

Cure for gut irritability and IBS?

More details on page 8. Available in natural health food stores.



# STOP Sniffles' attack!

with clinically proven  
**ECHINAMIDE®**

"Sniffles"  
the flu bug

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

60 softgels

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

50 mL

Soothes your throat  
Clears your sinuses  
Stops your cough

**16<sup>97</sup>**

30 mL



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

30 liquid-gel  
softchews

Every woman  
can benefit from  
this product



**23<sup>97</sup>**

90 vcaps

Did you know strong adrenals fight the flu?  
Reduce stress and improve your immune  
system with AdrenaSense.



Incredible  
**JOINT PAIN  
RELIEF**

**29<sup>97</sup>**

240 capsules

**HOT  
PRICE**



SALE only in natural health food stores.

**ON SALE UNTIL END OF NOVEMBER 2018.** Products available at your community natural food stores, while quantities last!



# SEND THE FLU

## Tickle in your throat? Watch out!

Take a few drops of Natural Factors Certified Organic Oil of Oregano immediately! Other uses include adding the oil to cloths as an antiseptic to wipe down countertops or add to liquid soap dispensers to create a natural antibacterial hand wash. Adding 4–5 drops to shampoo is a gentle, chemical-free way to treat dandruff. Taken internally, a few drops daily, can be a key component of a yeast treatment protocol.

## Take a drop or two of Oil of Oregano, or you can swallow or bite a capsule

Natural Factors Organic Oil of Oregano is clinically proven effective against bacterial and viral infections, parasites, and superbugs.



ECHINAMIDE is the **ONLY** echinacea clinically proven to get rid of your cold up to three times faster.

## What makes ECHINAMIDE unique?

ECHINAMIDE is grown with **100% organic methods**, then **harvested fresh** from our own farms in the beautiful Okanagan Valley of British Columbia.

Many key compounds in echinacea are typically lost during extraction or are left behind due to inappropriate extraction methods. Natural Factors has developed a patented extraction technique to produce ECHINAMIDE, with the **highest levels and broadest range of active compounds** available to truly effect the flu virus.



The encouraging results from **double-blind studies** with ECHINAMIDE have been backed up by clinical trials at major universities.

Grown under certified organic standards at Factors Farms, ECHINAMIDE is the gold standard *E. purpurea* extract, subject to careful control by Natural Factors, from organic seedlings which are **meticulously harvested and extracted**, and delivered to your local health food store.

## Immediate relief Quick-Blast

Soothes your throat  
Clears your sinuses  
Stops your cough

**7<sup>47</sup>**  
30 liquid-gel softchews





# U BUG PACKING!

## Instant, soothing relief

Try the NEW  
**ECHINAMIDE FLU & COLD  
Instant Soothing Hot  
Tea Concentrate  
for fast relief!**

Just add one or two tablespoons  
of Hot Tea Concentrate to hot water  
and feel good instantly.

**GUARANTEED  
RESULTS!**

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

150 mL



## Long-lasting relief Anti-Viral Potent Fresh Herbal Tincture

Effective against all viral conditions

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

50 mL

## Amazing relief for a dry, sore throat

**Sore Throat Relief**

Available in Natural Orange  
and Natural Cherry flavours



**5<sup>97</sup>**

60 lozenges



## Prevent colds and flus Echinacea with Goldenseal Tincture

is certified organic and clinically  
proven for the relief of sore throats  
and coughs. This combination of  
British Columbia-grown echinacea  
flowers and roots with goldenseal  
roots work together to fight a broad  
spectrum of viruses, bacteria, fungi,  
and yeasts.

