

It's easy! Really? Every step forward makes a **HUGE** difference.

How to: Feel calmer pg 9
 Sleep better pg 8 Increase energy pg 6 Trim down pg 20
 Manage isolation pg 2



How to improve negative long virus effects

By Gaetano Morello, ND
Clinician at the Complex Chronic Disease Program, BC Women's Hospital in Vancouver.
See page 4

Better together = health & happiness



INCREDIBLE PRICES!

Calms nerves & muscles



31⁹⁷

250 vegetarian capsules

Inadequate magnesium intake can heighten the symptoms of stress, including muscle tension and sleep disturbances.

- Calms the symptoms of anxiety and stress
- Improves sleep quality when taken in the evening
- Relaxes skeletal muscles, smooths muscles, and the GI tract
- Supports the heart, energy production, and muscle and nerve function

SLEEP



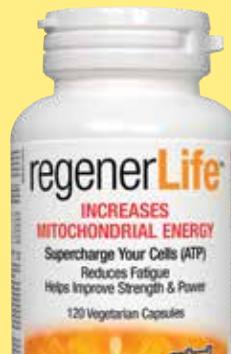
29⁹⁷

90 enteric-coated softgels

43⁹⁷

120 vegetarian capsules

ENERGY



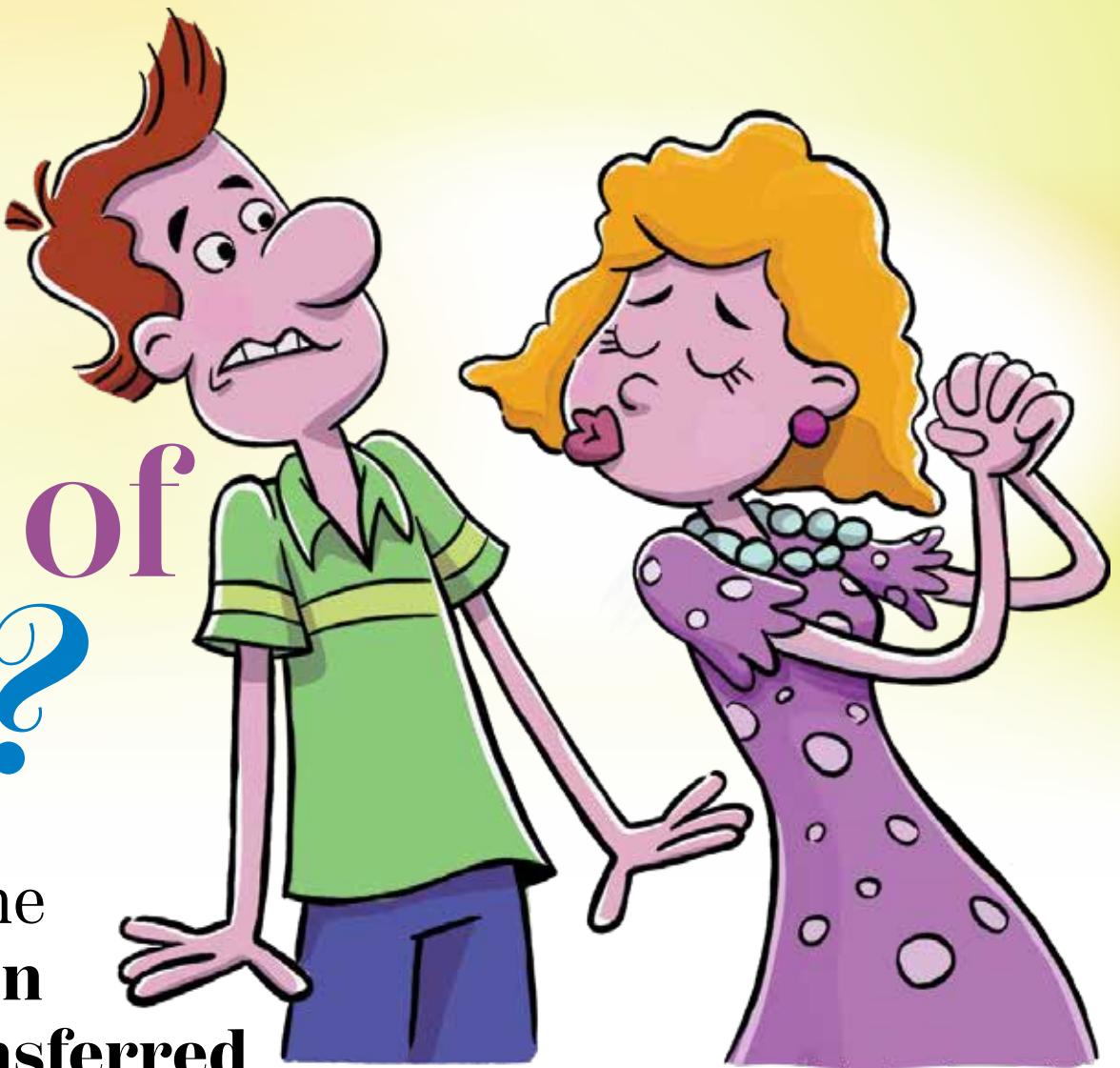
TRIM DOWN

49⁹⁷

powder



Kiss of life? Or kiss of death?



