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Family.
One Big
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Nutrition Plus

COMMUNITY+HEALTH+MARKET

Celebrating our 40th Anniversary as Barrie's Finest Health & Wellness Destination!

Proud to be your Independent, Family Owned Downtown Barrie Market

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Holiday Special '23



HOLIDAY PUMPKIN PIE SMOOTHIE BOWL

MAKES 1 BOWL *Recipe adapted from @juliedaniluk*

The warm spices and seasonal flavours in this festive smoothie bowl make it perfect for chilly mornings! It's packed with gut-friendly ingredients plus Health First Maca to support mood, Health First Curcumin Supreme Extra Strength to quell inflammation and Health First Vitamin D3 for immunity!

INGREDIENTS:

- ½ cup applesauce
- ¼ cup pumpkin puree
- ¾ cup coconut milk, heated
- 2 ½ tsp chia seeds
- 1 tsp pure vanilla extract
- 1 tsp cinnamon
- 1 capsule **Health First Maca**
- 1 capsule **Health First Curcumin Supreme Extra Strength**
- 1 drop **Health First Vitamin D3 1,000 IU**
- Pinch of sea salt

DIRECTIONS:

1. Combine ingredients in a blender or food processor and blend on high speed.
2. Open the Health First capsules, add contents and discard casings.
3. Add 1 drop of Health First Vitamin D3 1,000 IU.
4. Blend on high speed until the mixture is smooth and creamy.
5. Pour the smoothie into a bowl and serve immediately. Enjoy!

1. **MACA 180 vegetable capsules \$28.99**
2. **CURCUMIN SUPREME EXTRA STRENGTH 60 vegetable capsules \$36.99**
3. **VITAMIN D3 1000 IU 30 ml \$12.79**

BUY ONE
GET ONE
Free



**HEALTH FIRST VITAMIN D3 1000 IU
500 + 500 gelcaps FREE**

Buy one Vitamin D3 1000 IU 500 gelcaps and get one Vitamin D3 1000 IU 500 gelcaps for free!



• SALE DATES: NOVEMBER 3 – 18, 2023 • HEALTHFIRST.CA •

VIEW OUR FLYER ON *flipp* A-1

prairienaturals®

Grass Fed / Free Range

Bonebroth protein powder

Bone Appetit!

- Gut Health
- Smooth Skin
- Immune Support



This holiday season, let Prairie Naturals bone broth be your secret ingredient, elevating your recipes and adding a nourishing twist to your festive creations. With each spoonful, you'll not only enjoy the delicious flavours but also the knowledge that you're nourishing your body and promoting overall well-being.

Bone Broth is one of the most unique and powerful superfoods we have today.

Salty Dog

Mocktail

Ingredients:

- 1/2 cup pineapple juice
- 1/2 serving Prairie Naturals Organic Chicken Bone Broth powder
- 3 tablespoons fruit-based Kombucha

Directions:

- 1) Line the rim of a small glass with lime juice & add celtic salt.
- 2) Add a few ice cubes to the glass and pour the rest of the ingredients in.
- 3) Stir gently and serve!



Roxy's

Homemade (Dog) Pupsicles

Ingredients:

- 3 Scoops Prairie Naturals Organic Chicken Bone Broth Powder
- 6 Cups Water
- 1/2 Can Pure Organic Pumpkin

Directions:

- 1) Whisk together all ingredients until smooth.
- 2) Pour mixture into dog treat silicone molds.
- 3) Freeze overnight.



Scan the QR code for more exciting Prairie Naturals bone broth recipes





UNLOCKING THE KEY TO HOLIDAY VITALITY

This holiday season, prioritize your health and well-being with some help from **Natural Factors® regenerLife™**. This dynamic product range promotes healthy aging and offers the energy and vitality you need to navigate the holiday period.

Natural Factors® regenerLife™ is a mitochondrial optimization formula containing a potent combination of targeted nutritional compounds to optimize the key energy producers within our cells! This line is designed to help people with chronic health conditions that affect mitochondrial function and anyone looking to prevent age-related declines in energy and mental alertness.

