of PGX will be enhanced by a healthy diet and exercise, leading to incredible results.

240 Softgels Item#2257



WEBSITE SHOPPING:

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IN-STORE DEMOS with Jackie: Mon. Jan 6 & 13 from 12-3pm.

B COMPLEX 100

Full complex of nourishing, energy-supporting B vitamins formulated with non-flushing niacinamide and vitamins B2, B6, and B12 in their active form for accelerated absorption.

60 Vegcaps

\$11.98

Item#3361



MAGNESIUM 250 mg

Magnesium helps maintain proper muscle function and metabolism of carbohydrates, fats and proteins. It's 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.

200 Vegcaps

\$19.98

Item#5677

CINNAMAX 150mg 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 3,000 mg 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

\$7.48

Item#5622

120 Vegcaps

\$13.98

Item#5565



No. 7 Helps reduce joint pain within 7 days

Walk, run, climb, play... you can! Sisu No 7 improves joint flexibility, mobility and range of motion, especially from the "tweaks" brought on by exercise, and physical activity, seven days. One capsule, once daily, is all you need. When stiff joints occasionally say no... Sisu No 7 says YES!

30 Vegcaps

\$15.98

Item#8774

90 Vegcaps

\$38.48

Item#8773



COLD & FLU RESCUE with Ester-C

Sisu Cold and Flu Rescue with Ester-C® works for fast and effective relief without any negative side effects. This potent combination of Ester-C®, Echinacea, Andrographis and NAC has been shown to reduce the severity of symptoms and shorten the duration of colds and flu. Feel better faster!

60 Vegcaps

\$16.98

Item#5733

Also available in Kids, 60 chewable tabs: \$9.58 #8775



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.

250 mg

60 Vegcaps

\$27.68

Item#5719

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!

30 Packets

\$12.98

ORANGE: #5723 • WILDBERRY: #5727 • LEMON/LIME: #6509 • POMEGRANATE & AGAI: #6518



SUPREME MULTIVITAMIN

Supreme Multivitamin is a superior-quality multivitamin offering benefits not found in regular multivitamins - lutein for eye health, Vitamin K, D, and boron for the bones, extra B vitamins for dealing with stress, and Ester C and antioxidants to support the immune system and slow down the aging process. Easy to swallow. Vegetarian-friendly.

Iron Free

120+30 Vegcaps

\$20.98

Item#5710

Also available in 50-Plus, 120 vegcaps: \$34.98 #5632



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

\$17.58

Item#5641



TONALIN CLA 1250 mg

Hi-potency soft gelatin capsules from the Tonalin® brand, used in the clinical research. Tonalin® CLA can help you slim down and tone up, improving your fat/muscle ratio and increasing energy expenditure.

120 Softgels

\$28.78

Item#5726

ESSENTIAL EFA
Sisu's essential fatty acid blend contains both omega 3 and omega 6. An important aspect in the prevention of cardiovascular problems is an adequate supply of essential fatty acids. Essential EFA is also known to have strong anti-inflammatory qualities.

180 Softgels

\$20.98

Item#5605



UBIQUINOL QH 100mg More absorbable than the standard ubiquinone form previously used as a nutritional supplement. More effective for supporting heart health, increasing energy, providing antioxidant protection, and maintaining health as we age. Daily supplementation enhances blood levels of CoQ10, provides sustained, natural energy to fight age-related fatigue, supports heart health, and provides antioxidant protection to cells.

60 Softgels

\$31.98

Item#5746



WEBSITE
SHOPPING:

www.CanadianVitaminShop.com





NIACIN FLUSH-FREE 500 mg

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
\$14.98
Item#3011



IN-STORE DEMOS with Alicia: Thur. Jan 16 from 12–3pm.

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
\$17.98
Item#2999

SUPER STRESS

Mega B complex plus 1000mg 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 1000mg of Vitamin C, making it the most potent stress formula available!

120 Tabs
\$12.98
Item#3028



L-LYSINE Heal faster! Feel better!

L-Lysine enhances calcium absorption and retention. It also possesses antiviral activity which helps reduce the recurrence, severity, and healing time of cold sores. This essential amino acid promotes an increase in your energy levels and helps convert fat to muscle. Available in capsules.

90 Caps
\$8.48
Item#2988



NATURE'S HARMONY 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
\$45.88
Item#4168



NATURE'S HARMONY 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
\$9.98
Item#5693

KYOLIC 104

Yeast-free and odourless. For cardiovascular health!

Clinical studies have shown Kyolic Garlic can help support healthy blood pressure levels and is also effective in many other health disorders, especially in its anti-viral activity. For those concerned with cholesterol or high blood pressure, Kyolic garlic 104 is combined with natural lecithin powder to maximize the benefits from both of these nutritional foods. Kyolic garlic is organically grown and exclusively cold pressed to retain all the beneficial properties of garlic while it removes unwanted odor... absolutely!