“Some shudder at the thought of **80 million bacteria being transferred by one kiss... YUK!**

All of this happens with 10 seconds of kissing, but is it a bad thing? No! Everyday we come in contact with microbials and viruses.”

We can't oversanitize our lives because we encounter these bugs. WHY – these tiny organisms help fine-tune our immune system. This doesn't

mean that we shouldn't practice good hygiene, but overisolation can be harmful because we can lose the ability to improve our immune system.

Exposure to germs in our environment keeps our immune system on its toes, ready to fight foes. *Please read on >*

Two years into the COVID-19 pandemic, researchers are trying to sort out the effects of isolation on our immune systems after extended lockdown and seclusion periods being in a bubble. The immune system – similar to the brain – is constantly in the learning phase. Childbirth introduces us to the highly

diverse world of microbes, including “good” and “bad” bacteria, but it takes a lifetime to build and train our immune system to fight off disease-causing agents.

However, the excessive use of sanitizers and disinfectants is problematic and can be harmful. The less exposure our bodies have to germs, especially while our immune systems are still developing, the more inappropriate or overwhelmed the immune response may become.

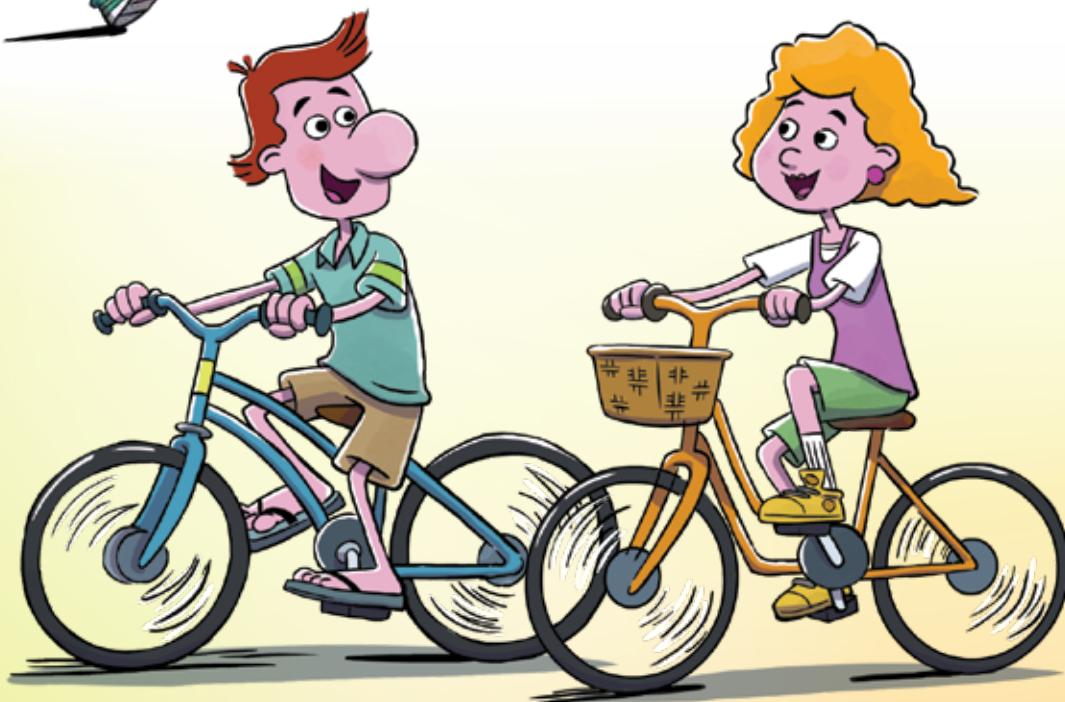


Young children and infants are likely most affected by the long isolation periods because of the restricted access to the microbial world.

Continued on next page.