- **regenerLife™ Mitochondrial Energy Formula** boosts your energy and is designed to support cellular health and rejuvenation.
- **regenerLife™ NMNSurge** produces results at the cellular level, ensuring the recipient gets a natural and effective energy boost. NMN is an active form of vitamin B3 that the body relies on to make the anti-aging metabolite nicotinamide adenine dinucleotide (NAD+), which is essential for hundreds of metabolic processes, including converting nutrients into energy and repairing cells.
- **regenerLife™ Longevity Wellness Optimization** All-in-One Packets provide targeted nutrients for longevity, supporting all aspects of healthy aging.

No one wants to miss those memorable and cherished family moments of the holiday season. Here's to making the most of this time of year and beyond!

REGENERLIFE™ MITOCHONDRIAL ENERGY
81 g

49⁹⁹

REGENERLIFE™ NMNSURGE
60 vegetarian capsules

46⁹⁹

REGENERLIFE™ LONGEVITY WELLNESS OPTIMIZATION
30 packets

94⁹⁹



NOURISHING YOUR BODY INSIDE AND OUT

The holiday season can be a time of rest, but there are also stressors that can take a toll on your health and well-being. Tempting treats and busy schedules can interfere with your self-care and vitality. During the holidays, you can prioritize your health with **Total Body Collagen™**.

Total Body Collagen™ is a unique formula featuring clinically studied Veriso® hydrolyzed collagen, Hyaluronic acid, L-tryptophan, L-glutamine, vitamin C, and Biotin all in one scoop – essential nutrients that promote healthy skin, muscles, and connective tissues. Collagen synthesis, joint pain reduction, and improved muscle recovery are just some of the benefits it offers.

In one clinical trial, women aged 35–55 who received 2.5 g or 5 g of hydrolyzed collagen daily had improved skin elasticity and increased skin moisture within four weeks, compared to placebo, with the positive effect on skin elasticity persisting even four weeks after treatment ended (Proksch et al., 2014a).

By taking the opportunity to incorporate Total Body Collagen™ into your routine, you will be nourishing your body from the inside out. As you prioritize your health and well-being, you will radiate strength and beauty during the holiday season.

Enhance your holidays by supporting your health with Total Body Collagen™.



TOTAL BODY COLLAGEN™
500 g or 180 tablets

49⁹⁹





THE POWERFUL DUO OF OMEGA-3 AND VITAMIN D!

For Canadians, winter brings all kinds of joy, from skiing, skating, and snowboarding, to building a snowman or tobogganing. But with falling temperatures come shorter days and less sunlight – making it challenging to soak up the natural benefits of sunshine.

The result? For those of us living in the Northern Hemisphere, it can mean we don't get enough natural vitamin D for months. Health Canada recommends that adults get a minimum of 600-800 IU (15-20 mcg) of vitamin D daily year-round.

In the winter, there are several ways for us to get the vitamin D we need to support our health, including supplementing vitamin D. **Nature's Way® NutraSea®** has a variety of **Omega-3 + Vitamin D** supplements to choose from: for adults and children, in softgels or liquid form, and in a variety of delightful flavours. All with no fishy aftertaste.

In addition to NutraSea® being a great way to get your omega-3, it is also Purecheck Verifiable!

As a 1% for the Planet Member, 1% of all our annual omega-3 sales are donated to environmental causes worldwide.

NUTRASEA® OMEGA-3
Lemon Flavour - 500 ml

45⁹⁹

NUTRASEA+D™
Assorted flavours - 200 ml

24⁹⁹



COPING WITH STRESS THIS HOLIDAY SEASON

As the holiday season approaches, the list of to-dos and shopping trips feels endless. With that comes the inevitable feelings of stress. So instead of spending the holidays and the time leading up to it battling stress, consider these tips to help reduce your stress and better respond to it when it (inevitably) comes up.

