

**AQN**

ASSURED · QUALITY · NATURAL

Quality Certified  
INDEPENDENT  
NATURAL FOOD STORE

**EXCLUSIVE OFFER!** Only available at participating  
AQN Quality Certified Independent natural food stores. While quantities last!

# Support Our Earth VegiDay

gets you started  
with a **FREE** pack of  
**STAINLESS STEEL DRINKING STRAWS**  
with purchase of a VegiDay Protein

See inside for details.

- Set of 4 straws with cleaner
- Made from the highest quality 18/8 stainless steel
- Long length and widest diameter
- Comes with cleaning brush
- Dishwasher safe
- Perfect for smoothies, tumblers, and tall glasses

**FREE  
GIFT**

**\$16  
Value**

**FAST RELIEF**  
for chronic joint pain!

**HOT PRICE**

**OsteoMove**  
EXTRA STRENGTH  
Joint Care  
with Pain Reducing  
InflamRelief<sup>®</sup> Complex  
120 Tablets

**29<sup>97</sup>**  
120 tablets

**Extra Strength  
RxOmega-3**  
no fishy aftertaste

**23<sup>97</sup>**  
150 Enteripure softgels

**30 FREE SOFTGELS**  
**Extra Strength  
RxOmega-3**  
600 mg EPA/DHA  
NO FISHY AFTERTASTE  
300 150 Enteripure<sup>™</sup> Softgels  
CARDIOVASCULAR HEALTH

**FLYER SALE ENDS MARCH 31, 2019.** Products available at your community natural food stores, while quantities last!

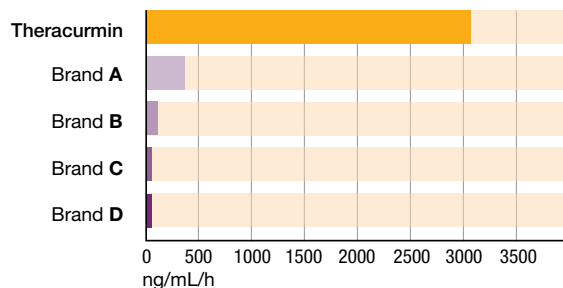
# Amazing relief for pain and inflammation

## THERACURMIN®: #1 ABSORBED FORM OF CURCUMIN

### CurcuminRich contains Theracurmin, the most bioavailable form of curcumin on the market.

Theracurmin is prepared using advanced techniques that dramatically reduce the particle size of curcumin by over 100 times. The curcumin is also provided within a colloidal suspension to further improve its solubility. This combination of reduced particle size and improved solubility represents a major scientific breakthrough and is the reason why Theracurmin is the #1 absorbed form of curcumin. The graph below shows the significantly superior absorption of Theracurmin compared to other curcumin preparations.

### Bioavailability Comparison of Curcumin†



Theracurmin is the only form of curcumin shown in clinical trials to be effective in improving joint function and reducing pain in patients suffering from osteoarthritis – the most common form of arthritis.

### Protection from neurodegenerative diseases

One area where curcumin is showing great promise is in protecting the brain. Increased consumption of antioxidant and anti-inflammatory compounds is known to reduce the risk of neurodegenerative diseases, including Alzheimer's and Parkinson's. Population-based studies show that people who have a high consumption of turmeric also have the lowest rates of Alzheimer's in the world.

**Theracurmin reduces the risk of neurodegenerative diseases, including Alzheimer's and Parkinson's.**

Curcumin, especially in the highly absorbable Theracurmin form, crosses the blood-brain barrier to protect and positively influence biochemical reactions in the brain. In addition to its antioxidant and anti-inflammatory properties, curcumin promotes the growth of new brain cells and inhibits the formation of beta-amyloid deposits in the brain that are linked to brain plaque formation.