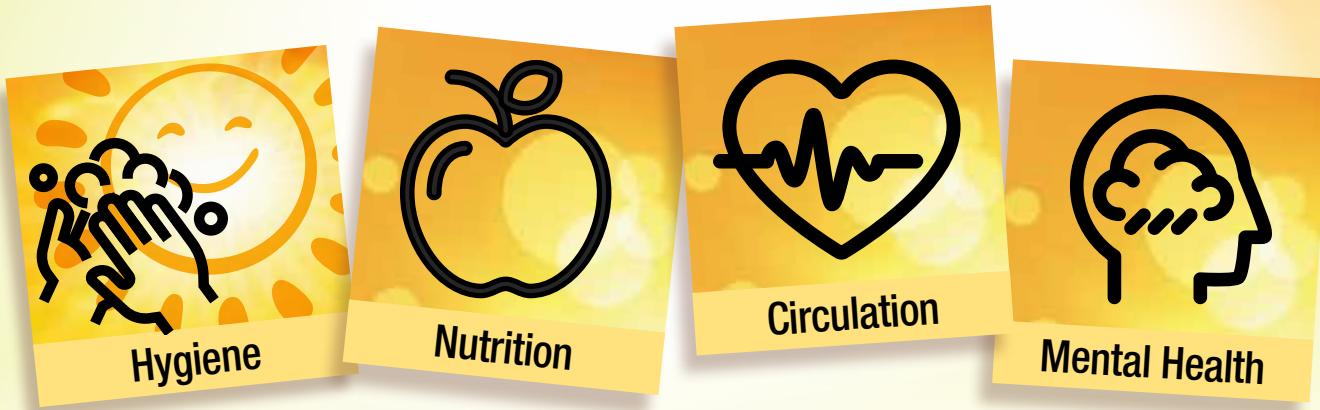


Start celebrating the joys of life again.



Start celebrating the joys of life again

4 keys to stronger immunity



How to improve negative long virus effects

6 supplements for inner health

Rebuilding immune health

The first step is to get outside and take part in moderate exercise. Eat a diet filled with fresh vegetables, fruits, and grains, and take supplements to improve your nutritional status.

Dietary supplements complement the daily diet, and can help prevent cardiovascular risk factors like obesity, high blood pressure, and type 2 diabetes,

plus they can support the gut microbiome with vital nutrients. Researchers show that a gut with a balanced, healthy microbiome creates a robust immune system, contributes to brain health, and can help reduce inflammation. Several supplements that improve gut barrier function to strengthen immune health are **N-Acetyl-L-Cysteine**, **Quercetin LipoMicel Matrix**, **Liposomal Vitamin C**, **Vitamin D3**, and protein paired with fibre, such as the **RealEasy with PGX Meal Replacement shakes**

(see page 21). Diets high in fibre were especially found to support the growth and maintenance of beneficial microbes in the gut, and therefore strengthen the immune system.

Recommended products see next page.



Key COLD & FLU supplements

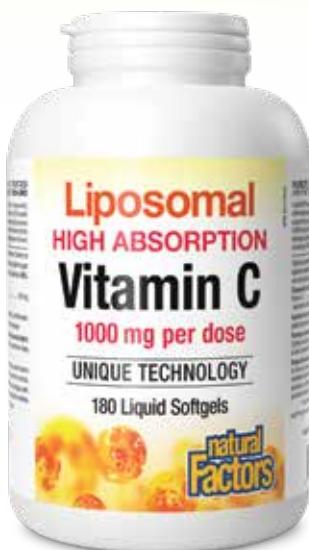
Reduces the severity and frequency of flu-like symptoms in adults



N-Acetyl-L-Cysteine (NAC) is a free form amino acid required by the body to make glutathione. Glutathione is involved in many physiological processes, such as stress, repairing tissues, and supporting overall health.

26⁹⁷

180 vegetarian capsules



Advanced High-Absorption Liposomal VITAMIN C
1000 mg per dose in easy-to-swallow softgels

19⁹⁷

90 liquid softgels

36⁹⁷

180 liquid softgels

Vitamin D, the sunshine vitamin, has incredible positive effects on our body and overall health. Because vitamin D is so important, we have special discounted prices so **everyone** can benefit – **every day!**

1000 IU

5⁴⁷

180 softgels

8⁹⁷

360 softgels

12⁹⁷

500 softgels



2500 IU

6⁹⁷

180 softgels

10⁹⁷

360 softgels

13⁹⁷

500 softgels

Canada's #1 most effective Quercetin

SALE PRICE

15⁹⁷

30 liquid softgels

29⁹⁷

60 liquid softgels

54⁹⁷

120 liquid softgels



Core to a Long, Healthy, *Joyous Life!*

Humans have always been obsessed with living a longer and healthier life. **This goal is achievable by focusing on the 4 key cornerstones:**

1. Metabolic Health

Keeping your blood sugar levels balanced is a crucial measure of metabolic health. A blood sugar dysfunction because of insulin resistance leads to a cascade of

problems, including heart disease, stroke, kidney disease, cancer, and even dementia. In clinical research, losing a mere 5% of body weight can significantly impact blood markers that reflect metabolic and cardiovascular health.



RealEasy Meal Replacements with PGX is a simple, but highly effective method for losing weight and balancing blood sugar levels. This product contains a unique combination of PGX, a globally research fibre (over 20 clinical studies), and a high-quality protein that gives outstanding results. Reduction in food cravings, improvement in energy and in gut health are only some benefits of the **Real Easy Meal Replacement program** (see page 20) besides losing weight.