1. Moving your body can help relieve stress and increase those positive, feel-good endorphins.
2. Get adequate sleep every night – not getting enough sleep can make dealing with stress THAT much harder.
3. Take some time for yourself – your needs often get lost when thinking about the hustle and bustle of the holidays, so slow down and enjoy a moment just for you.
4. Remember to breathe – deep, slow breathing can help engage your parasympathetic nerve, decreasing stress.
5. Consider herbal supports for helping manage stress, like **Adrenasmart®**.

Adrenasmart® contains four synergistic, non-glandular, adaptogenic herbs that offer your body the support it needs. It helps to relieve symptoms of mental fatigue related to stress, supports cognitive function, physical stamina, and mental focus, and helps to relieve symptoms of stress temporarily.

The holidays are about spending time with loved ones, relaxing, making new memories, and not coping with stress!



smartSOLUTIONS™

SMART SOLUTIONS™
ADRENASMART®
180 vegetarian capsules

44⁹⁹

SMART SOLUTIONS™
ADRENASMART®
90 vegetarian capsules

25⁹⁹





STASH® HOLIDAY TEAS
Assorted varieties - 18 tea bags

Stuff their stockings with joy! Stash Holiday Teas are a merry surprise that warms hearts with every sip.

2/\$12

Food Gift Guide

A festive selection of food and beverages to share at that special gathering or to delight every foodie on your list!



KETTLE® BRAND POTATO CHIPS
Assorted varieties - 198 g

Bringing in that EXTRA holiday cheer! These potato chips are cut thick and seasoned just right for that irresistible crunch.

2/\$8



THEO® HOLIDAY BARS
Assorted varieties - 85 g

The perfect stocking stuffer for every chocolate lover. These holiday-flavoured bars come in a variety of milk and dark chocolate!

2/\$9



TRADITIONAL MEDICINALS® WELLNESS TEAS
Assorted varieties - 16 bags

Sourced from growers using the most pristine conditions and organic practices. Perfect for after rich, festive meals and treats!

5/49



ALTER ECO® TRUFFLES
Assorted varieties - 120 g

Dark chocolate surrounds a smooth and creamy truffle filling for the perfect sweet bite. The backyard compostable wrappers are printed with non-toxic inks and made of birch and eucalyptus.

8/99



SOBER CARPENTER NON-ALCOHOLIC CRAFT BEER
Assorted varieties - 473 ml

Embrace the holidays with our Canadian-made non-alcoholic craft beer - a great option to enjoy festive gatherings.

2/99



CLEVER MOCKTAILS
Assorted varieties - 355 ml

Elevate your festivities with our Canadian-made, ready-to-drink non-alcoholic cocktails - the perfect option for easy and effortless holiday celebrations. Cheers to joyful moments!

2/79



ENDANGERED SPECIES® CHOCOLATE BARS
Assorted varieties - 85 g

This season, give, eat and repeat with Endangered Species Chocolate's selection of sustainably sourced chocolate bars that give forward to conservation.

2/\$9

Glow for the Holidays

Beauty gift ideas that protect your precious winter skin, add festive aromas to your home and make great stocking stuffers!

1. NEW ROOTS HERBAL EXOTIC ORGANIC BEAUTY SKINCARE OILS

Assorted varieties - 15 - 50 ml

Treat yourself to the luxury of an exotic oil. Pure and undiluted, these exotic oils are rich in vitamins, nutrients, and antioxidants for radiant, healthy-looking skin.

2. RADIUS® BIG BRUSH™ TOOTHBRUSHES

Assorted varieties

Now with a replaceable head! Available in both left- and right-hand models to cover everyone on your list!

3. ATTITUDE® HOLIDAY HAND SOAPS

Assorted varieties - 473 ml

These hand soaps are beautifully stylish and available in four all-natural, seasonal scents. Canadian-made, vegan, and cruelty-free!

4. HERBATINT® PERMANENT HAIRCOLOUR GEL

Assorted colours - 135 ml

Achieve a festive and fabulous look with Herbatint®, the most natural permanent hair colour gel. This product offers long-lasting, vibrant coverage and is also vegan and cruelty-free.