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

50 mL





# 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.

Available in  
Organic Chocolate  
and Organic Tropical

**63<sup>97</sup>**

Protein &  
Greens



**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>**

Greens

Available in  
Organic Chocolate,  
Organic Tropical,  
and Unflavoured

**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

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

**33<sup>97</sup>**

60 tablets

**63<sup>97</sup>**

120 tablets





# OMEGA-3s NEVER TASTED SO GOOD!

## ZERO FISHY AFTERTASTE ZERO BURPBACK • 100% DELICIOUS

Described as the “Best-Tasting Fish Oil”, Sea-licious is the new generation of delicious omega-3 oils, created by omega-3 expert and registered dietitian, Karlene Karst. Sourced from the purest and most sustainable anchovies and sardines, Sea-licious offers a uniquely light, smooth-textured oil without the burp-back or fishy aftertaste.



**23<sup>97</sup>**

250 mL



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

with Vitamin D  
250 mL



## The ultimate synergistic blend of high-potency omega-3, vitamin D, astaxanthin, and pure MCT oil

Introducing the newest member of the family, Sea-licious Active Omega-3 + MCT Oil in delicious Orange Vanilla flavour. Packed with many punches, each teaspoon provides a high-potency dose of EPA + DHA omega-3 with the addition of MCT oil, vitamin D3, and our signature red astaxanthin antioxidant many have come to know and love. This 4-in-1 combination is the ultimate formula to help support brain, eyes, and heart health, while improving physical endurance, increasing energy and reducing inflammation.

- 1500 mg of EPA + 750 mg of DHA omega-3 with 400 IU of vitamin D3 per teaspoon
- 534 mg of MCT oil with astaxanthin antioxidant and green tea extract
- Sugar-free, sweetened with monk fruit
- Supports eyes, brain, gut, and heart health
- Improves endurance, exercise recovery, and metabolism



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

250 mL

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

# 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.

## ASK THE EXPERT – Julie Reil, MD

*"Frequent urination is ruining my life. What more can I do?"*

– SR, Seattle WA

Every day in my clinic, women come to me seeking help for a problem they would rather not talk about. These women can be as young as 30 or as old as 90, but their stories are remarkably similar. With obvious embarrassment, they tell me of dashing from the checkout line to find a bathroom, often leaving the cart behind... or of interrupting a workout to peel off gym clothes that are soaked in more than sweat.

**Here are some things that can help with urgency and frequency:**

- 1) Avoid or minimize certain foods that can trigger urges such as caffeinated and carbonated beverages, green tea, chocolate, and citrus which irritate the bladder and urethral tissues.
- 2) Talk to your doctor about prescription topical estrogen for the urethra and support tissues, or bioidentical estriol cream, which can improve urethral tone to reduce intensity and frequency of urges.
- 3) Water-soluble pumpkin seed extract is very supportive for bladder irritation and reduces urinary frequency and urgency.

*"I recommend all-natural WomenSense products to my patients."*



# Recommended by physicians

I recommend all-natural **BladderSense** to my patients and it's available in natural health stores. Research shows that water-soluble pumpkin seed extract is able to strengthen the pelvic floor muscles of the bladder by:

- Binding to the pelvic-floor androgen receptors and strengthening the pelvic muscles
- Helping to allow the bladder to relax (by increasing nitric oxide)
- Helping to prevent and reverse prostate enlargement in men

## FOR HEALTHY BLADDER CONTROL IN WOMEN

### BladderSense

- Helps control urinary incontinence
- Helps control an overactive bladder
- Provides supportive therapy for bladder irritation
- Reduces nighttime urinary frequency

Hormones are powerful chemical messengers that control our mood, energy and stress levels, metabolism, sleep, and other vital bodily functions.