**Theracurmin is the only form of curcumin shown in clinical trials to be effective.**

### CurcuminRich Theracurmin is ideal for anyone who:

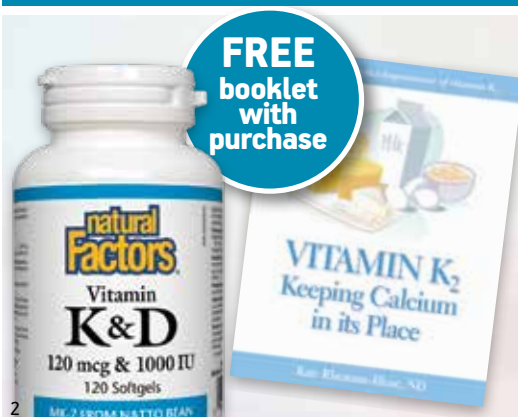
- Suffers from chronic inflammation
- Is looking for relief from pain caused by inflammatory conditions
- Has concerns about age-related cognitive decline, especially Alzheimer's

**37<sup>97</sup>**

120 vcaps

**39<sup>47</sup>**

DOUBLE STRENGTH  
60 vcaps



**13<sup>97</sup>**

60 softgels

**24<sup>47</sup>**

120 softgels

## The most important nutrient to prevent heart disease

### Vitamin K& D

- Increases calcium absorption
- Inhibits the calcification of arteries
- Fights premature wrinkles

**LOOK FOR THIS SEAL** ISURA means certified clean.



This seal assures you that this product has passed the most rigorous testing in the world. ISURA can test for over 600 potential contaminants. [isura.ca](http://isura.ca)

## Take the HEALTH TEST

### Find out your underlying health issues and how to help them.



Marita Schauch, ND

#### INSTRUCTIONS

Place a number beside the question

- 0** = never
- 1** = occasionally
- 2** = regularly
- 3** = constantly

Check your score once completed and match it with the answer key.

#### A

- Eyes are sensitive to bright lights, headlights, sunlight – blurred vision
- Cravings for salt, sugar, and/or caffeine
- Dizziness upon rising
- Excess perspiration
- Overwhelmed easily – can't cope with stressful situations
- "A" type personality
- Insomnia (you fall asleep, but it is disrupted after a few hours, and difficult to fall back asleep)
- Mood swings/anxiety
- Get sick easily
- Suffer from allergies
- Fatigue
- Poor recovery from injuries or illness
- Excess belly fat

\_\_\_\_\_ **Total A**

#### B

- Cold intolerance (during any season)
- Gain weight easily, fail to lose on diets
- Fatigue
- Dry coarse skin
- Mood swings and irritability
- Infertility/recurring miscarriages
- Impaired memory/poor concentration
- Thinning hair and eyebrows
- Diminished sex drive
- Menstrual irregularities
- Constipation

\_\_\_\_\_ **Total B**

#### C

- Acne
- Uterine fibroids, fibrocystic breasts, ovarian cysts, and/or endometriosis
- Irregular periods
- Long, heavy, and/or painful periods
- Skin oily on the nose and forehead
- PMS and/or sore breasts

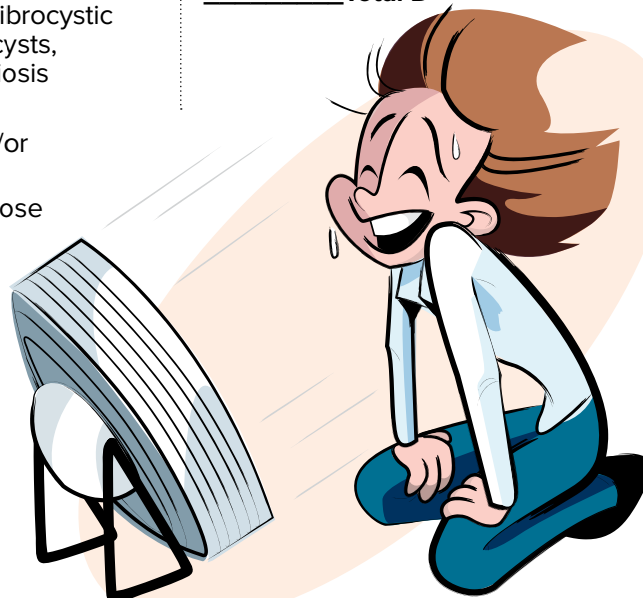
- Take HRT (Premarin, Provera, etc.)
- Take a birth control pill
- Use commercial fabric softener and/or get clothes dry cleaned
- Dye hair and/or use nail polish and/or commercial makeup
- Eat commercial fruits, vegetables, meats, and breads (non-organic)
- Loss of sex drive

