

September Focus!

PREVENTION is the CURE!

See page
11



*"It's like bees
are flying
around my
head and
affecting my
memory."
Do you feel
like this?*

**FORGETFULNESS
& DEMENTIA**

See page 10

**ENERGY &
LONGEVITY**

See page 14



BACK to SCHOOL

with meaningful
amounts of
vitamins
and minerals.

9⁹⁷
60 chew tabs

**GREAT
Value!**



31⁹⁷
300 vcaps

Organic GREENS BAR
100% Plant-Based



**BACK TO
SCHOOL
Special!**

3²⁵
EACH

SEPTEMBER 5-30, 2025. While quantities last!



All Children Belong to Us

Our beautiful children want to live and know life. How are we helping them grow? As parents, our children can sometimes be challenging, but as their parents we love them deeply because they are our children. This love guides all of us in teaching them what true love is and what it is not. Over the ages, stories have not always conveyed these lessons well. For example, consider the children's story *The Little Red Hen*.

The Little Red Hen took the initiative to plant some wheat seeds. When they grew, she had the great idea to ask the community to take part in the process of baking buns. However, when she asked

her barnyard friends for assistance, they all found excuses why not to help. So she cut the grain, milled the wheat, made the dough, and baked the buns. Once the delicious aroma of the freshly baked buns wafted through the air, the whole

Let's focus on how precious our children are and the great sorrow we would feel if we ever lost one.

community came running. But the Little Red Hen said, "You didn't help

me, so now you will not eat the buns with me."

Was that the kind and loving way to teach that if you don't work you don't eat? Well, our actions serve as examples. The Little Red Hen could have used her experience as an opportunity for her community to learn that one person's generosity could lead to something wonderful for everyone. If the hen had said, "please eat, and while we are all together let's get to know each other better," would the result have been encouraging? Wouldn't ones remember when another time comes to pitch in for the whole community?



Let's focus on how precious our children are and the great sorrow we would feel if we ever lost one. Can we focus always on this and be mindful of how we communicate with them, treating them with love and kindness? When my granddaughter was less than two years old, she was once sharply spoken to. She became quiet and, in a minute, I noticed her bottom lip drop in sadness, and her eyes begin to water. Although I wasn't the one who spoke harshly, I saw the impact it had on her. We must be careful with our tone and words because our love for our children requires us to avoid hurting them. Doing this doesn't shut them down but opens them up to learn.

Our beautiful children need protection from negative experiences to prepare them to treat others with love and kindness. After all, we are all a lot like children. As they grow, they learn from us, but what do we want them to learn? Love and kindness.

A great example of this is the foundation, **Plant a Seed & See What Grows Foundation**, a nonprofit organization nurturing children through educational programs and community involvement. They've supported over 10,000 schools across Canada with resources for parents, teachers, and caregivers. You can explore their work at seewhatgrows.org

Just as babies and children love life and want to grow, as adults we too want to live and grow.

So let us all choose kindness. Let us use our time, voices, and actions to build something better – for our children, and for one another.

Because little children don't stay little forever. They grow into the world we leave behind.

plant a seed
& see what
grows
FOUNDATION®



CHILDRENS HEALTH

for BACK to SCHOOL

Give your children **delicious, meaningful amounts of vitamins and minerals.**

Help get your child's immune system ready with our back-to-school lineup. It's nice when we can give children a helping hand. Here is a potent selection of immunity defence with great-tasting gummies and chewables – or you can mix our liquid formulations into your own foods and beverages.

BigFr

Kids All-In-One Daily Shake Mix contains farm-fresh greens with a rainbow of more than two dozen wholesome fruits, veggies, herbs, and plant-powered protein.



PREFERRED GUMMIES FOR CHILDREN

19⁴⁷
180 gummies

19⁴⁷
180 gummies

19⁴⁷
50 gummies

19⁴⁷
180 gummies



Friends for Kids

17⁹⁷

50 mL liquid

8⁴⁷

90 chew tabs

9⁹⁷

250 chew tabs

9⁴⁷

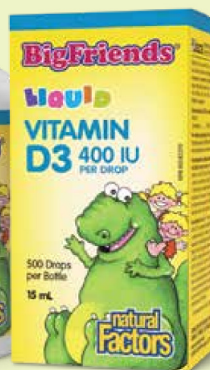
15 mL

23⁴⁷

60 g powder

10⁹⁷

60 chew tabs



Kids love the taste.

