



CAUGHT SOMETHING

Reduce the length of

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 a unique patented, super-extracted echinacea concentrate developed by Natural Factors. It is the **ONLY** echinacea clinically proven to get rid of your cold up to three times faster. Here are some of the things that make Natural Factors products containing ECHINAMIDE unique:

Optimum Growing Conditions

Natural Factors has determined the optimum growing conditions for echinacea, and they use 100% organic methods, to grow echinacea at Factors Farms in the Okanagan Valley of British Columbia.

Precise Harvesting

By determining the level of active compounds throughout the growing cycle, Natural Factors' agricultural experts are able to harvest the echinacea at the most ideal time – when it is highest in active compounds.

Advanced Extraction Techniques

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.



Proper Clinical Evaluation

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, produced under careful control by Natural Factors, from organic seedlings, carefully harvested and extracted, and delivered to your local health food store.

Immediate relief Quick-Blast

Soothes your throat
Clears your sinuses
Stops your cough

7⁴⁷

30 chew softgels



THING YOU DIDN'T WANT?

your cold and flu fast!

Thousands have discovered ECHINAMIDE Cold & Cough Syrup works fast!

GUARANTEED RESULTS!

"A spoonful of cough syrup in some hot water was all I needed to settle my cough and help me finally drift off to sleep."

— Steve from Burnaby, BC

Pour a spoonful in hot water to relieve your cough
Cold & Cough Syrup

A unique blend of herbs that effectively suppresses the urge to cough

13⁹⁷

150 mL



Long-lasting relief

Anti-Viral Potent Fresh Herbal Tincture

Effective against all viral conditions

11⁴⁷

50 mL



Amazing relief for a dry, sore throat

Sore Throat Relief

Available in Natural Orange and Natural Cherry flavours

5⁹⁷

60 lozenges



Prevent colds and flus

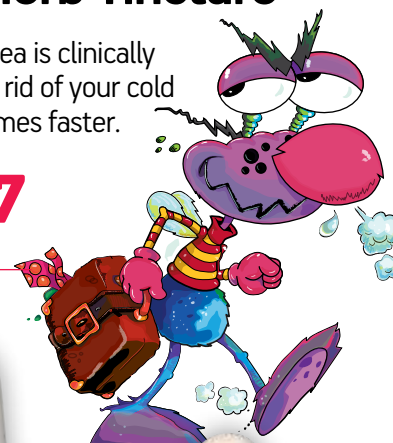
Echinacea with Goldenseal Tincture

OR **ECHINAMIDE Fresh Herb Tincture**

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

12⁹⁷

50 mL



LOVE THE FLAVOUR. LIVE THE BENEFITS.

Sea-licious®

NEW

42⁹⁷
250 mL



23⁹⁷
250 mL

26⁴⁷
with Vitamin D
250 mL

– Karlene Karst, RD
Founder of Sea-licious,
and mother of three

BREAKTHROUGH PURIFIED OMEGA-7 FOR

AMAZING INFLAMMATION RELIEF

REDUCE YOUR RISK
OF TYPE 2 DIABETES

Research from Harvard Medical School and the Cleveland Clinic reveal the powerful healing properties of Purified Omega-7.

Purified Omega-7 containing the fatty acid, purified palmitoleic acid (Provinal®), reduces inflammation in the body. Studies have shown that taking 420 mg of Purified Omega-7 daily decreases LDL cholesterol, triglycerides, and reverse atherosclerotic plaque.

A recent published clinical study* indicates that Purified Omega-7 cuts your **risk of type 2 diabetes** by decreasing insulin resistance; helps prevent or reverse fatty liver; and lowers your levels of an **inflammation** marker called hs-CRP (highly specific C-reactive protein) by 44%, which is associated with an increased risk for heart attack and stroke.

BENEFITS OF SEA-LICIOUS® PURIFIED OMEGA-7

- ✓ All the benefits of omega-7 without the inflammatory effects of palmitic acid
- ✓ Anti-inflammatory, helps lower C-reactive protein by 44%
- ✓ Helps with belly fat weight loss
- ✓ Reduces risk of heart attack and stroke
- ✓ Contains omega-3, EPA, and DHA
- ✓ Contains astaxanthin – a powerful antioxidant

Read more at
sea-licious.ca

25⁴⁷
60 softgels



CALMING SOLUTIONS FOR ANXIETY & STRESS

Serenity Formula

HELPS RELIEVE SYMPTOMS
OF CHRONIC STRESS AND ANXIETY

When the body is stressed, the “fight or flight” response is initiated. Once the stress is gone, cortisol and adrenalin should turn “off”. Unfortunately, chronic stress can leave them “on” all the time. This prevents the body from recovering and can cause cellular damage, blood sugar problems, and “adrenal fatigue”. Serenity Formula supports your adrenals and relieves symptoms of chronic stress.

Mind Retreat

CALMS AND RELAXES THE MIND

For some people stress can be overwhelming, leading to anxiety and insomnia. For others, long-term, accumulated, or intense stress can challenge the nervous system’s ability to cope, resulting in depression, angry outbursts, complete burnout, or other defensive reactions. Mind Retreat promotes relaxation, reduces restlessness, and can be used as a sleep aid for periodic insomnia.

24⁴⁷
120 vcaps

20⁴⁷
60 vcaps

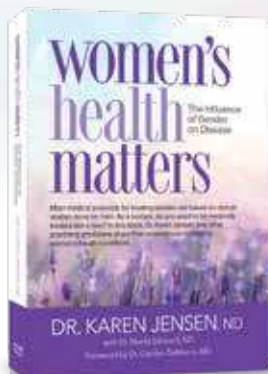


EXCLUSIVELY available in natural health food stores.

