

# Spring to life

# Rejuvenate Yourself *with* Total Body Collagen

for joint pain, ligament,  
beautiful skin and hair

# Super Savings!

## OsteoMove

***Fast relief from chronic pain!***

**33<sup>47</sup> 59<sup>47</sup>**

**120 tablets**

**240 tablets**

Also available  
in Unflavoured,  
Pomegranate, and  
Orange flavours

**49<sup>97</sup>**  
powder

## **SALE PRICES up to 50%**

**FLYER SALE ENDS MAY 31, 2021.** Products available at your natural supplement stores.

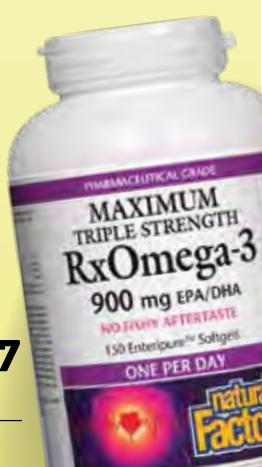
**Hot Price!**

**Maximum Triple Strength  
RxOmega-3**

## *High-potency concentrate omega-3*

2997

**150 softgels**



## TOTAL BODY COLLAGEN

Collagen is the most abundant protein in our body; however, our collagen supply begins to decline with age. This is often the source of joint and bone degradation that can lead to arthritis, osteoarthritis, and osteoporosis.

Total Body Collagen combines high-absorption collagen, along with hyaluronic acid, biotin, and vitamin C to help regenerate cartilage. It also increases elasticity of joints, tendons, and ligaments.



**49<sup>97</sup>**

180 tablets  
or 500 g powder

**41<sup>47</sup>**  
powder



**47<sup>97</sup>**  
powder

## PEA400

(PALMITOYLETHANOL-AMIDE) has been shown to provide advanced relief from chronic pain and can increase mobility without discomfort.

**42<sup>97</sup>**  
90 vcaps



# JOINT HEALTH

## MULTI CHOICES for PAIN RELIEF

### FLEXABLE

GLUCOSAMINE SULFATE is a sodium-free joint and cartilage supplement that stimulates the formation of key components of cartilage, minimizes joint pain, and protects against the deterioration of cartilage.

This formula is ideal for people on low-sodium diets.

**10<sup>47</sup>**

180 capsules

HOT PRICE!



### NEM NATURAL EGGSHELL MEMBRANE

relieves joint pain and improves range of motion within 7–10 days. Helps protect and repair cartilage, and improves joint lubrication.

**17<sup>97</sup>** **32<sup>47</sup>**  
30 vcaps 60 vcaps



### JOINT OPTIMIZER CURCUMIN

Reduces inflammation and pain. It combines trusted, effective, herbal supplements such as boswellia, white willow bark, devil's claw, and antioxidant-rich InflamRelief™ for natural pain relief and healthy joint function.

# TRUSTED CHOICES

PRODUCTS AVAILABLE ONLY IN NATURAL FOOD STORES

*exclusively AQN*

# **START NOW and get EXERCISING**

Whether you're a senior with mobility issues or you're stuck sitting at a desk working from home all day, these five seated exercises will improve your mood, cognitive function, and leave you feeling energized. A study published in the *British Journal of Medicine* showed exercise and resistance training of moderate intensity, for as many days of the week as possible, improved cognitive function in people over 50.

One area all the experts agree on is that exercise is essential to strengthen the immune system, reduce stress, prevent weight gain, improve sleep, and increase mobility. You can add years to your life, making this simple routine a part of your weekly schedule.

Be sure to check with a doctor before starting any exercise program.

**WARM-UP** Start with a warm-up, then move on to the five seated exercises, followed by the cool down. The five seated exercises are meant to be a circuit that can be performed more than once. Ideally if you can do the circuit 2–3 times, that would be optimal.



While standing, turn your head to the left, pause, then to the right, pause. Repeat 12 times.



While standing, raise your arms to the side so they are parallel to the ground and then twist your body to the left, pause, then to the right, pause. Repeat 12 times.



While standing, perform a low-impact, modified jumping jack; arms reach overhead while moving one leg at a time side to side.