2. Mitochondrial Health

Mitochondria are the powerhouses of the human body's cells responsible for producing energy or electricity (called ATP). These little organelles found in every cell

(except red blood cells) provide the “electricity” that allows us to breathe, think, see, smell, run, and sleep. When these critically important organelles lack nutrition, many physiological processes become compromised, creating major health issues. Chronic fatigue, fibromyalgia, cognitive dysfunction, neurodegenerative diseases, pain syndromes, depression, anxiety, and aging are linked to impaired mitochondrial function. **RegenerLife** is a supplement developed by health professionals to provide the mitochondria with nutrients (CoQ10, acetyl-L-carnitine, glutathione, and superoxide dismutase), to boost their metabolic function and increase cellular energy production (ATP: the body’s electricity). RegenerLife, taken in combination with magnesium will significantly improve energy production, and help support stress levels too!

3. Detoxification

To live a long, healthy life, potent antioxidants like glutathione are essential. **Glutathione** is the body’s most potent antioxidant, and the functions it performs in the body are miraculous. Glutathione is in every cell, and is made from the amino acids’ glycine, cysteine, and glutamic acid. Glutathione

supplements oxidize rapidly in the gastrointestinal tract, so their therapeutic use is limited; thus, most oral forms of glutathione are ineffective. Today a new form of glutathione known as LipoMicel glutathione has improved absorption and delivers nutritional efficacy. In human clinical studies*, it has been

demonstrated that higher initial concentrations of glutathione are achieved by encapsulating the compound in LipoMicel, as compared to regular standard formulations.

4. Reduce Pain & Inflammation

Another vital component in our quest for longevity lies in relieving chronic pain.

Palmitoylethanolamide (PEA) is a fatty acid compound found naturally in foods such as egg yolks, safflower lecithin, or soybeans, and is produced by the body’s nervous and immune cells to regulate chronic pain and inflammation. PEA is an endocannabinoid-like lipid mediator with analgesic, neuroprotective, and anti-neuroinflammatory properties.

PEA provides many therapeutic benefits related to immunity, brain health, allergy, pain modulation, joint health, recovery, and sleep. Advanced delivery systems such as micronization have been designed to overcome PEA’s poor oral bioavailability. Through this process, PEA400 improves the solubility and uptake of PEA in the body, thus providing an effective nutrient.



Achieve the impossible *dream* with Tranquil Sleep!

Tranquil Sleep is a fast-acting and very safe sleep formula that can help you fall asleep more quickly, stay asleep longer, sleep more soundly, and wake up refreshed. If you wake up half way through the night, you can take another to get back to sleep.

TRANQUIL SLEEP

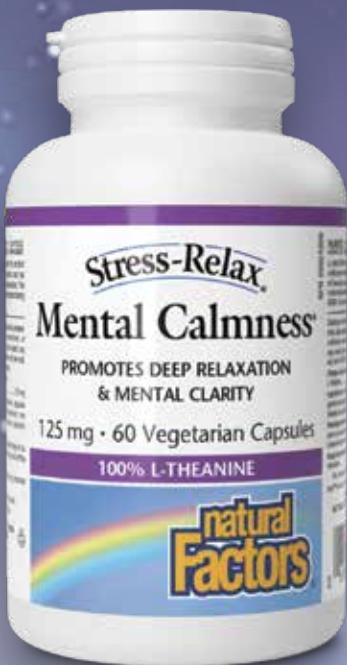
- Helps relieve mild insomnia and calms nervousness
- Reduces the time it takes to fall asleep
- Supports a healthy sleep-wake cycle
- Relieves day-time fatigue from altered sleep schedules (e.g., shift work or jet lag)
- Extra Strength Tranquil Sleep contains 6 mg of melatonin

100% PURE SAFFRON EXTRACT

- Helps reduce symptoms of stress, such as fatigue, weariness, irritability, and poor sleep
- Excellent choice for new mothers experiencing postpartum depression
- 100% hand-picked natural saffron



Calming solutions for stress, anxiety & insomnia



Mental Calmness

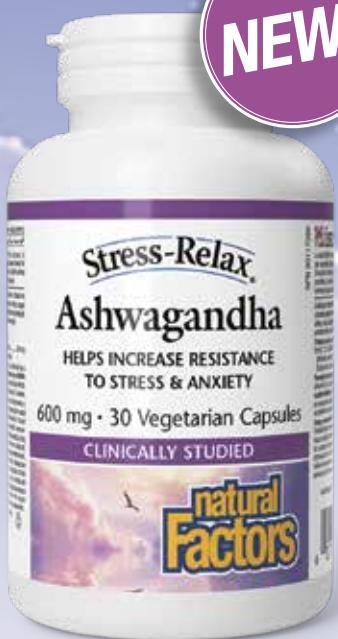
- Helps reduce feelings of stress and nervousness
- Helps promote relaxation without causing drowsiness
- Helps improve concentration and mental clarity

22⁴⁷

60 vegetarian capsules

NEW 600 mg ASHWAGANDHA

- Helps increase resistance to stress in individuals with a history of chronic stress
- Traditionally used in Ayurvedic medicine as a sleep aid and nerve tonic, and for memory enhancement
- Helps improve physical performance when combined with regular resistance training
- Provides athletic support as a workout supplement
- Helps promote healthy testosterone production in men