## PAINFUL PERIODS? PMS?

### IMPROVE HORMONE BALANCE with

**EstroSense** 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.

## STRESSED? NO ENERGY?

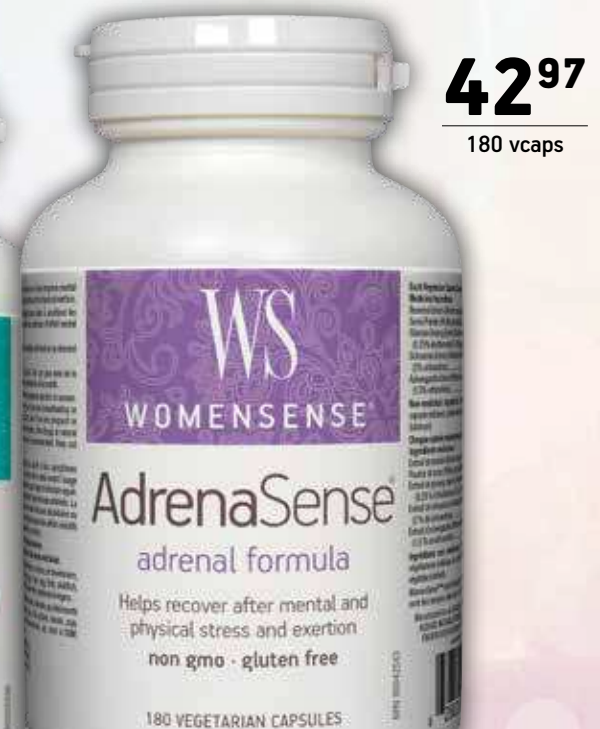
### LOSING SLEEP? IMPROVE STRESS SYMPTOMS with **AdrenaSense**

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.



48.47  
120 vcaps



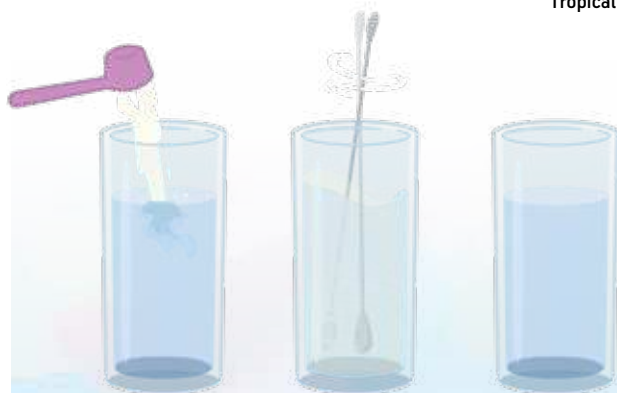
# Why do you feel discomfort in your gut? High FODMAPs

FODMAPs are the key reason why many people suffer from IBS, constipation, diarrhea, gas, and bloating.

FODMAPs in fibres such as inulin, psyllium, bran, and wheat are bad for IBS and the digestive system. Inulin is an 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). Psyllium may be familiar, as it is the basis for many popular fibre additives, but it can be as hard on your digestion as bran and wheat.

**33<sup>97</sup>**

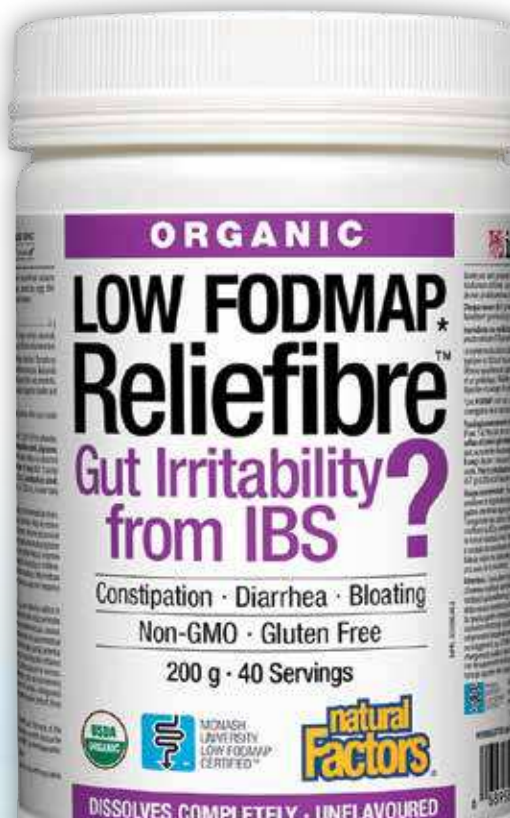
Unflavoured 200 g  
Tropical 268 g



Reliefibre dissolves rapidly in water and doesn't thicken.