You'll love that they're all-natural and sugar-free.

Every child needs **backup supplements!**

LOWEST PRICE EVER!

9⁹⁷

60 chew tabs



THE EXPERTS ALL AGREE TOTAL BODY COLLAGEN

is so much more than a beauty supplement!

Collagen is found almost everywhere in your body – in your bones, muscles, tendons, cartilage, blood vessels, digestive tract, and even your eyes – you name it, and collagen is there.

When you're young, your body produces all the collagen it needs. However, starting in your early 20s, natural collagen production begins to decline at a rate of 1% per year. And for women, this decline is even more rapid around menopause.

The good news is that you can **help your body restore collagen**. Start by eating a balanced diet – consume enough protein, minerals, and antioxidants to support collagen production. Then consider a supplement for an added boost of collagen.

"Didn't realize how good this was for my skin and bones. Ran out and continued with a different brand but I realized all the aches came back and skin texture was changing. Back on it and seeing a difference already. Will def buy again." – M.A.

53⁴⁷

Available in Orange,
Pomegranate, and
Unflavoured

49⁴⁷

180 tablets

Total Body Collagen®
Staying
beautiful
from the inside out

**FREE
BOOKLET**
with purchase

**TOTAL BODY
COLLAGEN®**

100% COMPLETE AMINO ACIDS
with Hyaluronic Acid, Glutamine, and Biotin

Antiaging · Hydrated Skin
Muscle & Joint Recovery

✓ ANTIBIOTIC-FREE ✓ HORMONE-FREE ✓ GLUTEN-FREE

UNFLAVOURED

500 g

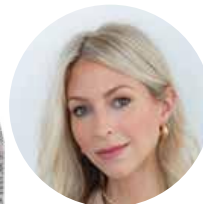
**TOTAL BODY
COLLAGEN®**

100% COMPLETE AMINO ACIDS
with Hyaluronic Acid, Glutamine, and Biotin

Antiaging · Hydrated Skin
Muscle & Joint Recovery

✓ ANTIBIOTIC-FREE ✓ HORMONE-FREE ✓ GLUTEN-FREE

180 Tablets



"Now that I'm almost 40, taking collagen is non-negotiable in my

daily routine. After just one month of taking it, I noticed a glow on my skin. Also, as I enjoy running and sports, I love how it supports my muscles, bones, and joints, which is so important for good recovery, especially as I get older."

– **Natasha Paroutis, Nutritionist**



“Regularly add
COLLAGEN
to your diet.” – JULIE REIL, MD
and Beauty Expert

Did you know?

Collagen supplements are designed to stimulate your own cells to start producing more **COLLAGEN**

But not all supplements are created equal! If you want a collagen supplement that actually works, here are a few things to look for.

○ **Look for clinically studied collagen, like VERISOL®, because studies show it...**

- Helps reduce eye wrinkles in four weeks
- Helps increase skin elasticity
- Helps increase skin density

○ **Look for added nutrients that support collagen such as...**

- BIOTIN – helps maintain healthy hair, skin, and nails
- HYALURONIC ACID – helps increase skin hydration
- GLUTAMINE – assists muscle repair after exercise

- L-TRYPTOPHAN – an essential amino acid involved in muscle protein synthesis
- VITAMIN C – helps collagen formation
- **Look for these indicators of quality on the label**
- ISURA® tests supplements for over 800 contaminants, including pesticides, heavy metals, and solvents
- Non-GMO
- Grass-fed, pasture-raised, hormone-free (bovine)
- Wild-caught, sustainably sourced (marine)

40⁴⁷
99 g powder



46⁴⁷
135 g powder



36⁹⁷
267 g powder



54⁹⁷
855 g powder



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

After years of research and development, we have created a **Butyric Acid** softgel designed to help relieve the **symptoms of IBS.**

For years, my family and I have dealt with GI issues, and while probiotics helped, I saw significant improvement after adding Regenerlife UniqueRelief IBS Butyric Acid to my routine. This product supports gut health for everyone, not just those with IBS, and it allowed me to eat foods I thought I couldn't tolerate, improving my GI health better than it's been in a decade. Initially concerned about its taste and smell, I found it easier to take by thinking of parmesan cheese, and even my family who struggle with pills managed it well. As I was impressed by the results, I bought several bottles for my family, who also experienced great improvements.