12⁹⁷

30 vegetarian capsules



21⁴⁷

60 chewable tablets

MAGNESIUM CITRATE

- Relaxes muscles and calms nerves
- Improves sleep quality when taken in the evening
- Helps restore healthy levels of magnesium and balances calcium intake
- Supports the heart, energy production, and muscle and nerve function

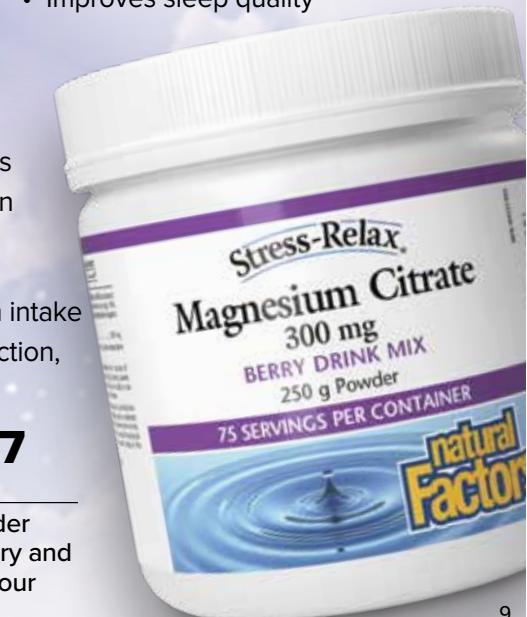
19⁹⁷

250 g powder
available in Berry and
Tropical flavour



28⁴⁷

90 vegetarian capsules



Leia's Best protein drink in the morning

Kids are the best copy cats!

One of the best ways children learn is by imitating you! Studies suggest that children begin to mimic their parents' food choices at a very young age. Therefore, it's important to set the example of healthy eating as soon as possible! Before two years old, my daughter developed a real love for protein shakes because she wanted to "copy" what I was doing every morning.

Leia loves Kids All-In-One Daily Shake Mix because it tastes delicious! I love it because it's 100% organic and vegan and it's a great and easy way to give her the wholefood nutritional requirements her growing body needs.



39⁹⁷

powder



11⁹⁷

60 chewable tablets

6⁴⁷

90 chewable tablets



24⁹⁷

250 mL

39⁴⁷

500 mL

Add to
protein
drink mix...

Fish oil for Learning

All children love Sea-licious!



FULL LINEUP FOR CHILDREN

Multi-Probiotic



22⁴⁷

60 g powder

Magnesium Citrate



7⁴⁷

60 chewable tablets

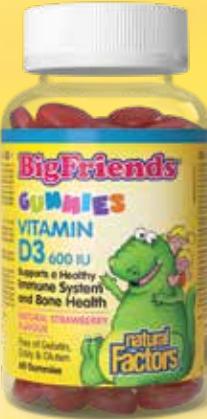
Iron 10 mg



10⁴⁷

60 chewable tablets

Vitamin D3 600 IU



8⁹⁷

60 gummies

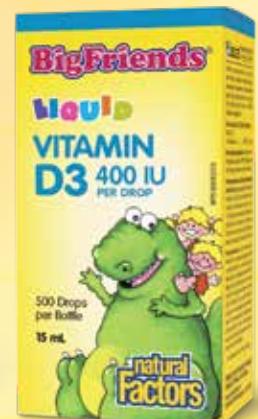
Vitamin D3 400 IU



10⁴⁷

250 chewable tablets

Vitamin D3 400 IU



8⁴⁷

15 mL

THE STORY OF NATURAL FACTORS High-Quality Sustainable Fish Oils

In Alaska's pristine Prince William Sound, we're making a huge difference.

Our oil refining production plant is only processing sustainable fish, harvested under strict conservation guidelines set by one of the world's leading ocean stewards: Alaska's Fish and Game Department. Our process ensures no endangered species are ever used!

Our **100% Wild Alaskan Salmon Oil** contains the full spectrum of **17 active fatty acids**, including **omega-5, 6, 7, 8, and 9** – plus the powerful antioxidant astaxanthin and vitamin D.



Those nutrients are doubly protected by our breakthrough **Enteripure® softgel technology**, which ensures better absorption in your body – and no fishy aftertaste!

With Natural Factors, you can have confidence that you're buying the cleanest, highest quality omega-3 oils. Why?

Our omega-3 oil concentrates are **molecularly distilled** to remove all impurities while preserving the sensitive nutrients. **ISURA®** then uses the most sophisticated testing available to screen for up to 800 contaminants, including heavy metals, PCBs, glyphosate, and radiation. ISURA's rigorous testing is guaranteed to meet or exceed the world's most stringent fish oil standards!

And because Natural Factors owns the production facilities, we oversee every aspect of production, from ocean to oil, and from softgel to bottle. So you can have complete confidence that you're buying the cleanest, highest quality omega-3 oils on the market.