5. DERMA E VITAMIN C SERUM OR VITAMIN C GLOW FACE OIL - 60 or 30 ml

Antioxidants guard against environmental stresses like cold winter winds. Vitamin C is a powerful antioxidant that can brighten skin, retexturize your complexion and encourage collagen health.

6. MAROMA PREMIUM INCENSE STICKS

Assorted varieties

Hand rolled, individually, for superior quality. Makes for an excellent stocking stuffer or to help create a festive mood with a holiday-inspired natural fragrance!

7. WELEDA SKIN FOOD BODY BUTTER OR DRY OIL - 150 or 100 ml

Nourishing formulas that intensely moisturize the skin. Perfect for winter.

8. DESERT ESSENCE® TOOTHPASTE

Assorted varieties - 176 g

A purifying infusion of botanical extracts, essential oils and minerals, this fluoride-free toothpaste is the perfect stocking stuffer!

9. URBAN SPA® THE PERFECT BODY BRUSH

each

This all-over bamboo body buffer will become your go-to shower accessory. Creates soft, sudsy cleansing with gentle exfoliation.



Holiday Survival Guide

Navigate the holidays with vitality! Our holiday survival guide offers natural solutions to boost immunity, manage stress, and maintain energy. Explore a range of supplements for a healthier and happier holiday season. Give the gift of well-being to yourself and your loved ones!



31⁹⁹



24⁹⁹



29⁹⁹

1. HOST DEFENSE[®] MUSHROOMS[™] MYCOSHIELD[®] SPRAY - 30 ml

This combination of five powerful certified organic mushrooms provides a unique shield of immune support, available in a perfect traveller's size.

2. SALUS RED BEET CRYSTALS - 200 g

These crystals mix easily in water (or sparkling water to make a spritzer!). This powerful nitric oxide booster will keep you going strong all holiday long.

3. SISU U-CUBES[™]

Multivitamin - 120 gummies / Vitamin C - 90 gummies

U-Cubes[™] are a great way to get important nutrients into your child's diet. These vegan gummies are crafted with non-GMO ingredients, all-natural sweeteners, flavours and colours, and are made in small batches to ensure the highest quality and freshness.

4. HEALTH FIRST[®] ZINC PLUS COPPER - 100 capsules

Approximately 10-35% of Canadians are not getting enough zinc in their diets. With a balanced ratio of zinc citrate, a highly bioavailable form, and copper, this formula works synergistically to help support healthy tissue formation and iron absorption while promoting a healthy immune system.

5. PLATINUM NATURALS[®] SUPER EASYMULTI[®] 45+ MULTIVITAMIN - Women or Men - 120 softgels

Nourishing your body from the inside out is an easy way to practice self-care this holiday season. Support your overall health and wellness with Super Easymulti[®] 45+, an antioxidant-rich 10 in 1 anti-aging formula featuring your daily vitamins and minerals, CoQ10, milk thistle, ginkgo, and omega-3 fish oils.

6. PROGRESSIVE[®] COMPLETE COLLAGEN[™] Assorted flavours - 500 g

A simple way to support your body through the holidays is with Progressive's Complete Collagen, which provides all the essential amino acids, "the building blocks" of protein, that your body needs to naturally support immune function in an easy-to-use powder format. Add to any beverage, hot or cold, relax and enjoy!

7. GARDEN OF LIFE[®] DR. FORMULATED PROBIOTICS Digestive & Immune Care - 30 vegetarian capsules

Formulated by Board-Certified Neurologist Dr. David Perlmutter, these probiotics are fortified with zinc and vitamin D to support immune function. Each formula contains clinically studied and diverse strains resistant to stomach acid and bile, with differing potencies to help you achieve optimal health and well-being this holiday season.