"I recently started taking Butyric Acid capsules for my digestive health, and I've been thrilled with the results! Although these capsules have a strong smell, I found that it was much less noticeable when they were individually packaged in cello packs, making them easy to take. Not only have I experienced improvements in my gut health, but the packaging made the experience more pleasant." – C.G.

"I had colon cancer 13 years ago. The cancer's gone, but ever since treatment, I've had recurring digestive issues. I recently took butyric acid for about 3 weeks and my stomach cramps went away! It has been a very positive outcome! Thank you so much!" – C.G.

"I'm in my 30s and have struggled with daily diarrhea for years. Someone recommended I try butyric acid, and by the second day of taking it, I noticed a significant change. Now, four months later, while I still experience some issues after eating spicy foods, my problem has virtually disappeared." – M.G.

It seems like most people who have some form of IBS benefit from **Butyric Acid**.

Let's face it – most of us deal with some kind of gut issue.



Butyric Acid works by strengthening the gut barrier:

- Maintains the integrity of the gut lining
- Promotes a balanced gut microbiome
- Helps regulate the immune system and intestinal tract inflammation

500 mg
2 softgels
per packet

27⁹⁷
30 packets



NEW!

1000 mg
4 softgels
per packet

50⁴⁷
30 packets

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

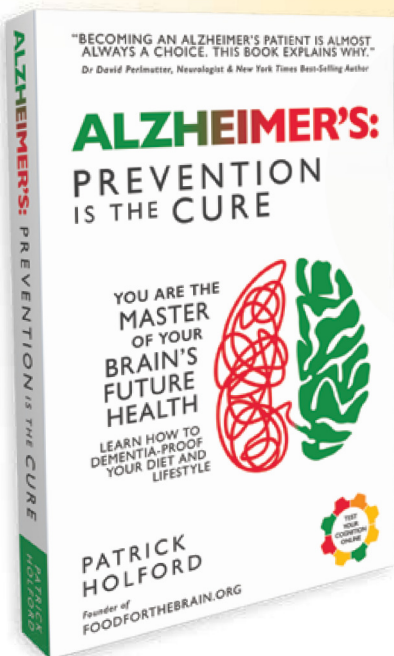


Do you sometimes feel like you're **HANGING ON** *by a thread?*

Are you forgetful? Have trouble with people's names? Do you find your partner asking you the same question over and over? **Is it possible to prevent memory loss?**

Follow the thread to find the answers...

PREVENTION for memory retention



Researcher **Patrick Holford** has been working tirelessly to discover how to nourish the brain and stop Alzheimer's. There is no drug for stopping dementia and Alzheimer's.

This is why he's written his new book, *Alzheimer's: Prevention Is the Cure*. He explains why Alzheimer's is a preventable disease: less than 1% of cases are

caused by genes, and that the vast majority of people can cut their risk by at least 80%, if not completely.

Holford also uncovers the truth about amyloid and p-tau, specific proteins and plaques that have been targeted by ineffective pharmaceutical drugs. He explores which genes do cause Alzheimer's

and how to assess your future risk.

But your risk is not set in stone: you can do many things to help reduce it. And the earlier, the better! Holford argues for prevention first, using numerous studies and clinical research to make an inspiring call for us to dementia-proof our diet and lifestyle.

The answer is prevention! How?

From the Owner

of Natural Factors

MUST READ

“I am deeply concerned about the increasing signs of memory loss among people of all ages. After dedicating over 50 years of my adult life to the natural food industry, I’m approaching 70 and have begun to notice some memory lapses myself.

While some may dismiss this as a normal part of aging, I firmly believe that this is FALSE. I have now made sure to focus on nourishing my brain and have witnessed remarkable results.”

30
convenient
PACKETS

HOT DEAL!

39⁹⁷

kit

One per customer,
while quantities last!



Nutrition is the answer!

Let's put importance
where it *really matters*

POWER YOUR BRAIN – because it matters most

Life is incredibly short. Many of us recognize the importance of exercise for stamina and heart health. We take supplements for various reasons – some for joint pain, others to improve sleep.

But what truly matters most? Is it the brain? Our brain holds our identity, and our memories give life meaning and depth. Maybe that's what we should prioritize the most.

*Unravel the
confusion.*



“Enhancing *True Energy*”

– Michael T. Murray, ND

The most frequent health question I am asked is “**How can I have more energy?**” I understand why; after all, energy is the currency of life. It fuels our health and propels us through the day. And the more energy we have, generally, the better we feel.