360 Caps
\$42.98
Item#3128



KYO-DOPHILUS 1.5 Billion

Friendly bacteria in our intestines keep harmful ones from multiplying and wreaking havoc. Gas, diarrhea, and other gastrointestinal problems are an indication that friendly bacteria are lacking. Kyo-Dophilus is an excellent choice as it combines the three most important members of the friendly group. Kyo-Dophilus is heat stable and an important travel companion for intestinal health protection.

90 Caps
\$22.98
Item#3126



GENESIS TODAY GREEN COFFEE BEAN Extract 400mg w/Svetol
45% chlorogenic acids

For natural and healthy weight management. The svetol in Genesis Today's Green Coffee Bean includes standardized 45% chlorogenic acids thought to help slow the release of sugar into the bloodstream and support healthy blood sugar levels while inhibiting fat absorption and stimulating activation of fat metabolism in the liver.

60 Vegcaps
\$22.98
Item#4128



GENESIS TODAY GARCINIA CAMBOGIA Extract 400mg
Start Burning Fat Now!

Pure Garcinia Cambogia is the newest fat buster you can get your hands on. It's a dual-action supplement that helps prevent fat from being made and then suppresses your appetite. It also increases levels of serotonin in the body which enhances mood and helps cut down on emotional eating.

60 Vegcaps
\$19.98
Item#4108



WEBSITE SHOPPING:

www.CanadianVitaminShop.com



IN-STORE DEMOS with Wendy: Jan 13, 24 & 27, 12-3pm.

MEET & GREET with author Marita Schauch BSc ND: Fri. Jan 24: 12-3pm.



BONUS SIZE!

Preferred Nutrition

ADRENASENSE Adrenal Formula

Formulated with herbal adaptogens to increase energy and endurance while promoting overall well-being and enhancing the body's ability to resist the stress factors of our busy lifestyles. Contains antioxidant properties that fight free radical damage, provides cardiovascular protection, and more.

180+60 Vcaps

\$37.98

Item#2422



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+30 Vegcaps

\$48.98

Item#2462

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.

200 g

\$18.98

400 g

\$33.98



PLAIN 200g: #2459 • PLAIN 400g: #2458 • BERRY 200g: #2684 • BERRY 400g: #2691

BIOSIL Liquid Drop & Capsules

Increase bone density and more!

BioSil, as orthosilicic acid, is the most bioavailable form of silicon and is available for immediate absorption by the body. It increases bone mass and density, enhances healthy joint cartilage, promotes stronger nails, thick, healthy hair, beautiful skin, and fewer wrinkles.

90 Vegicaps

\$37.48

Item#2461

30 ml Drops

\$29.98

Item#7635



BONUS SIZE!

SIERRASIL JOINT FORMULA 14

Health you can feel!

Look for SierraSil Joint Formula14™, proven to promote joint health and mobility, now in new green and white bottles. Feel better in 14 days or less, satisfaction guaranteed.

180+21 Caps

\$48.98

Item#9710



VOGEL

ECHINAFORCE Cold & Flu

A winter wellness solution for the whole family! Echinaforce Forte relieves acute cold and flu symptoms, weakened immune system, sore throats, and recurring winter ills. Make Echinaforce the foundation of your winter wellness!

50 ml

\$12.98

Item#7300

100 ml

\$19.58

Item#7301

IN-STORE DEMO with Ryan: Wed. Jan 8 from 12-3pm.

ENEREX OIL OF OREGANO

Nature's Healer

Beat cold & flu season with this highly effective antiviral, antibiotic, antibacterial, and antifungal oil. Enerex High Potency Oil of Oregano boasts industry-leading power & value with a 60/40 blend of organic olive oil & wildcrafted Mediterranean oregano oil (Origanum vulgare, min. 80% carvacrol).

30 ml

\$19.48

Item#1638



ENEREX MEMORIA

Contains a brain-boosting compound of complementary nutrients and botanicals providing natural co-factors to improve brain performance, attention, and memory. 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

\$24.98

Item#5496



MEET & GREET with Rose Marie Pierce B. Sc. Pharm: Mon. Jan 27: 11am-1pm.

IN-STORE DEMOS: Wed. Jan 15 from 12-3pm.



PRAIRIE NATURALS GLUTEN DIGEST-ZYME

Contains a therapeutic level of six enzyme blends including actazin and DPP IV, the revolutionary protease enzyme that controls intestinal inflammation and bloating. Formulated to prevent gas and bloating,

120 Vegcaps

\$22.98

Item#9540

eliminate constipation problems, support complete digestion of protein foods and promote healthy bowel function. Non-GMO. Vegan.