\_\_\_\_\_ **Total C**

#### D

- Night sweats/hot flashes
- Irritability
- Irregular periods
- Vaginal dryness
- Mood swings

\_\_\_\_\_ **Total D**



#### SCORE/RESULTS KEY

Add up the score for each section and follow the suggested use directions below. With multiple scores of 12 or higher, start with the highest score first and your greatest health concern. After working with the first level of the program supplementation for 8–12 weeks, you can introduce another product for any other issues.

*Please note that this questionnaire and these products are not intended to diagnose or treat any disease or abnormal condition.*

#### SCORE 7–11 or over 12

##### SECTION A

###### Score 7–11

Take 1 capsule of AdrenaSense® with breakfast or at midday.

**Score of 12 or higher**, take two capsules of AdrenaSense with breakfast or at midday.

##### SECTION B

###### Score 7–11

Take 1 capsule of ThyroSense® with breakfast. **Score of 12 or higher**, take two capsules of ThyroSense with breakfast.

##### SECTION C

###### Score 7–11

Take 2 capsules of EstroSense® with lunch or dinner. **Score of 12 or higher**, take three capsules of EstroSense with lunch or dinner.

##### SECTION D

###### Score 7–11

Take 2 capsules of MenoSense® with dinner. **Score of 12 or higher**, take four capsules of MenoSense – two capsules at breakfast and two capsules with dinner.

*Thank you for taking the Women's Health Test!*

# WomenSense: #1 Recom



## Julie Reil, MD

Dr. Julie Reil is an internationally recognized physician, health and nutrition advocate, speaker, and *Women's Voice* author. She developed Genityte® urinary incontinence procedure and the Triple Tone Treatment, and she is an expert in the field of urinary tract health. Dr. Reil founded the Shiloh Medical Clinic in Billings, Montana.

*"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

### **PAINFUL PERIODS? PMS?** IMPROVE HORMONE BALANCE with **EstroSense**

"My PMS symptoms have really levelled off using EstroSense with the Omega-3 and Primrose Oil product. My skin also glows! I feel lucky to have found these products at such a young age." – J.D.

Symptoms of hormonal imbalance include heavy or painful periods, hormonal acne, PMS, ovarian cysts, fibrocystic breasts, endometriosis, and more. EstroSense is the ideal hormonal health partner for women using oral contraceptives and those suffering from the symptoms of hormonal imbalance.

EstroSense is an exclusive formula containing all-natural ingredients to help maintain healthy hormone balance by promoting liver detoxification and healthy estrogen metabolism.



**4847**

150 vcaps

**3747**

240 vcaps

### **HOT FLASHES? NIGHT SWEATS?** IMPROVE MENOPAUSE SYMPTOMS with **MenoSense**

"WomenSense supplements (EstroSense and MenoSense) help my patients balance hormones while being clinically effective and clinically safe with ISURA® verified ingredients. I recommend these high-quality and affordable supplements without hesitation." – Julie Reil, MD

The term menopause means one year with no menstrual cycle. Perimenopause is the 10–15 years leading up to menopause. Both can bring unwelcoming symptoms in a woman's life. MenoSense contains natural ingredients to help relieve the symptoms of menopause and perimenopause. MenoSense is recommended by health care practitioners for the treatment of symptoms of menopause including hot flashes, night sweats, and more.