The **REGENERLIFE formula** includes the targeted nutrients together in convenient capsule or powder forms: acetyl-L-carnitine, coenzyme Q10, L-glutathione, superoxide dismutase (SOD). This specialized ATP formula supports mitochondrial function and reduces oxidative stress and inflammation.

“I love this product... it contains CoQ10, acetyl-L-carnitine, and other key compounds for enhanced mitochondrial function.”



“Secrets known to *regenerate us*”

– Mark Hyman, ND

“I put mitochondria powder in my smoothie every morning.”

NMN rejuvenates your mitochondria

Numerous studies have demonstrated that boosting NAD⁺ levels can reverse mitochondrial dysfunction and improve

insulin sensitivity. NAD⁺ helps convert nutrients from food into energy. One of the most effective ways to boost NAD⁺ levels is by supplementing with nicotinamide mononucleotide, also known as NMN. NMN is a precursor to NAD⁺, and is rapidly absorbed and converted to NAD⁺. NMN is shown to be superior to another NAD⁺ precursor called nicotinamide riboside (NR).

Depending on your health status, goals, and willingness to up your nutritional support, the following are supplements that are important for mitochondrial function, energy production, detoxification, and reducing inflammation.

42⁹⁷
120 vcaps

49⁹⁷
81 g powder

79⁹⁷
162 g powder



WHAT THE DOCTORS RECOMMEND TO Rejuvenate *our energy*

Our medical team wanted to know which key supplements would give the best results to make a real difference in supporting mitochondria to produce energy, and rejuvenate and energize our lives. To test their theory, the team conducted a study and gave the nutrients to participants in small packets.

Each packet contained **NMN, Quercetin, Mitochondrial Formula, and Omega-3.**

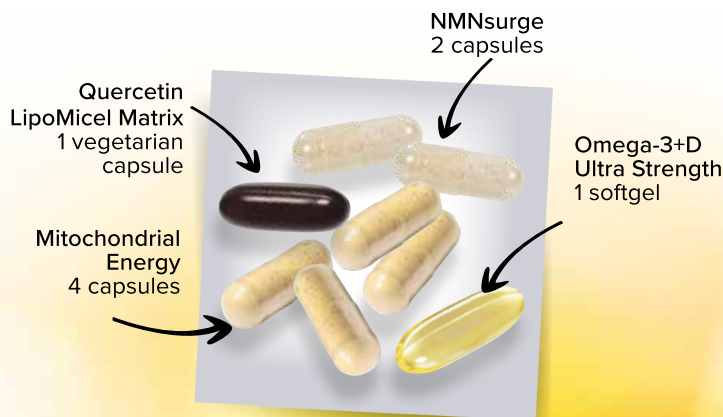
The group followed the prescribed regimen for *just* 30 days.

These are some of the experiences the study participants had:

"The products help me maintain a good energy level throughout the day even without having any caffeine!" – F.Y.

"As I get older, I notice that my energy levels drop, especially in the afternoon and evening. Since I started taking the longevity kit, I have a lot more energy. It feels like 'my life battery is charged' and I can finish my day on a higher note." – L.M.

"I used to wake up in the morning feeling tired. However, since I started taking the longevity kit with NMN, I have noticed a huge difference! Now I wake up refreshed and with enough energy to start my day." – A.S.



30
convenient
PACKETS

**HUGE
Savings!**

49⁹⁷
kit / 30 packets



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

Wonderful Whole Earth & Sea

Our **love** of what makes the earth so beautiful is in the seed we start with. It takes **commitment** to responsible stewardship, sustainable farming practices, and the cultivation of the biodiversity around us. To do all that, we grow and work with our **hands**.

More than simply organic, our farms utilize extremely delicate growing methods that

promote the greatest biodiversity with insects, birds, and even amphibians. Our farms are where we hand-fertilize each of our crops with compost and nitrogen-rich sea plants, and tend to our crops by hand.