# 1 shoulder press

12 REPS

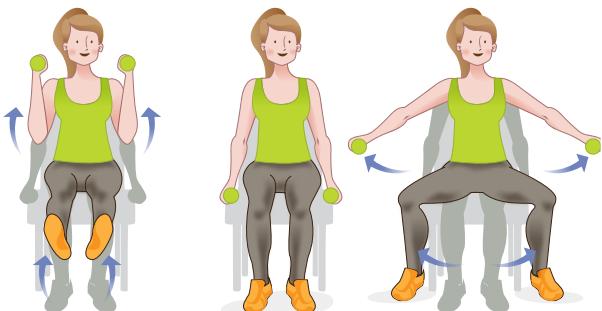
Holding two small dumbbells, elbow towards opposite knee, right side, then left, then with feet on the ground, perform a shoulder press.



# **2 hammer curls**

12 REPS

Using dumbbells, perform a bicep curl and at the same time raise both legs slightly. Bring arms back down and feet to the floor. Then immediately perform a lateral raise with both legs moving out to the side. Bring arms and legs back to the centre.



Continue on next page

# 3 dumbbell row

**12 REPS**

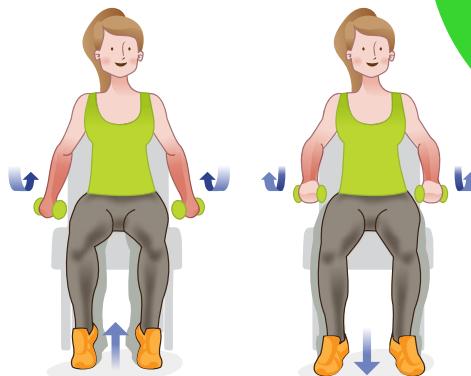
Using dumbbells, lean forward, straighten your arms and then bring dumbbells up to your waist, elbows towards ceiling, squeeze shoulder blades and pause for 2 seconds.



# 4 kickback/calf raise

**12 REPS**

With dumbbells in hand, slightly lean forward and perform a tricep kickback and at the same time go onto balls of feet (calf raise). Bring heels to the ground after completing the tricep kickback.

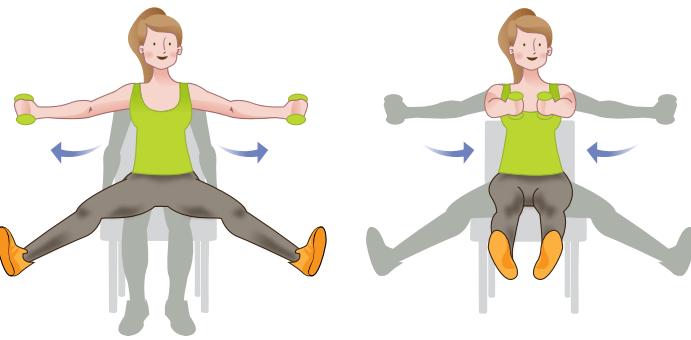


**TIP**  
To protect your lower back, sit upright, while making sure to lean your back into the chair.

# 5 dumbbell shoulder fly

**12 REPS**

Dumbbells in hand, drive arm forward and lift legs up at the same time, then arms out to the side, along with the leg at the same time. Then bring legs to the ground and arms back to the centre.



Marching with feet (while seated) and arms up and down – breathe in and exhale out. To maximize this stretch, move a bit towards the edge of chair.



While seated, move your arms up and inhale, then as your arms come down, exhale slowly. Perform, this movement for about 1–2 minutes.



Put arms straight out and clasp hands, round your back and head down for a nice deep stretch. Hold the stretch for 5–10 seconds and repeat three times.

**COOL DOWN** Complete these stretches after your workout to prevent soreness, lengthen muscles, decrease muscle tension, and promote muscle relaxation. Take 5 or more minutes to cool down.