14⁹⁷

90 Enteripure
softgels

 **isura**[®]
VERIFIED | TESTED
CLEAN | NON-GMO



RxOmega-3 Ultra-Strength Advanced Absorption

with the Enteripure difference

Targeted delivery
to the intestines

Protects the
fish oils from the
stomach's harsh
environment

No fishy aftertaste
or fishy burp

Concentrated levels
of omega-3s



41⁴⁷

150 softgels

45⁹⁷

150 softgels
with vitamin D3

Revolutionary Enteripure
technology infuses 100% natural
plant material with enteric properties
into the outer softgel for advanced
absorption and assimilation.



The power of collagen to revitalize, restore, and protect our *total body*



GAETANO MORELLO, ND – “It has been my clinical observation with thousands of patients that taking protein and collagen in the morning consistently creates positive outcomes in energy levels, cognitive and immune function, and overall general feeling of well-being. The last two pandemic years have been filled with added complications as both external and internal stressors reached peak levels. This is where nutrition becomes even more important and utilizing collagen as a protein source a great path forward. Clinical data has shown the importance of collagen in maintaining healthy skin and joints. As we age, our bodies produce less collagen, correlating with the increase in fine lines, wrinkles, and joint pain. Clinical

studies show that increase in stress levels (and we are all stressed) stimulates elevation in cortisol, which degrades collagen. A consequence of this degradation is a reduction in the firmness of the skin (leading to an increase in fine lines and wrinkles) and a possible stiffening of joints. It would be logical to assume that a fortified collagen supplement (collagen lacks tryptophan, thus adding tryptophan creates a fortified collagen or a complete protein) would be a great nutritional answer to these issues that many of us face.”

**SALE
47⁹⁷**

500 g powder



**NEW!
49⁹⁷**

855 g powder

WISE ADVICE

“Regularly add collagen to your diet.” Why?

- JULIE REIL, MD and Beauty Expert



“When it comes to feeling good and looking good, I am going to share my secret weapon... it is called **Total Body Collagen**. I take it with a vitamin C supplement in the morning for my hair, skin, nails, and bones, and it couldn’t be easier. With **Total Body Collagen**, my hair is thicker and healthier and I lose less hair in the shower and in my brush. Fine lines and wrinkles on my face are getting better as I age and my skin looks and feels more hydrated. My nails are stronger with fewer ridges and grow much faster. As an added bonus, Total Body Collagen supports my bone matrix for healthy teeth and bone density.”

37⁹⁷

99 g powder



**SALE
39⁹⁷**

135 g powder



NEW!

39⁹⁷

60 vegetarian capsules

Does it help reduce the signs of aging?

Yes, collagen hydrates our skin, reducing wrinkles and giving us that plump youthful glow, healthy hair, and skin.

Protective Measures for IMMUNE SUPPORT and Aging Immune System

Breakthrough in ABSORPTION TECHNOLOGY

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

Why blood vessel protection is more important than ever

Emerging research suggests that some viruses may cause blood vessel damage, often in response to the body's inflammatory response. This causes a great deal of stress to the immune system. The unique antioxidant effect of quercetin supports healthy blood vessels by reducing the oxidative damage to vessel walls. Such protection even extends to the capillaries, which supply nutrients and oxygen to every cell in the body.

SALE PRICE

15⁹⁷

30 liquid softgels

29⁹⁷

60 liquid softgels

54⁹⁷

120 liquid softgels



***Journal of Natural Health Product Research**

2021, Vol. 3, Issue. 2, pp. 1–8.

NHPPublications.com

Quercetin LipoMicel Matrix — A novel delivery system to enhance bioavailability of quercetin

Based on study results published in a peer-reviewed Canadian journal*, the LipoMicel formulation achieves significantly higher blood concentrations of quercetin and provides up to 10 times higher absorption than regular quercetin. Quercetin LipoMicel represents an efficient delivery system for enhancing the absorption of quercetin in the body, and thus promotes its wide-ranging health benefits.

To date, the low-absorption rate of quercetin in the body has been one of the greatest challenges to overcome. For this reason, Quercetin LipoMicel has been designed to improve the uptake of quercetin and boost its therapeutic potential.

**All flyer products are
ISURA verified**



**VERIFIED | TESTED
CLEAN | NON-GMO**

The ISURA seal is your assurance that the product is independently verified as clean and safe, and has been tested for up to 800 possible contaminants. ISURA's rigorous testing includes hundreds of quality procedures using state-of-the-art technology. It provides you with the confidence that the product is ISURA verified clean, one of the highest testing standards in the world.

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



Whole Earth & Sea Multis

You can really *feel the difference* when you use them!