WomenSense is proud to support the **Canadian Women's Foundation** for over 8 years!



**\$5 from the sale of each WomenSense Bonus Bottle will be donated to the Canadian Women's Foundation.**

# Recommended by Physicians

## STRESSED? NO ENERGY? LOSING SLEEP? IMPROVE STRESS SYMPTOMS with **AdrenaSense**

"AdrenaSense is tailored for women to target hormone imbalance that results from stress and the change of life. I recommend it to my patients every day." – Julie Reil, MD

Early symptoms of adrenal stress include: fatigue, depression, cold hands or feet, dizziness, low back pain, asthma, allergies, sweet cravings, hormonal imbalances, irritability, headaches, gastrointestinal problems, skin problems, arthritis, and other inflammatory conditions. AdrenaSense offers natural support for the adrenal glands, to help relieve general fatigue, and improve mental and physical performance.

**42<sup>97</sup>**

240 vcaps

## LOW THYROID? WEIGHT GAIN? IMPROVE LOW THYROID SYMPTOMS with **ThyroSense**

"I have faithfully taken thyroid medication for over 20 years. Dr. Reil recommended that I add Thyrosense to my daily medication and it changed my life! First my cold hands and feet improved, then I started

feeling more energy, and within 6 months I had lost 10 pounds without trying. Without a doubt, ThyroSense nutrients helped rebalance my thyroid function."  
– T.M., age 62

"Being diagnosed at 60 with underactive thyroid was discouraging. Although my lab values normalized, I still felt tired and lethargic for the first year. Dr. Reil recommended ThyroSense and within 30 days the foggy feeling left me." – M.R., age 66

General symptoms of low thyroid include weight gain, fatigue, moodiness, poor concentration, low libido, cold intolerance, dry hair and hair loss, or constipation. The ingredients in ThyroSense also help the body metabolize carbohydrates, fats, and proteins.

ThyroSense is recommended by health care practitioners for the support of thyroid health in those with symptoms of low thyroid.

**42<sup>97</sup>**

240 vcaps

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NON-GMO · MASS SPEC  
Documentation ✓ Lab Tested ✓

This seal assures you that this product has passed the most rigorous testing in the world. ISURA can test for over 600 potential contaminants. [isura.ca](http://isura.ca)



## Marita Schauch, ND

Dr. Marita Schauch is the author of two books *Making Sense of Women's Health* and *Collagen Myths & Misconceptions*. She also co-authored *The Adrenal Stress Connection*. In addition to her clinical practice, she lectures across North America educating people on positive lifestyle choices.

*"Over the past 10 years using WomenSense products, I have seen improvements in energy levels, PMS, hormonal acne, painful periods, belly fat, insomnia, hot flashes, and much, much more."* – Marita Schauch, ND

# VegiDay is happy to a **FREE** pack **STAINLESS STEEL** With purchase of a VegiDay

**WHILE QUANTITIES LAST!** Exclusively available at participating stores

The ocean-friendly  
 symbol of hope

## FREE VegiDay Stainless Steel DRINKING STRAWS

- Set of 4 straws with cleaner
- Made from highest quality 18/8 stainless steel
- Long length and widest diameter
- Perfect for smoothies, tumblers, and tall glasses
- Dishwasher safe

**\$16**  
 Value

Your  
**FREE**  
 Gift



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

powder  
 Unflavoured



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

French Vanilla  
 Decadent Chocolate  
 Berrylicious

powder



EXCLUSIVELY available in natural health food stores • Ask for details

# to give you k of L STRAWS Day protein

participating natural food stores.

,  
chocolate,



You'll love VegiDay **Raw, Organic, Vegan Protein**. All ingredients are **100% organic, even the flavours and sweeteners!**

Tested and **certified clean, non-GMO, and sustainable.**

Available in 4 delicious flavours: French Vanilla, Decadent Chocolate, Berrylicious, and Unflavoured

**LOOK FOR THIS SEAL**



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## Tickle in your throat?