# Restart • Reset

## It's simple to trim down!



49<sup>97</sup>

powder  
Vanilla or Chocolate  
flavours

There are literally hundreds of diets that claim to be the answer to weight loss. If you are like most people, you have undoubtedly tried many of these diet programs and failed. Take heart! The **RealEasy with PGX Meal Replacement Program** is different from all the other programs. It has been clinically studied, and is a completely safe, natural, and highly effective means to greatly diminish appetite, thus making it much easier to eat less and lose weight almost effortlessly. Rather than a "diet" you endure for a few weeks only to have it fail you, The **RealEasy with PGX Meal Replacement Shake** is developed to help you embrace positive changes in lifestyle and behaviour, so you can take the weight off and keep it off for good.

## TRUSTED CHOICES

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IN NATURAL FOOD STORES

*exclusively AQN*

## Irritated gut?

This fibre could make all the difference.

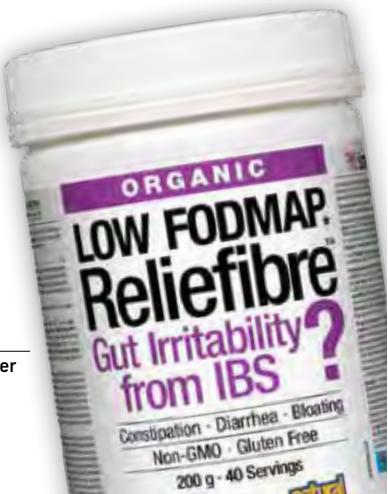
Natural Factors ORGANIC Reliefibre is low-FODMAP certified, and dissolves rapidly. FODMAPs are the key reason why many people suffer from IBS, constipation, diarrhea, gas, and bloating. FODMAPs in fibres such as inulin, bran, and wheat are bad for IBS and the digestive system.

### Organic Reliefibre

- Monash University Low FODMAP Certified™
- 100% organic; non-GMO; gluten free
- Dissolves rapidly in water

35<sup>97</sup>

Unflavoured 200 g powder  
Tropical 268 g powder



# WHO

From a simple seed, planted in the ground with a little water, nutrients from the soil, and a whole lot of energy from the sun, comes the wholesome nutrition that sustains our lives.



[wholeearthsea.com](http://wholeearthsea.com)

Factors Farms® are certified 100% organic. Our crops are fertilized with compost and nitrogen-rich sea plants, and are meticulously cared for by hand.



EXCLUSIVELY available in natural supplement stores

# WHOLE EARTH & SEA®

*Yes, you can really see and  
feel the difference!*

## Super Specials!

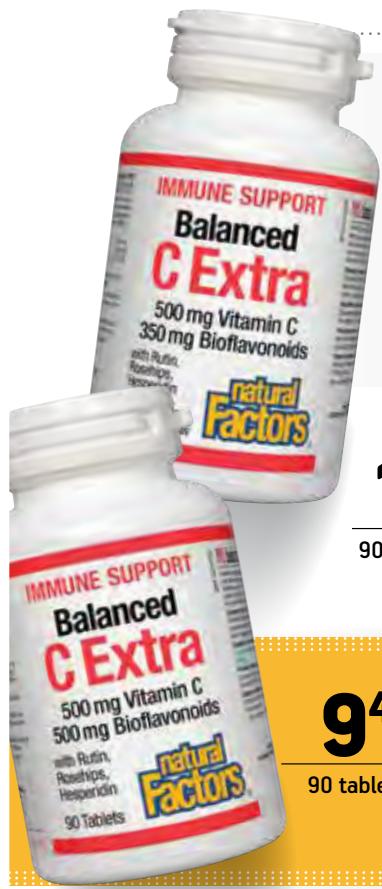
**34<sup>97</sup>** 60 tablets   **65<sup>97</sup>** 120 tablets



## TRUSTED CHOICES

WHOLE EARTH & SEA AVAILABLE  
ONLY IN NATURAL FOOD STORES

*exclusively AQN*



### BALANCED C EXTRA THE DYNAMIC DUO!

Vitamin C and bioflavonoids have a complementary effect, making them both more effective and powerful when taken together.

**10<sup>97</sup>**

90 easy-swallow capsules

**19<sup>47</sup>**

180 easy-swallow capsules

### GET RID OF YOUR COLD OR FLU UP TO THREE TIMES FASTER.

Natural Factors Anti-Viral is clinically proven to fight viral, bacterial, and fungal infections.