10⁹⁹



94⁹⁹



18⁹⁹



47⁹⁹



38⁹⁹

50⁹⁹



ENJOY LIFE® HOT COCOA DIPPERS

MAKES 12 COCOA DIPPERS

Take your hot cocoa to the next level with these festive Hot Cocoa Dippers!

INGREDIENTS:

- 12 marshmallows
- 12 mini candy canes, plus crushed candy canes
- 1/2 c. **Enjoy Life® Chocolate Chips**, any variety
- 1 Tbsp flavorless oil, such as safflower or grapeseed

DIRECTIONS:

1. Poke a mini candy cane into the top of each marshmallow, set aside.
2. Place chocolate and oil in a microwave-safe bowl and heat at 30-second intervals, stirring in between until completely melted.
3. Dip the bottom half of each marshmallow in the melted chocolate, shake off excess chocolate, and roll in crushed candy canes or mini chips.
4. Serve with a mug of hot cocoa and enjoy!

*recipe and photo provided by @itsmequincy



ENJOY LIFE®
BAKING CHIPS
Assorted varieties - 255 - 283 g

6⁹⁹

NUTS TO YOU® RAINFOREST BUTTER CUPS

MAKES 6 CUPS

The blend of cashews, Brazil nuts and coconut in Rainforest Butter pairs beautifully with dark chocolate in these low-sugar nut butter cups.

INGREDIENTS:

- 3 ½ oz dark chocolate, roughly chopped
- ¼ cup **Nuts to You® Rainforest Butter**
- 2 Tbsp unsweetened shredded coconut
- 1 Tbsp maple syrup (or honey)
- Flaky sea salt

DIRECTIONS:

1. Line a muffin tin with 6 muffin liners.
2. Melt chocolate in a double boiler.
3. Spoon ¾ tsp melted chocolate into the bottom of each liner, spreading evenly to edges. Place in fridge for several minutes until set.
4. In a bowl, combine Rainforest Butter, coconut, and maple syrup into a thick paste. Place in fridge. When chilled, divide into 6 parts. Form into balls. Place on top of chocolate in each muffin liner.
5. Gently press chilled filling to form a flat disk stretching almost to the edges of the liner but not touching.
6. Spoon remaining chocolate evenly over disks, making sure it reaches the edges.
7. Sprinkle with flaky sea salt and place in fridge until set.



Visit us here for more recipe ideas



Nuts to You Nut Butter Inc.
Canadian made since 1989



NUTS TO YOU®
RAINFOREST BUTTER
365 g

6⁹⁹





NAVITAS®
ORGANICS



NAVITAS® ORGANICS CACAO
POWDER OR NIBS
227 g each

9⁹⁹

NAVITAS® SPICY HOT COCOA

MAKES 1 CUP

This festive cacao drink is the perfect blend of sweet and spicy to satisfy your chocolate cravings any time of day!

INGREDIENTS:

- 1 Cup coconut milk
- 2 Tbsp **Navitas® Organics Cacao Powder**
- 2 tsp maple syrup (or to taste)
- Pinch each of ground black pepper, cinnamon, and cayenne
- 1 tsp **Navitas® Organics Cacao Nibs**

DIRECTIONS:

1. Pour all ingredients except for the cacao nibs into a small saucepan and whisk over low heat until mixture is steaming and slightly thickened, approximately 5-6 minutes.
2. If you have a frother, froth it into foamy, frothy fun!
3. Sprinkle with cacao nibs and serve warm.

ALMOND BREEZE® CHAI LATTE

MAKES 1 CUP

Warm and spicy, perfect to keep you cozy on a chilly winter day!

INGREDIENTS:

- 1 black tea bag
- 2 whole star anise pods
- 2 cinnamon sticks
- 4 dried cardamom pods
- ½ inch knob of fresh ginger
- 8 oz **Original Almond Breeze® Almond Beverage**
- Your choice of sweetener to taste

DIRECTIONS:

1. Place 1 black tea bag and spices into a mug.
2. In a separate mug, heat the almond beverage in the microwave for 1-2 minutes. Pour steaming almond beverage into spiced-tea mug and steep for 5 minutes.
3. Remove the tea bag and let the spices steep for 5 more minutes (the longer they steep, the more flavourful your drink will be).
4. Scoop out the spices.
5. Add sweetener (optional).