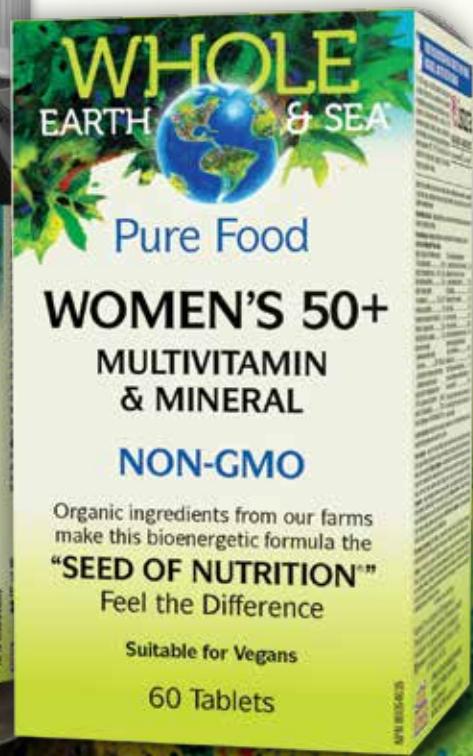
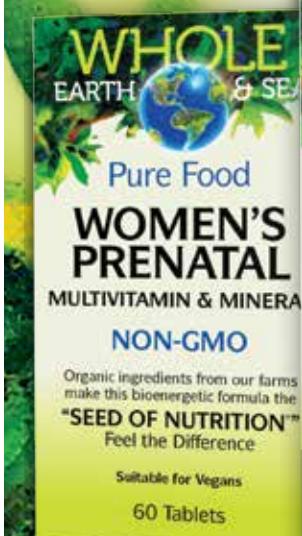
**Super
Specials!**

34⁹⁷

60 tablets

65⁹⁷

120 tablets



EXCLUSIVELY available in natural supplement stores.



52⁹⁷

Greens

Available in Organic Chocolate, Organic Tropical, and Unflavoured



59⁹⁷

Protein & Greens

Available in Organic Chocolate, Unflavoured, Organic Vanilla Chai, and Organic Tropical flavours

21⁹⁷

125 g powder

32⁹⁷

188 g powder

32⁹⁷

175 g powder



FERMENTED PROTEIN & GREENS

goes far beyond standard greens and protein products. This innovative, **organic greens, superfood formula** gives you all the nutrition you need along with **21 g of the cleanest possible plant-based VEGAN PROTEINS.**

FERMENTED GREENS

is the **ONLY 100% fermented and 100% organic greens formula.** This exceptional non-GMO, vegan-friendly green superfood formula provides **6 g of quality fermented plant protein** in every serving along with fermented grasses, fruits, vegetables, and micronized medicinal mushrooms to support an active, healthy, and sustainable lifestyle.

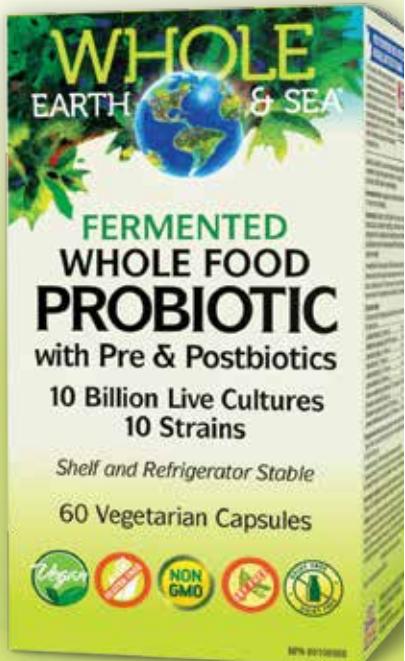
"Why Fermented 100% Organic Vegan Protein?

Whole Earth & Sea fermented proteins are so easy to digest. Get the most nutrition and improve your digestion with this spirulina and mushroom blend."

Protect your gut and immune system with the power of fermented wholefood probiotics!

**SALE
24⁹⁷**

60 vegetarian capsules



wholeearthsea.com

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

You can't **outrun** your fork



A *must-hear* interview with
Dr. MICHAEL LYON,
world expert
on how easy
it is to trim down
for life...

WATCH THE FULL INTERVIEW AT
<https://l.lead.me/realeasy>

Michael Lyon, MD is the Medical Director at the Obesity Medicine and Diabetes Institute, a UBC faculty member with over 30 years of practice, and a published researcher in the fields of nutrition, appetite, and blood sugar regulation. He is Board Certified in Obesity Medicine through the American Board of Obesity Medicine.

DR. LYON highlights

“People can grow up in environments that are very harsh. Maybe they have medical issues that have led to weight problems, or they’re on drugs that lead to weight gain.”

DR. LYON highlights

“The simplest and healthiest way to lose weight is to follow a partial meal replacement diet. There are hundreds of research projects looking at this approach. Very simple, very healthy. I use meal replacements myself, and I’ve discovered that’s the only way to lose weight realistically for me now.”



Reduce just 5% of your body weight and get huge health benefits for life.

Study participants who tried *many* different (unsuccessful) diets over the years, called the RealEasy program a transition from **“diet” to “life” resulting in a big change of eating habits.**

The RealEasy meal replacements are filled with optimal amounts of macro- and micronutrients, and provide a high-quality protein source, such as whey concentrate and isolate. Whey protein is quickly absorbed by the body and contains a higher range of the branched-chain amino acids (BCAAs) leucine, isoleucine, and valine, which are particularly helpful for weight loss without losing muscle mass.