HOT PRICE!

**10<sup>97</sup>**

50 mL

**17<sup>97</sup>**

100 mL



### POWERFUL NATURAL ANTIMICROBIAL, ANTIOXIDANT, AND ANTI-INFLAMMATORY

Clinically proven against bacterial and viral infections, parasites, and superbugs. Hand harvested and "wild crafted." Certified organic *Origanum vulgare*.

**15<sup>97</sup>**

30 mL



**9<sup>47</sup>**

90 tablets

**17<sup>97</sup>**

180 tablets

# SUPER IMMUNE



### VITAMIN C IMMUNITY, BONES, AND TEETH

**19<sup>97</sup>**

210 tablets

**29<sup>47</sup>**

30 vcaps



### CRITICAL SUPPORT FOR OUR IMMUNE SYSTEM STARTS WITH THE GUT!

Critical Care Probiotic enhances immune system activity and reduces inflammation. Provides maximum support for acute digestive health needs. Restores and maintains healthy, balanced intestinal flora.

**48<sup>97</sup>**

30 vcaps



MEDICAL EXPERTS AGREE "...IF YOU ARE DEFICIENT IN **VITAMIN D**, it does have an impact on your susceptibility to infection." Having adequate levels of vitamin D helps ward off viruses causing upper respiratory illnesses, especially in the winter, to make sure we have sufficient blood levels. Vitamin D is fat soluble and therefore better absorbed in liquid oil softgel.

HOT PRICE!

**12<sup>97</sup>**

500 softgels

**5<sup>47</sup>**

180 softgels



**9<sup>97</sup>**

360 softgels





# BigFriends®

## Helping your kids feel their best!

Healthy children should be able to get the recommended daily nutrient allowances they need from their diet. But some children don't eat "a normal, well-balanced diet," especially if they are:

- **Very picky eaters**
- Missing out on one or more food groups such as vegetables, meat, or fish
- **Not consuming enough milk, or calcium and vitamin D-fortified dairy alternative drinks**
- Following a **vegan diet** (may need vitamin B12, vitamin D, iron, calcium, and zinc if they don't consume enough through fortified foods)

If you feel your child isn't getting what they need from their diet, consider adding some **foundational supplements such as a multivitamin & mineral, vitamin C, vitamin D** (especially during the winter months), and an **omega-3**. These will go a long way in helping boost their immune system and support brain development.

**Give your active growing children delicious, meaningful nutrition with Big Friends**

- Full spectrum of nutrients
- No animal products
- No artificial flavours, colours, or sweeteners
- Kids love and parents trust



**6<sup>47</sup>**

90 chewable tablets



**11<sup>97</sup>**

60 chewable tablets



**21<sup>97</sup>**

60 g powder

**7<sup>47</sup>**

60 chewable tablets



**8<sup>47</sup>**

15 mL

**10<sup>47</sup>**

250 chewable tablets



## TRUSTED CHOICES

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IN NATURAL FOOD STORES

*exclusively AQN*

# The best nutritional shake on the market!



**VegiDay Spring to Life All in One Nutritional Shake** is a delicious, special, **limited edition from our farms**, with the flavours of **Spring Blossom** with a **Hint of Vanilla**.

Limited supply.

**49<sup>97</sup>**

powder

FRENCH VANILLA,  
DECADENT CHOCOLATE, and  
NATURAL UNFLAVOURED.



**100% organic,  
vegan protein!**

even the flavours  
and sweeteners!

VERY BERRY, FRENCH VANILLA,  
DECADENT CHOCOLATE,  
and NATURAL UNFLAVOURED

**39<sup>97</sup>**

powder  
Unflavoured



**47<sup>97</sup>**

powder



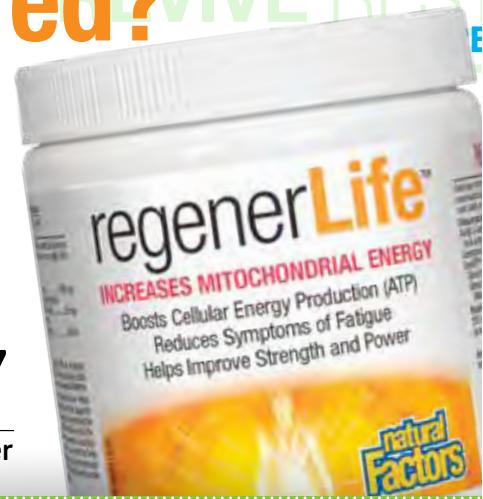
## Brain fog, low energy, always tired? Then you need regenerLife.