BLUE DIAMOND®
ALMOND BREEZE®
Assorted varieties - 946 ml

2/\$6





FLORA IMMEDIATE RELIEF ENZYMES
120 vegetarian capsules

Nothing relieves bloating and gas as immediately or effectively as a quality full-spectrum digestive enzyme. Cooking, storing, and processing destroys food enzymes, impacting digestion, growth, and repair. This lack of enzymes weakens your body's digestion and immunity. Flora has three enzyme formulas to help you to digest everything better.

31⁹⁹

GENUINE HEALTH GREENS+ EXTRA ENERGY GIFT PACK

3 x 10 servings

With the chaos of the holidays approaching, it's important to make sure we're still taking care of ourselves! Greens+ Extra Energy is the perfect way to fuel your body properly and give you an extra energy boost so you can finish your holiday to-do list! Available in a gift pack with 3 flavours - vanilla, natural orange and chocolate!



56⁹⁹

Digestion & Energy Gift Guide

Give the gift of healthy digestion and energy this season. Explore our gift guide for natural supplements that support digestion and energy.



ST. FRANCIS HERB FARM CANADIAN BITTERS®
100 ml

The holidays are here, and we're making merry with many of our favourite holiday foods. Unfortunately, digestive issues frequently arise during seasonal festivities resulting in bloating, heartburn, gas, or pain from overindulging! Canadian Bitters® supports optimal digestion by stimulating the digestive system and addressing these uncomfortable digestive issues.

28⁹⁹



HEALTH FIRST® PROBIO SUPREME

60 delayed release capsules

Probiotics have been studied for their ability to help support a healthy immune system and promote a balanced gut flora. Probio Supreme is dairy and soy free, contains 55 billion CFU per enteric coated capsule and features 14 different evidence-based strains that are natural to the human microbiome and work synergistically to optimize gastrointestinal health.

61⁹⁹



HEALTHOLOGY GO-LAX BOWEL FORMULA

60 vegetable capsules

The holidays are a time for family, friends, and fun, but sometimes celebrating and overindulging can lead to painful bloating and constipation. GO-LAX works to eliminate constipation naturally by working to hydrate the colon and gently stimulate bowel movements. Stay regular this holiday season!

21⁴⁹

FLORA STRESSVEDA™
30 vegetarian capsules

Choosing need not provoke anxiety. Stressveda® contains the well-researched KSM-66 Ashwagandha®, which helps dissolve mental and physical stress. It is paired with non-GMO, plant-sourced vitamins to support mental clarity, including vegan vitamins D and K and a 100% naturally sourced B-Complex.



21⁹⁹



NATURAL FACTORS® STRESS-RELAX® MENTAL CALMNESS 100 MG
60 chewable tablets

This formula provides natural anxiety and stress control without side effects. It promotes relaxation and mental clarity through Suntheanine® L-theanine, a pure amino acid derived from green tea. It helps reduce feelings of stress and nervousness and helps improve sleep quality by restoring mental calmness - all without causing drowsiness.

19⁹⁹

Mental Clarity Gift Guide

Elevate the minds of your loved ones this holiday season with our mental clarity gift guide! Discover natural supplements that enhance focus and cognitive well-being.



53⁹⁹

PURICA® LION'S MANE
120 vegan capsules

Life can feel a little crazy, right? It takes a clear and focused mind to navigate stressful times, find ease, build a healthy immune system, and come through with a mind and body at ease. Lion's Mane mushrooms benefit your cognitive health, helping you to stay sharp and have a positive outlook.

HEALTH FIRST® MEMORY SUPREME
60 vegetable capsules

Staying sharp amidst the demands of the holidays (and everyday life!) can be a challenge. Memory Supreme features Synapsa®, a highly research bacopa extract, and key synergistic ingredients including citicoline and magnesium L-threonate to help support working memory, learning and information retention and recall while helping to achieve a balanced state of mind.