SALE
49⁹⁷
powder

WHEY

Vanilla, Chocolate,
and Strawberry
flavours

VEGAN

Vanilla and
Chocolate flavours

Whey protein, especially whey isolate, offers significant benefits even for individuals with lactose intolerance or lactose sensitivity. Another main component in the RealEasy shakes is PGX. PGX is not only a promising candidate for weight management/loss, but also for reducing obesity-associated risk factors, such as diabetes and high cholesterol, as shown in many studies.



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

Superheroes for joint pain

Feel better in just a week



No.1

22⁴⁷

60 tablets

39⁹⁷

120 tablets

22⁴⁷

60 vegetarian capsules

39⁴⁷

120 vegetarian capsules

Double Strength

39⁹⁷

60 vegetarian capsules

69⁹⁷

120 vegetarian capsules

No.2



CurcuminRich™

Theracurmin®

#1 ABSORBED FORM OF CURCUMIN[†]

60 Vegetarian Capsules



CURCUMINRICH THERACURMIN is ideal for anyone who:

- Suffers from chronic inflammation
- Is looking for relief from pain caused by inflammatory conditions
- Has concerns about age-related cognitive decline, especially Alzheimer's



No.3

Incredible JOINT PAIN relief!

CELADRIN achieves maximum efficacy for joint mobility and health by managing the entire range of inflammation from painful joints (osteoarthritis, tendonitis, bursitis, muscle, and deep tissue pain) to psoriasis.

Excellent to combine with OsteoMove for maximum pain relief.

"Celadrin is a unique all-natural, highly absorbable joint health compound that has been clinically proven to support joint flexibility and range of motion at the cellular level. In a randomized, double-blind, placebo controlled clinical study published in

The Journal of Rheumatology, patients with osteoarthritis of the knee who were treated with common femoral artery (CFA), displayed a significant improvement in knee range of

motion and overall function compared to placebo. Celadrin is an amazing substance that is not only medically and clinically proven to support pain management, but also has no known side effects, which enables it to target pain and inflammation quickly. Truly, a superhero for your joints and ligaments!" — Natasha Paroutis, BASc Food & Nutrition

27⁹⁷

120 softgels

ORGANIC
Greens & Protein
FOR YOU

NEW SPECIAL!

Organic, Vegan Greens and Protein
All-in-One Nutritional Shake

While quantities last!



Limited time
SPECIAL!
42⁹⁷
powder

WomenSense #1
recommended
by physicians

"As a medical doctor for 22 years, I recommend WomenSense health supplements above all other supplements because they are affordable, safe, and they work." – Julie Reil, MD

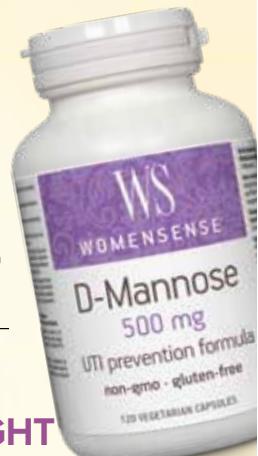
D-Mannose

Helps prevent recurrent urinary tract infections (UTIs)

- Targets and naturally flushes *E. coli* from the bladder
- Eliminates urinary pathogens without affecting gut microflora

22⁹⁷

120 vegetarian capsules



HOT FLASHES? NIGHT SWEATS? Improve menopause symptoms with **MenoSense**

34⁹⁷

210 vegetarian capsules



STRESSED? NO ENERGY? LOSING SLEEP? Improve stress symptoms with **AdrenaSense**

39⁹⁷

210 vegetarian capsules



PAINFUL PERIODS? PMS? Improve hormonal balance with **EstroSense**

42⁹⁷

150 vegetarian capsules

MOST UNIQUE easy-to-swallow FISH OIL CONCENTRATE

**HOT
PRICE!** **14⁹⁷**
120 softgels



GREAT NEW PRODUCTS and BONUS BOTTLE DEALS!

SALE
33⁴⁷

360 vegetarian capsules



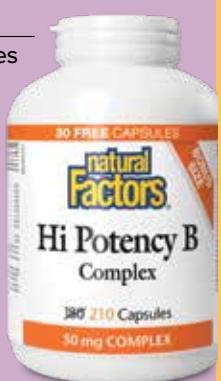
SALE
27⁹⁷

210 softgels



SALE
28⁴⁷

210 capsules



SALE
18⁹⁷

210 capsules



SALE
31⁹⁷

180 tablets



13⁴⁷
60 vegetarian capsules



10⁴⁷
60 tablets

15⁹⁷
120 tablets

20⁹⁷
180 vegetarian capsules



15⁴⁷
60 easy swallow capsules

18⁹⁷
90 easy swallow capsules



21⁹⁷
60 tablets

29⁹⁷
90 tablets



22⁴⁷
60 vegetarian capsules