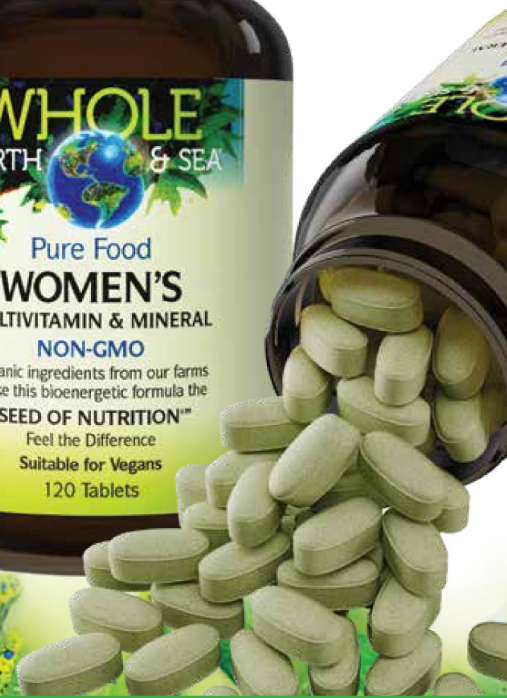
Available in Organic
Chocolate, Unflavoured,
and Organic Tropical

62⁹⁷
powder

54⁹⁷
powder

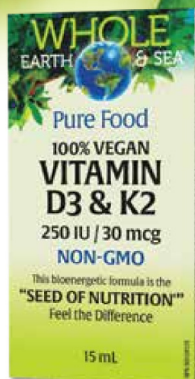


Available
in Organic
Chocolate,
Organic Tropical,
and Unflavoured





43⁴⁷
60 vcaps



23⁴⁷
15 mL



19⁴⁷
6 BARS

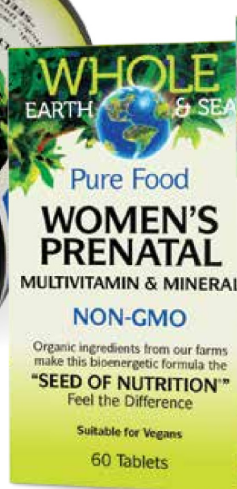
18⁹⁷
30 vegetarian softgels



Multivitamins & Minerals Super Special Price!

SALE
35⁴⁷
any of the multis
60 sizes

SALE
66⁹⁷
any of the multis
120 sizes



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

Quercetin LipoMiceL—A Novel Delivery System to Enhance Bioavailability of Quercetin

A Pharmacokinetic Study of Different Formulations in Healthy Participants: Controlled, Crossover, Single- and Pilot Study

Using a Novel Micellar Delivery System to Enhance the Bioavailability of Vitamin D3

Designing Vitamin D3 Formulations: An In Vitro Investigation

A Comparison and Safety Study of a Novel Micellar Delivery System for Vitamin D3

Pharmacokinetic Assessment of a New Formulation with Enhanced Absorption in Vitro

Study of Berberine and its Effects on Blood Glucose Levels in Healthy Volunteers

Pharmacokinetic Assessment of a New Formulation with Enhanced Absorption in Vitro

The most clinically studied LIPOMICEL®

Over 20 published clinical studies

Why Bioavailability Matters in Supplements

Developed and manufactured in Canada, LipoMiceL is a breakthrough in nutrient delivery. It tackles a major supplement problem: poor absorption of oil-based compounds. With conventional formulas, your body struggles to absorb what you swallow – leading to wasted nutrients, wasted money, and extra capsules.

LipoMiceL changes that. Its advanced micellar technology

transforms hard-to-absorb ingredients into a highly bioavailable form, so your body gets more – with just one capsule.

And it's not just talk. **Backed by over 20 human clinical studies**, LipoMiceL proves that better absorption means you don't need megadoses.

Fewer capsules. Less packaging. Less waste.



Up to 10x higher blood concentration

- 1 capsule of LipoMiceL (250 mg) equals 5 capsules of standard quercetin (500 mg)

15⁹⁷
30 softgels

29⁹⁷
60 softgels

53⁹⁷
120 softgels



Up to 6x better absorption than standard berberine

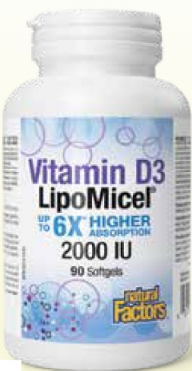
- Clinically proven to be safe – even at a high-absorption dose (1000 mg/day)

36⁴⁷ 60 softgels **67⁴⁷** 120 softgels



29⁴⁷
60 softgels

43⁴⁷
90 softgels



8⁹⁷
90 softgels

15⁴⁷
180 softgels

25⁹⁷
360 softgels



NEW!