Poor mitochondrial function is the foundation of all chronic health issues – fibromyalgia, chronic fatigue syndrome, heart and lung disease, and neurodegenerative diseases like Alzheimer's and Parkinson's – to name a few. If you've ever experienced chronic brain fog, fatigue, pain, anxiety, depression, high-cortisol levels due to stress, or an inability to lose weight, then you might be experiencing mitochondrial dysfunction.

What are mitochondria? Mitochondria are membrane-bound organelles present in almost all our cells. They are referred to as "the powerhouse" of our cells because they play a large role in providing us with most of the energy we need to go about our daily lives.

**49<sup>97</sup>**

81 g powder



**Women's Voice® magazine is all about you!  
Pick up a FREE copy**

Only available at Natural Food and Supplement stores.

Visit our website to find the closest store to pick up the May issue for FREE • [womensvoice.com](http://womensvoice.com)

# Activated Charcoal for gut healing

Unique quick-release liquid softgels contain 250 mg of premium activated charcoal sourced from coconut shells. Activated charcoal is one of the world's most highly regarded detoxification substances.

- Helps flush toxins out of the body
- Eases gas and bloating after meals
- Promotes overall digestive health
- Relieves stomach discomfort

**NEW!**



**isura**  
CERTIFIED CLEAN

**15<sup>47</sup>**  
90 softgels

## N-Acetyl-L-Cysteine

Supports the body's antioxidant defence system

**isura**  
CERTIFIED CLEAN

**13<sup>97</sup>**  
90 vcaps



## Lutein 40 mg

Supports eyesight in conditions such as cataracts and age-related macular degeneration

**isura**  
CERTIFIED CLEAN

**24<sup>97</sup>**  
60 softgels



## Pycnogenol

Fights age-related free radical damage

**isura**  
CERTIFIED CLEAN

**42<sup>97</sup>**  
30 vcaps



## Magnesium Bisglycinate

Helps maintain proper muscle function

**isura**  
CERTIFIED CLEAN

**16<sup>97</sup>**  
120 vcaps



## Vitamin K+D

Improves bone health and prevents arterial calcification

**11<sup>97</sup>**

60 softgels

**HOT PRICE!**



**21<sup>97</sup>**

120 softgels

## B12 Methylcobalamin

5000 mcg/10,000 mcg

Energy production and nervous system function

**11<sup>97</sup>**

30 subtabs/5000 mcg  
**11<sup>97</sup>**  
60 subtabs/5000 mcg

**HOT PRICE!**



## Melatonin

Helps you fall asleep faster, increasing the quality and duration of sleep

**14<sup>97</sup>** **21<sup>97</sup>**

90 subtabs 10 mg  
180 subtabs 10 mg  
**7<sup>97</sup>** **14<sup>97</sup>**  
90 subtabs 5 mg  
180 subtabs 5 mg



## Tea Tree Oil

Disinfects cuts and scrapes, and prevents infection

**12<sup>47</sup>**

50 mL  
**22<sup>47</sup>**  
100 mL



# It's time to spring detox!

## RevitalX & Detoxitech 7-Day Total Nutritional Cleanse

Natural Factors' unique 7-Day Total Nutritional Cleanse with RevitalX and Detoxitech contains low-allergy, gluten-free, and low-glycemic index ingredients to provide gastrointestinal healing and complete nutritional support for detoxification. Each step prepares the digestive and gastrointestinal systems for detoxification, while providing nourishment for the whole body.

- Medical doctor formulated
- Rests and restores your digestive system
- Eliminates heavy metal toxins
- Increases regularity
- Boosts energy

**isura**  
CERTIFIED CLEAN