What could that mean?  
Please, not a cold!  
Hit it quick with  
**Oil of Oregano**

**Guaranteed effective!**

Clinically proven effective against:

- ✓ Bacterial and viral infections
- ✓ Parasites
- ✓ Superbugs

Only Natural Factors Oil of Oregano is **certified clean and pure by ISURA™**, an independent laboratory that conducts the most rigorous testing in the world.

**1747**

30 mL

**1747**

60 softgels



# Why does your gut hurt?

## HIGH FODMAPs

BY JULIE REIL, MD

Ever heard of FODMAPs? Funny word, but it's the key reason why many people suffer from constipation, diarrhea, gas, and bloating.

FODMAPs are certain types of carbohydrates that some individuals find difficult to digest. When we adjust our diets to include fibre that has lower levels of the FODMAPs, we make the job of our digestive tract easier and reduce the occurrence of unpleasant symptoms such as bloating, abdominal pain, constipation, and diarrhea.

This is important news for people suffering from irritable bowel syndrome (IBS), which has been shown to affect approximately 14% of females and 9% of males worldwide. In at least 10 randomized comparative trials, it has been shown that simply adjusting to a low-FODMAP diet can help an estimated 50–80% of IBS patients achieve improvement in their condition.

This is big news! IBS is one of the most common and growing diagnoses on the planet, and many patients never get adequate response to treatment.

## ORGANIC FibreSense

The **ONLY** organic LOW-FODMAP certified fibre in Canada

- Relief for IBS and intestinal discomfort
- LOW-FODMAP certified by Monash University
- 100% organic, non-GMO, gluten free
- Dissolves rapidly in water

**26<sup>47</sup>**

150 g powder



So, what's missing in a low-FODMAP diet? Better digestible fibre. Fibres such as inulin, bran, and wheat are high-FODMAP short-chain fermentable carbohydrates which are bad for IBS and the digestive system. Inulin is another inexpensive ingredient that food companies use to make a "fibre claim" on their labels (though it is argued that many of these so-called fibres aren't really fibre).

Instead look for low-FODMAP ingredients such as those certified by Monash University, and pay attention to the FODMAP content in your food choices.

For a more complete list, see [ibsdiet.org](http://ibsdiet.org)

**"I take BioSil every day...**

*I'm amazed at the results I see in my skin, hair, and nails!"*

— CHRISTIE BRINKLEY



## Experience the Real Beauty Benefits of Collagen with BioSil™

BioSil is clinically proven to **reduce wrinkles, increase skin elasticity, thicken and strengthen hair, and strengthen nails.** BioSil is not "made out of collagen," it "generates collagen" through your body's own natural pathways. That means the collagen you add is collagen with your own DNA fingerprint. That's why BioSil helps you look beautiful, youthful, and healthy – *naturally!*

**35<sup>47</sup>**

30 mL

**54<sup>97</sup>**

120 vcaps



**BioSil Advanced Collagen Generator™**

Clinically Proven Results



# THE LEADER in probiotic care for the past 35 years

Natural Factors began producing probiotics more than 35 years ago for the natural health industry. We have the most experience in Canada producing stabilized and effective probiotics. We can guarantee the best results for digestive health. No other probiotic manufacturer can compare.

## PREMIUM FORMULAS FOR ADVANCED EFFECTIVENESS

### Ultimate Multi Probiotic

Provides live microorganisms that temporarily modify gut flora, helping to maintain natural intestinal balance and improve digestion.