Shrinkwrap Special!



PRAIRIE NATURALS CITRUS SOOTHER

Your natural cold & flu prescription

Soothe and protect with Citrus Soother, a deliciously soothing lemon, honey and ginger hot drink mix fortified with therapeutic herbs, plant extracts, Vitamins D and C, and immune-boosting zinc. Soothes ALL of you - body, mind and spirit. Conceived and formulated by Holistic Pharmacist RoseMarie Pierce, BSc. Pharm.

150g Citrus Soother plus 30 tabs Vit D3 1000iu White quantities last

\$16.98

Item# 9381

300 g w/ Vit D3

\$31.98

Item#9382



WEBSITE SHOPPING:

www.CanadianVitaminShop.com




CIRCUVEIN 500mg

Don't cover your legs, flaunt them!

- Acts as an antioxidant and supports veins by reducing inflammation.
- Protects and tones vascular blood vessels to prevent leakage, swelling and heaviness.
- Promotes healthy circulation for blood vessels.
- Relieves symptoms (pain, edema, bleeding) associated with acute and chronic hemorrhoid diseases.

60 Vegcaps
\$18.48
Item#4450



MEET & GREET with **Peter V. Quenter DHM (Prac) NHC:** Fri. Jan 24: 12–1pm.

IN-STORE DEMO with **Holly:** Tue. Jan 14: 12–3pm.



Udo's Choice Super 8 Plus PROBIOTIC

Super 8 Plus contains not less than 25 billion viable/active cells in a vegetarian capsule. Formulated to address yeast imbalance and leaky gut syndrome, and specifically formulated to be effective against Candida yeast overgrowth.

60 Vegcaps
\$33.98
Item#4471

Udo's Choice Ultimate Digestive ENZYME IMMEDIATE RELIEF

(Formerly Ultimate Digestive Enzyme)

- Ideal for heavy meals and eating out at restaurants
- For those that suffer from mild cases of gas and bloating
- Promotes regularity and improves digestion
- Prevents uncomfortable feeling of fullness after a meal
- Prevents symptoms of certain food intolerances such as beans, grains, and dairy

120 Vegcaps
\$22.98
Item#1806



SALUS RED BEET Crystals

Great instant energy and immune booster!

A pure concentrate, carefully obtained from the juice of freshly pressed certified organic beets. Naturally sweet tasting and a great source of immune-boosting nutrients. Rich in Vitamin C, iron, and many other nutrients. Dilutes easily in your favourite fruit or vegetable juice and blends well with your favourite dishes.

Soluble Crystals
200 g
\$17.98
Item#4444



AOR

IN-STORE DEMO with **Shannon:** Tue. Jan 7 & 20, 12–3pm.

ACTIVE GREEN TEA 700mg

This high-potency, standardized extract of green tea is high in epigallocatechin gallate (EgCG), which is believed to be the key phytonutrient in green tea responsible for its health benefits. Studies show that ten cups of green tea per day bring best results. This equates to three cups of Active Green Tea.

90 Vegcaps
\$26.98
Item#7630



IN-STORE DEMO with **Dorothy:** Mon. Jan 6, 11am–2pm.

INNOVITE BACOPA 150mg

Helps improve memory and cognition.

Bacopa has been shown to improve memory and recall, reduce anxiety and energize the mind and is an excellent antioxidant as it stimulates the brain by producing all three of the "primary antioxidants" — glutathione peroxidase, superoxide dismutase, and catalase.

90 Vegcaps
\$22.98
Item#5559

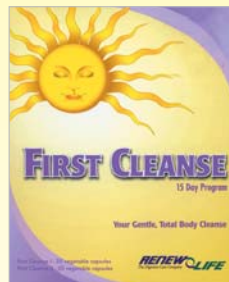
RENEW LIFE

IN-STORE DEMO with **Marti:** Tue. Jan 28, 11am–2pm.

FIRST CLEANSE

A gentle cleansing program designed for first-time or sensitive cleanser. Cleanses and detoxifies through seven channels: liver, lungs, kidneys, blood, skin, lymphatic system, and colon.

15-Day Kit
\$16.98
Item#6972



CLEANS SMART

The advanced cleanse system

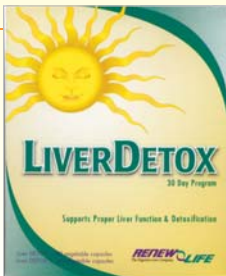
An advanced 30-day cleansing and detoxification program. Stimulates the body's seven channels of elimination but is 4-5 times stronger than First Cleanse and more effective at eliminating constipation and improving bowel function.