44⁹⁹



ESSENTIAL SCENTS FOR HOLIDAY JOY

As we enter the holiday season, let's be grateful for those who can come together to enjoy our respective traditions and create more cherished memories. A beautiful and familiar aroma can help us let go of daily stresses and look forward to the spirit of the season.

Treat your loved ones to the aromatic joy of the holidays with pure **NOW® Essential Oils**. With over 75 oils to choose from, you can transform any space into a festive gathering place, including these holiday classics:

- Frankincense pure oil: Mild citrus notes
- Pine Needle pure oil: A Balsam tree in a bottle
- Candy Cane: Sweet minty scent reminiscent of the holiday season
- Spiced Cider: Citrus notes that warm all over

Diffusing essential oils is the best way to spread joy, and **Le Comptoir Aroma** has you covered with many eco-friendly varieties, including:

- Jingle Pebble: a portable pebble made from bamboo and plaster, perfect for small spaces
- Kyoto ceramic mist diffuser: purify the air and add delightful fragrances along with multicoloured lights and timers
- Taiyo pure essential oil nebulizer: maximum efficiency and Asian-inspired aesthetic make this a remarkable decoration piece

LE COMPTOIR AROMA
Assorted diffusers

15% off

NOW® ESSENTIAL OILS
Assorted varieties and sizes

20% off



DON'T SAY GOODBYE TO SMOOTHIES THIS WINTER!

Smoothies are a great way to incorporate fresh fruits and vegetables into your diet, and they don't have to be only a summertime treat! Add warming spices and seasonal vegetables to rev up your taste buds and prepare you for the cold weather.

How To Make a Warming Smoothie:

- **Add root vegetables:** By incorporating winter foods, like root vegetables, into your smoothie, it's possibly one of the best ways to "warm" your smoothie.
- **Say adios to the ice:** Ice can leave you feeling chilly and cold, so leave it out of your winter smoothies.
- **Spice up your life!** Use the power of spices to warm your winter smoothies:
 - Cinnamon is a warming spice and may help warm you from the inside out.
 - Ginger, either fresh or powdered, adds spice and flavour.
 - Cayenne can heat both you and your smoothie up. As cayenne can be very hot, start off small and add more if desired.



vega

VEGA® ALL-IN-ONE SHAKE
Assorted flavours - 827 - 876 g

15% off



WELLNESS STRATEGIES FOR A MAGICAL HOLIDAY SEASON

Every year, you vow to embrace the magic of the holidays, but the busyness of the season can sometimes make the holidays feel a little less magical! Read on for strategies to safeguard your well-being.

- 1. Prioritize Rest:** Take that cat nap!
- 2. Set Boundaries:** Decline events if your schedule feels overwhelming.
- 3. Practice Self-Care:** Carve out time for balanced meals and exercise.
- 4. Indulge Mindfully:** Delight in holiday treats with intention.
- 5. Discover Health First:** Explore Active B Supreme and Whole Woman Supreme!

The Power of B Vitamins: You need energy during the holidays, and if you're low on it, B vitamins should be one of the first supplements to consider. **Active B Supreme** offers fully bioactive forms of B vitamins, plus inositol and choline, to ensure optimal absorption in the body. They protect your immune health too!

Menopause and the Holidays: Women often shoulder added responsibilities, not just during the holidays but year-round. For menopausal women, stress may intensify due to estrogen and progesterone fluctuations. **Whole Woman Supreme** with EstroG-100® and adaptogens enhances energy, mental acuity, resilience, immunity, and blood sugar balance.



WHOLE WOMAN SUPREME
60 vegetable capsules

34⁹⁹

ACTIVE B SUPREME
90 vegetable capsules

35⁹⁹

NURTURING YOUR MIND AND BODY FOR A HEALTHIER SEASON

Taking care of yourself over the holiday season promotes lasting health.