**Reliefibre is the only ORGANIC fibre LOW-FODMAP certified in Canada**

- LOW-FODMAP certified by Monash University
- 100% organic; non-GMO; gluten free
- Dissolves rapidly in water
- Tasteless, colourless, and odourless



**Reliefibre**  
is so easy to use

HOME



OFFICE



RESTAURANT





# 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



### Calm Biotic

This innovative premium formula features two proprietary strains shown to reduce symptoms of stress and enhance mood.

**17<sup>47</sup>**

30 vcaps

### Senior's Multi Probiotic

This senior-specific premium formula provides eight bifidobacteria and lactobacilli species, which decline with age. Helps relieve constipation, gas, bloating, age-related decline in immune system function.

### Critical Care Probiotic

This formula restores beneficial bacteria lost through antibiotic use and enhances immune health. It also offers significant protection from bacterial infection, yeast overgrowth, and digestive discomfort.

**20<sup>97</sup>**

Senior's  
30 vcaps

**45<sup>47</sup>**

Critical Care  
30 vcaps



**100  
BILLION  
active cells**

### IBS Relief Biotic

This multi-strain premium formula features 7 billion live probiotic cultures of probiotics shown to relieve symptoms of irritable bowel syndrome (IBS).

**18<sup>47</sup>**

30 vcaps



### Mega Probiotic

This probiotic powder contains four strains and 12 billion active cells per serving to assist in re-establishing and maintaining normal intestinal microflora.

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

75 g powder

### Travel Biotic

Travel Biotic is a high-potency probiotic, with 10 billion live probiotic cultures of BB536® per capsule. BB536 is among the most researched and effective probiotics in the world. Refrigeration not required, so ideal for travel.

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

60 vcaps



## AMAZING RELIEF for PAIN and INFLAMMATION

**Theracurmin: #1 absorbed  
form of curcumin**

### Double-Strength CurcuminRich

Curcumin has powerful anti-inflammatory, antioxidant, and antimicrobial properties that support neurological, cardiovascular, and joint health.

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

120 vcaps

**70<sup>47</sup>**

120 vcaps  
Double Strength



**21<sup>47</sup>**

60 vcaps

### Joint Optimizer High Absorption Curcumin

Combines the most trusted, effective, herbal supplements for natural joint pain relief.

## CLEAN BODY CARE

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

354 mL

**FREE of toxins, perfumes,  
and xenoestrogens**  
commonly found in  
traditional beauty aids.

Putting it on your SKIN does  
let it in (up to 60% absorbed),  
that's why you want CLEAN  
and tested body  
care products.

**15<sup>47</sup>**

237 mL



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

Canada's #1 Natural **STRESS RELIEF** products!

# REDUCE your **STRESS** and feel fabulous!

## Guaranteed special formulas for stress, anxiety, and insomnia

Stress is part of our daily lives. Sometimes the body's natural defences are enough to battle stress, however there are times when these natural defences are just not enough. It is important to be aware of how stress is affecting us from day to day, and if it becomes chronic and harmful, that we take measures to relieve it. Stress-Relax products can help by reducing the impact of stress, calming nerves, and providing a good night's sleep.

### 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



### Mind Retreat

**Calms the mind and promotes restful sleep**

Stress-Relax Mind Retreat contains gamma-aminobutyric acid (GABA), lemon balm, magnesium, and vitamin B6 – key nutrients that help cope with occasional stress. Mind Retreat promotes relaxation, reduces restlessness, and can be used as a sleep aid for periodic insomnia. It features clinically tested natural Pharma GABA, shown to help calm a racing mind.

**21<sup>47</sup>**

60 vcaps



pharmaceutical drugs. For anyone feeling stressed, frazzled, or overcommitted in this 24/7 world, this safe supplement restores mental calmness and promotes relaxation.