Omega-3 LipoMiceL Matrix

- Omega-3 LipoMiceL delivers up to 10x more omega-3 absorption than standard fish oil
- More omega-3s reach your bloodstream from just one capsule
- Fewer capsules, less raw fish, and minimal packaging
- One capsule does more – saving resources, reducing waste, and delivering results you can feel
- Clinically tested, 100% Canadian, and smarter for your body and the planet

19⁴⁷
60 softgels

31⁹⁷
120 softgels

Rejuvenate *your life & feel great!*



Restorative sleep *for the whole night*

Quick-release melatonin + delayed-release melatonin gets you to sleep quicker, better, and longer

“ I’ve had chronic sleep issues for years – no melatonin product has ever worked for me before – BUT since taking Sleep Better I’ve had night after night of solid sleep through the night. AMAZING! Thank you so much for bringing such an effective product to the market. ” – T.K.

NEW!
17⁹⁷

60 tri-layer tabs

Helps increase energy and resistance to stress

31⁹⁷

90 vcaps



Give your life a **SURGE**

NMN is a cutting-edge, activated form of vitamin B3. NMN is rapidly absorbed and converted to NAD+, the molecule that helps optimize our mitochondrial function.



HOT DEAL!

31⁹⁷

60 vcaps

57⁴⁷

120 vcaps



39⁹⁷

30 vcaps
500 mg

Magnesium for the brain

44⁹⁷

90 vcaps

Contains a highly absorbable form of magnesium L-threonate that has been proven to increase magnesium levels in nerve cells and the brain because of its unique ability to cross the blood-brain barrier.



21⁹⁷

60 vcaps



16⁹⁷

300 g

30⁴⁷

600 g



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

KOOPE



WOW! KOOPE WON out of 1,000+ submissions



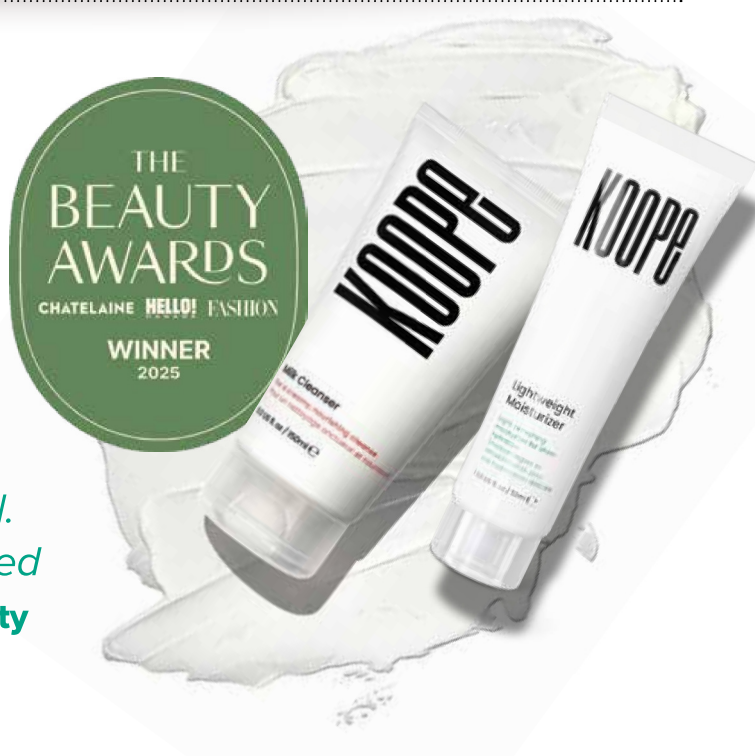
BEST Moisturizer for Oily Skin:
Koope Lightweight Moisturizer



BEST Cleanser for Dry Skin:
Koope Milk Cleanser

At the **2025 Beauty Awards Canada** – powered by *Chatelaine*, *HELLO! Canada*, and *FASHION* – KOOPE beat out over 1,000 entries to win two major awards.

“This cleanser is truly exceptional. I was blown away by how hydrated my skin felt after using it.” — **Beauty Awards Canada Judge**



Europe's clean skincare phenomenon is now in Canada



GEL CLEANSER

For a deep but gentle cleanse

- Lightweight deep cleansing
- Soothes and softens
- Gentle and non-sensitizing

MILK CLEANSER

For a creamy, nourishing cleanse

- Ultra-rich texture
- Smooth and creamy
- Softens and nourishes

LIGHTWEIGHT MOISTURIZER

Best for all skin types and oily, acneic skin

For light, sheer hydration

- Sheer, long-lasting hydration
- Helps protect the skin's barrier
- Reduces shine and sensitivity

MIDDLEWEIGHT MOISTURIZER

Best for all skin types

Balanced, protective, all-day hydration

- Long-lasting, balanced hydration
- Environmental protection
- Helps with signs of an unbalanced microbiome

HEAVYWEIGHT MOISTURIZER

Best for dry, very dry, damaged, or mature skin

Intense hydration without feeling heavy

- Deep hydration that lasts all day and night
- Strengthens the skin's barrier and fights free radicals
- Helps boost elastin and hyaluronic acid production

WHERE HAVE YOU BEEN ALL MY LIFE!