SHRINK-WRAP SPECIAL!
While quantities last

Item#6898

30-day kit plus
60 caps
FibreSmart
While quantities last
\$25.98



LIVERDETOX

An easy-to-use program containing minerals, vitamins, herbs, and amino acids to promote healthy liver detoxification and cleansing. Contains Ayurvedic herbs for healthy liver function.

30-Day Kit
\$27.98
Item#6990



CANDIGONE Candida?

A natural, two-part cleansing program designed to cleanse and detoxify the body of Candida and yeast. This program is carefully formulated with specific herbs that have proven to kill and remove Candida and yeast from the body. Try this easy to use program for your Candida concerns!

15-Day Kit
\$26.98
Item#6982



WEBSITE SHOPPING:

www.CanadianVitaminShop.com



All products made with
non-GMO ingredients.

**GENUINE
HEALTH** IS POSSIBLE



greens+ daily detox

This amazing product is a whole-body cleanse with ingredients to purify the liver, skin, kidneys, and GI tract. Keep your body cleansed and purified all year round while enjoying the great taste of greens+ daily detox, which also provides you with a full serving of greens+. Also available in capsules.

Reg. Size Powder
\$51.98

GREEN APPLE 406g: #6083 • NATURAL TEA 380g: #6182



greens+O

greens+O was developed by the makers of the original and best-selling green food in Canada. greens+O is for those who are passionate and sensitive about the foods they eat. It's dairy-free, gluten free, soy-free and wheat-free. It's vegan-friendly, non-GMO, and made with 80% certified organic ingredients. Welcome to the next evolution of greens+!

Reg. Size
\$39.98

ORIGINAL 228g: #6209
ACAI-MANGO 263g: #6210

Large Size
\$63.98

ORIGINAL 455g: #6233
ACAI-MANGO 526g: #6234

IN-STORE DEMOS with Jen:
Fri. Jan 24 & 31, 12-3pm.

greens+ extra energy

The healthy alternative to coffee or sugary energy drinks with the added bonus of antioxidants. Provides a full serving of greens+ plus a unique energy-enhancing blend of herbs and amino acids to boost your energy level while calming and balancing your central nervous system. Also available in tablets.

Reg. Size Powder
\$51.98

ORANGE 399g: #6066 • CAPPUCCINO 445g: #6184



o3mega is a great way for you and your family to reap the many health benefits of Omega-3s. Genuine Health has taken Omega-3 fatty acids from wild, cold-water sardines and anchovies and flavoured them with delicious natural orange flavour, for those who have difficulty swallow capsules and tablets. O3mega is strictly tested to insure no presence of heavy metals, pesticides or other dangerous dioxins.

Natural Orange
200 ml
\$14.98
Item#6290



lean+ extra strength

Boost metabolism for overall weight loss – safely and naturally

120 Caps
\$49.98
Item#6295

lean+ extra strength's enhanced formula helps boost metabolism for overall weight loss – safely and naturally, without the use of Ephedra.



Love your body, build your bones with greens+ bone builder

A revolutionary, nutritional breakthrough in bone health, based on the research-proven, award-winning greens+ formula. Greens+ bone builder goes beyond any other supplement as it contains a synergistic blend of scientifically proven vitamins, minerals, and antioxidants to help prevent osteoporosis, increase bone mineral density, promote bone formation, and enhance calcium absorption and retention. Available in natural blackberry and vanilla flavour as well as in tablet and capsule form.



442g or 491g
\$51.98

BLACKBERRY 442g: #6298 • VANILLA 491g: #6283

Also available in tablets and capsules.

90 Tabs
\$29.98
Item#6299

150 Caps
\$34.98
Item#6284

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 a day is all you need!

30 Caps
\$24.98
Item#6150

60 Caps
\$46.98
Item#6151



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 909g: #6254 • CHOCOLATE 973g: #6255



840 g
\$54.98

UNFLAVOURED: #6157 • CHOCOLATE: #1763
VANILLA: #1761

proteins+ is your premium protein source. Reach your peak performance with the support of 100% Alphapure high algalactalbumin whey protein isolate. Increase your metabolic rate, enhance the rate of muscle repair, and rebuild and gain lean muscle. Achieve your perfect body with the perfect source of protein.



780 g
\$34.98

VANILLA: #2893 • CHOCOLATE: #2889 • STRAWBERRY: #2895

vegan proteins+

Feel the difference in 21 days

Provides a complete protein source for vegans/vegetarians with all essential amino acids. Helps increase lean muscle and enhance exercise recovery. Also contains antioxidants, essential fatty acids, vitamins and minerals to support proper growth, development and repair of all body systems. An excellent protein option for vegans and more!



WEBSITE
SHOPPING:

www.CanadianVitaminShop.com