### Magnesium Citrate

**Relaxes muscles and calms nerves**

Stress-Relax Magnesium Citrate is an effective way to meet the body's daily magnesium requirements. Magnesium helps the body metabolize carbohydrates, fats, and proteins. It also assists in tissue formation, and helps maintain bones, teeth, and proper muscle function. Inadequate magnesium intake can heighten the symptoms of stress, including muscle tension and sleep disturbances.

**18<sup>47</sup>**

250 g powder  
Berry or Tropical  
Fruit flavours



### 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



### Mental Calmness

**Promotes deep relaxation and mental clarity**

Stress-Relax Mental Calmness formula provides natural anxiety and stress control without the side effects of

**18<sup>47</sup>**

60 chewable tablets





# Energy from the ground up will **POWER** YOU UP!

Every easy-to-swallow vegetarian VitaDay capsule contains: **100% organic, non-GMO, nutrient-dense, whole food greens.**

✓ **GLUTEN FREE**

✓ **NON-GMO**

✓ **SUSTAINABLE**

**Innovative, highly bioavailable, active nutrients:** Coenzyme B vitamins, antioxidants, digestive enzymes, and concentrated plant **extracts.** Tested and **certified clean** and **non-GMO** by ISURA Labs.

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

60 vcaps



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 up to 600 potential contaminants.

[isura.ca](http://isura.ca)



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



# GREEN SHEET SPECIALS

**EXCLUSIVELY AVAILABLE IN NATURAL HEALTH FOOD STORES.**

## Berberine

### BLOOD SUGAR and CARDIOVASCULAR SUPPORT

Maintains healthy blood  
sugar and restores  
insulin sensitivity  
Supports weight  
management



**27<sup>97</sup>**

120 vcaps



## Lutein

### EYE HEALTH

**BONUS BOTTLE • 30 FREE softgels!**

Also contains potassium,  
zinc, and manganese



**27<sup>47</sup>**

150 softgels



## Medi-C Plus

### VITAMIN C and L-LYSINE FORMULA

Helps collagen formation  
Maintains healthy  
bones, teeth and gums  
Available with calcium  
or magnesium



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

600 g



## Anti-Stress

### REDUCES STRESS and IMPROVES SLEEP

Promotes healthy  
sleep  
Relieves nervousness



**23<sup>97</sup>**

120 capsules



## Male Energy

### NATURAL SOLUTION for MEN

Contains a combination  
of ingredients designed  
to enhance male health  
and energy



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

120 capsules



## Coenzyme Q10

### HEART HEALTH

Higher levels of CoQ10 can help  
prevent and manage heart disease  
and fight fatigue  
Free radical scavenger



**26<sup>97</sup>**

120 softgels



## Chewable Ginger

### PREVENTS NAUSEA

Clinically shown to prevent nausea  
and vomiting associated  
with motion sickness



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

90 chew tabs



## MSM Joint Formula

### RELIEVES JOINT PAIN, FAST! BONUS BOTTLE • 30 FREE capsules!

For healthy joints,  
cartilage, and  
connective tissue

**20<sup>97</sup>**

240 capsules



## Melatonin

### NATURAL SLEEP AID

**BONUS BOTTLE • 30 FREE tablets!**

Improves sleep quality  
and duration, reducing  
daytime fatigue



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

210 subtabs



## Starch & Fat Metabolizer

### BLOOD SUGAR METABOLISM

Helps metabolize carbs and fats  
Supports healthy  
glucose metabolism



**20<sup>97</sup>**

90 vcaps



## MagSense

### RELIEVES STRESS and MUSCLE TENSION

Calms muscle spasms and relaxes  
tight muscles  
Unflavoured and Berry  
flavoured



**36<sup>47</sup>**

400 g



## BioCgel

### HIGH-ABSORPTION VITAMIN C BONUS BOTTLE • 30 FREE softgels!

Potent immune support  
Also contains extra-  
strength fruit  
bioflavonoids



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

210 softgels