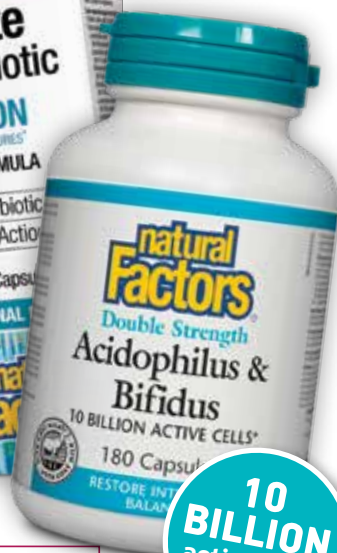
**12  
BILLION**  
live probiotic  
cultures

**20<sup>47</sup>**

60 vcaps

**37<sup>97</sup>**

120 vcaps



**10  
BILLION**  
active cells

### Double Strength Acidophilus & Bifidus

provides 10 billion active cells in a base of powdered goat milk, pectin, and ascorbic acid, to support digestion, inhibit the growth of pathogens, and help strengthen immune function. Each

capsule contains goat milk powder to provide an excellent environment for lactic bacteria to grow.

**13<sup>47</sup>**

90 caps

**24<sup>97</sup>**

180 caps

LOOK FOR THIS SEAL

**isura**

NON-GMO • MASS SPEC  
Documentation ✓ Lab Tested ✓

ISURA means certified clean.

This seal assures you that this product has passed the most rigorous testing in the world. ISURA can test for over 600 potential contaminants. [isura.ca](http://isura.ca)

# Lost your sense of HUMOUR? Maybe you're SLEEP DEPRIVED

## Tranquil Sleep

Helps relieve mild insomnia and calms nervousness

Stress-Relax Tranquil Sleep helps you fall asleep quickly, sleep soundly through the night, and wake up feeling refreshed, without the potentially serious mental and physical side effects caused by pharmaceutical "sleeping pills." Containing Suntheanine® L-theanine, melatonin, and 5-HTP, this natural alternative is completely safe, highly effective, and non-habit forming.

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

60 chewable  
tablets

**34<sup>97</sup>**

EXTRA STRENGTH  
60 chewable  
tablets



Also available for relief from stress and anxiety:  
**100% Natural GABA**

Fast-acting relief for nervousness and acute stress

Stress-Relax 100% Natural GABA is a superior source and naturally produced form of the important brain compound gamma-aminobutyric acid (GABA).

Convenient chewable tablets in tropical fruit flavour help to quickly promote relaxation and ease nervous tension.

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

60 chewable  
tablets



# GUARANTEED!

You'll love the flavour and how you'll feel using this  
**100% FERMENTED, ORGANIC PRODUCT.**

*"I now have so much more energy and an overall sense of well-being. Truly amazing!"*

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

These unique food supplements harness the power of natural fermentation to create highly bioavailable nutrition from the whole earth and sea.

Also available in  
**Organic Chocolate**  
and **Organic Tropical**

**63<sup>97</sup>**  
Protein &  
Greens

**NEW  
FLAVOURS**  
Vanilla Chai &  
Unflavoured



**Fermented Greens** is the **ONLY 100% fermented and 100% organic greens formula.** Our new enzymized greens is non-GMO and vegan friendly **providing 6 g of quality fermented plant protein** in every serving. This exceptional formula also includes fermented grasses, fruits, vegetables, and micronized medicinal mushrooms.

**55<sup>47</sup>** Available in  
**Organic Chocolate,**  
**Organic Tropical,**  
and **Unflavoured**  
Greens

**FEEL THE DIFFERENCE WITH  
WHOLE EARTH & SEA MULTIS**

**Women's and Women's 50+  
Men's and Men's 50+  
Multivitamin & Mineral**

**Women's Prenatal  
Multivitamin & Mineral**

Made with farm-fresh, organic,  
and sustainably grown  
non-GMO ingredients

**33<sup>97</sup>** **63<sup>97</sup>**  
60 tablets 120 tablets

*"Hands down the best  
vitamin/mineral  
whole food  
supplement  
on the market."*



# OMEGA-3s NEVER TASTED SO GOOD!

Two best-tasting omega-3 fish oils on the market – Sea-licious and SeaRich

## High EPA. High impact.

Each teaspoon provides a balanced 2:1 ratio of 1770 mg of EPA, 885 mg of DHA with 400 IU vitamin D3 along with astaxanthin antioxidant and green tea extract. This powerful formula provides support for cognitive function, healthy mood balance, immune, joint, and heart health, while decreasing serum triglycerides, inflammation, and pain of rheumatoid arthritis. The addition of vitamin D3 also helps in the absorption and maintenance of healthy bones and teeth.