SERIOUSLY one of the BEST face washes I've ever owned!!! It cleans my face so well and deeply without leaving it feeling irritated or dry!

Jessica D.



ABSORBS GREAT AND LASTS ALL DAY

This moisturizer is great, it absorbs well and doesn't leave a film or make my makeup on top blotchy. Will definitely buy again.

Kristen S.



LOVE

Clean ingredients are most important, but this product delivers beyond just that. I feel it's nourishing as well as priced really well. I'm a fan!

Tatjana L.



Super Hot DEALS



23⁴⁷
400 g powder

38⁹⁷
600 g powder

CREATINE to BUILD

Creatine is a **performance enhancer**. It helps with energy production, improves strength in high-intensity physical activity, and increases muscle mass.

GLUTAMINE to REPAIR

Glutamine is a post-workout **recovery aid**. It assists in muscle tissue repair after prolonged exercise, but also supports the digestive and immune systems. This is critical because exercise can weaken these systems and induce "leaky gut" and risk of infection.

27⁹⁷
180 softgels

18⁴⁷
120 capsules

NEW!
36⁴⁷
120 vcaps

23⁹⁷
60 tablets

31⁴⁷
120 capsules

- Helps relieve chronic pain
- Naturally produced from fractionated, non-GMO safflower seed oil

HOT DEAL
30⁴⁷
120 softgels

HOT DEAL
41⁴⁷
180 softgels

HOT DEAL
23⁴⁷
120 vcaps

Super Hot DEALS



NEW!
31.47
450 powder

HOT DEAL
14.47
500 softgels



5.47
90 subtabs
7.97
210 subtabs

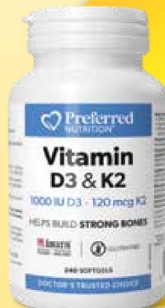
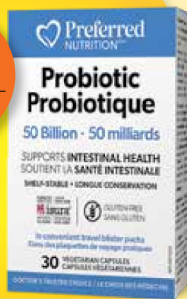


27.97
60 vsgls

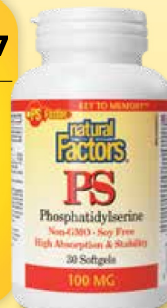


17.47
30 vcaps

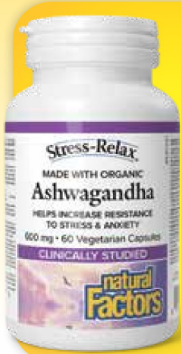
31.47
30 vcaps



22.97
30 softgels
22.97
120 softgels
30.97
240 softgels



HOT DEAL
19.97
120 caplets



22.97
60 vcaps



41.97
60 vcaps



42.47
120 chew tabs



NEW!
21.47
150 vcaps

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

Super Hot DEALS



HOT DEAL
37⁹⁷
150 softgels



12⁹⁷
120 vcaps



HOT DEAL
24⁹⁷
250 vcaps

34⁴⁷
60 gummies
Stable, spore-forming bacteria that is more robust than many other probiotic strains



Stock up for COLD & VIRUS SEASON!



14⁹⁷
90 softgels

27⁹⁷
180 softgels



21⁹⁷
60 softgels

41⁴⁷
120 softgels



15⁴⁷
50 mL

27⁹⁷
100 mL



19⁹⁷
30 mL



19⁹⁷
150 mL

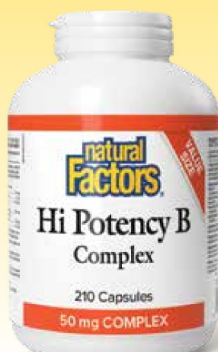


9⁴⁷
30 soft chews

Bonus Bottles HOT DEALS



18⁹⁷
180 vcaps



25⁹⁷
210 capsules



24⁹⁷
180 vcaps



32⁹⁷
210 vcaps