Start with good sleep – It's crucial for your overall health. During sleep, your immune system releases proteins called cytokines, some of which help promote sleep. Aim for 7-8 hours each night.

Your **microbiome** helps protect against the invasion of pathogens. Take care of it through diet, exercise, and probiotics.

Diet:

- Omega-3 fats
- Polyphenol-rich foods
- Fermented foods
- High-fibre foods

Exercise: Regular exercise increases the different kinds of microbial species in the gut and encourages them to flourish.

Probiotics:

Renew Life® Ultimate Flora® 80 Billion Colon Care™ Probiotic helps reduce functional gastrointestinal symptoms such as regurgitation, abdominal pain, nausea, gurgling, constipation and flatulence and helps to accelerate intestinal transit time.

Renew Life® Ultimate Flora® 100 Billion Ultimate Care™ Probiotic helps to manage and/or reduce the risk of antibiotic-associated diarrhea.



ULTIMATE FLORA® COLON CARE™ PROBIOTIC
30 vegetarian capsules

55⁹⁹

ULTIMATE FLORA® ULTIMATE CARE™ PROBIOTIC
30 vegetarian capsules

59⁹⁹





GENTLEMEN, CELEBRATE THE SEASON WITH CONFIDENCE

For a small, walnut-sized gland, an enlarged prostate can have a huge impact on the quality of life of an aging male. The main symptoms of benign prostate hyperplasia (BPH) are the constant urge to urinate and the frequent feeling of incomplete voiding of the bladder. The interruption of sleep to urinate (nocturia) can also make it a problem for family and loved ones. It can make special holiday activities, like music recitals or festive dinners, stressful or inconvenient for the entire family.

There is a definite age-related correlation for the incidence of BPH: According to the Canadian Urological Association, over half of Canadian men over 60 experience symptoms associated with BPH. The good news is that natural products are available to alleviate its disruptive effects. **Prostate Perform** by **New Roots Herbal** features potency-validated extracts of saw palmetto, rye flower pollen, and stinging nettle among its 16 prostate-specific ingredients. These ingredients help alleviate prostate inflammation and enlargement, so men can be present and enjoy holiday festivities to their fullest.

All ingredients are tested for identity, purity, and potency in an in-house, ISO 17025-accredited analytical laboratory, ensuring you can rely on Prostate Perform all year long!



PROSTATE PERFORM
30 softgels

40⁹⁹

PROSTATE PERFORM
60 softgels

74⁹⁹

PROSTATE PERFORM
90 softgels

102⁹⁹



YOUR WELL-BEING IS A GIFT YOU GIVE

Taking care of yourself is the best gift to give yourself and others. Being well benefits and influences the health of your social circle and loved ones. When you feel good, everyone gets through the holidays happier.

Flora crafts products from nature to support the upliftment of your body and spirit as part of their company mission of participating in universal harmony, peace and perfection on earth.

Enjoy these products made with certified organic, non-GMO, gluten-free and vegan ingredients:

- **Ferritin+™** is an organic and naturally time-released form of iron to replenish you if your energy is lagging and you feel chilly and irritable. Unlike other iron supplements, it isn't affected by your dietary choices.
- **Sleep•Essence** is a natural way to calm your nerves and sleep soundly so that you can wake up refreshed, ready to spend time with family on holiday mornings. This is just one of Flora's Essences – convenient tea concentrates from herbs that are individually extracted to retain active ingredients.

Made with health in mind, from our family to yours.



FLORA FERRITIN+™
30 delayed release vegan capsules

26⁹⁹

FLORA SLEEP•ESSENCE
500 ml

18⁹⁹





What's keeping you up at night?

Disrupted sleep-wake cycle

Excess cortisol levels

- Jet lag
- Shift work
- Too much blue light

- Stress
- Anxiety
- Nervous tension



24⁴⁹
90 vegetable capsules



28⁹⁹
90 vegetable capsules



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- Improves blood sugar control
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- Reduces high cholesterol



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