**42<sup>97</sup>**

250 mL

## Delicious high-quality liquid omega-3

Each teaspoon provides 750 mg of EPA and 500 mg of DHA in triglyceride form that offers higher bioavailability and ensures no fishy repeat or odour.



Delicious Lemon Meringue flavour!

**20<sup>47</sup>**

200 mL

**31<sup>97</sup>**

with Vitamin D3  
200 mL

– **Karlene Karst, BSc**  
Nutritionist, author, and creator of Sea-licious®



## Omega-3 support for pregnant and breastfeeding women

A woman's demand for omega-3 DHA increases significantly during pregnancy and breastfeeding. Omega-3 DHA is essential for the growth and development of babies while clinical ginger root extract helps prevent nausea, upset stomach, and indigestion during pregnancy.

## Complete Astaxanthin – the super antioxidant you can see!

Astaxanthin is a naturally occurring carotenoid found in microalgae. It is the most-studied and powerful antioxidant available today – 6,000 times more potent than vitamin C. Sea-licious Complete Astaxanthin Antioxidant provides the body armour your cells need.



**26<sup>47</sup>**

60 softgels

**25<sup>47</sup>**

60 softgels

# Orangutan-friendly, Fairtrade RED PALM OIL

You've probably heard the horror stories about palm oil. Orphaned orangutans, rain forests destroyed, smoldering fires that pollute the air. Thankfully, that's not all there is to the tale.

There's another, happier story that has yet to be told. One where farmers are empowered and communities thrive. One where animals and people are well. One where the land flourishes with diversity.

So while palm oil is an inherently sustainable, nutrient-dense oil, the way in which most palm oil is being produced has wreaked havoc on habitats, leading to the demise of critically endangered species such as the Sumatran tiger, the Asian rhinoceros, and the Sumatran orangutan.

But there is a sustainable way to grow palm... good for animals, farmers, the environment, communities, and you.



## Alpha Organic Red Palm Oil is Certified Palm Done Right.

This certification guarantees that our palm oil is sustainably sourced and fairtrade certified. It is thoughtfully sourced from Ecuador, made on small farms, from fresh ripe red palm fruit, fairly traded and in a sustainable way.

Oil palms are unique plants. They produce palm fruit for up to 40 years, which makes them less of a burden on the soil than annual crops that are replanted year after year, and they bear fruit year round, which means a steady source of income for small farmers. Palm Done Right farmers nurture the soil with organic methods which also increases palm fruit yields.



**No Orangutans  
or Their Habitats  
Harmed**

**947**

475 mL

## Alpha Organic Red Palm Oil

- Nutritious cooking oil
- High in vitamins A and E
- Certified Palm Done Right
- Orangutan-friendly, fairtrade, sustainably made in Ecuador
- Unrefined and cold filtered



## The freshest, fairest, most future-friendly Coconut Oil

Alpha's Organic Virgin Coconut Oil is certified Fair Dinkum Fair Trade and is hand pressed directly from fresh coconuts in the Solomon Islands by island natives on their own family farms. The DME® process uses a manually operated cold-pressing unit to produce raw oil from fresh coconuts in as little as two hours or less.

**2797**

475 mL



## 100% ethically sourced emulsified MCT Boost

Energize your day with a boost of healthy fats! Alpha's MCT Boost contains emulsified medium chain triglycerides – the most beneficial fats found in coconut oil. Simply stir into coffee, juice, smoothies, or tea, to give them a rich, creamy, and delicious boost of energy.

**2847**

355 mL