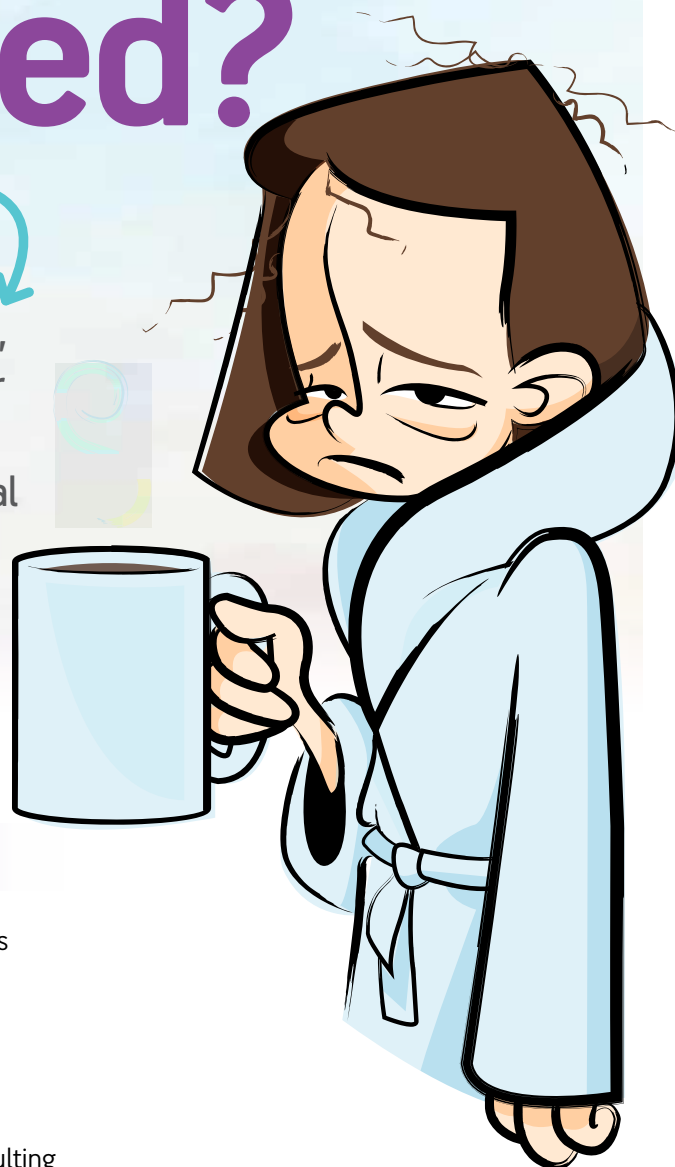
Why am I so tired?

Find out why, *here!*

It is interesting that many people have never heard of the adrenal glands, considering they command the most powerful hormones that affect your body and, in fact, your life. They are no bigger than a walnut and sit on top of each kidney. You cannot live without your adrenal hormones and how well you live – your quality of life – depends a great deal on how well your adrenal glands function. **All individuals subjected to chronic and severe stress go through stages of adapting to these stressors.**



Excerpt from Dr. Karen Jensen's new book, *Women's Health Matters*.



STAgE 1: ALARM REACTION

The body has an initial reaction to a stressor through a complex chain of physical and biochemical responses brought about by the interaction of the brain, nervous system, and a variety of different hormones released through the main stress organs, the adrenal glands.

STAgE 2: RESISTANCE

At this point, the adrenal glands are on constant alert and overreact to prolonged stress. The main adrenal hormone at this stage is cortisol, the hallmark of long-term stress. The resistance stage can last anywhere from months to as long as 20 years. If the stress is unrelenting, eventually the adrenal glands will no longer be able to rebuild and adapt.

As a result, the body's ability to cope with stress and fight disease has been compromised.

STAgE 3: EXHAUSTION

In this phase, the state of hypoadrenia is to the point where the ability to respond to stress is severely limited. There are no reserves left, resulting in fatigue, malaise, and lack of will. People who started in Stage 1 and managed to push through Stage 2 are now completely exhausted mentally, emotionally, and physically. Reserves are so depleted that their symptoms of disease become chronic and more degenerative. They experience extreme fatigue, may develop chronic fatigue syndrome (CFS), feel "burned out", and are more susceptible to infections with poor recovery from illness.

42⁹⁷

180 vcaps

26⁴⁷

120 vcaps

ADRENAL FATIGUE?

WHAT WORKS

ADRENASENSE & STRESS LESS

include several adaptogenic herbs that have been studied extensively and have proven very effective during times of increased demands and stress.



more essentials *for* women

Brain Defence

Reduces cortisol and C-reactive protein levels

Brain Defence is a blend of five natural extracts, selected for their effectiveness in enhancing cognitive, cardiovascular, and intestinal health while reducing the effects of mental and physical stress.



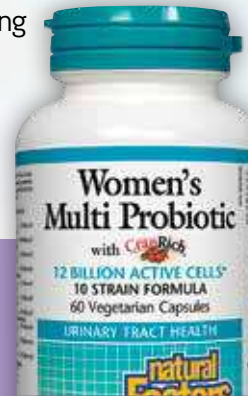
27⁴⁷

90 vcaps

Women's Multi Probiotic with CranRich

Essential probiotic for women

A source of probiotics providing live microorganisms to enhance intestinal, vaginal, and urinary tract flora.



19⁴⁷

60 vcaps

CranRich Super Strength Cranberry Concentrate

Urinary health

Helps prevent urinary tract infections

High-antioxidant value of 10,000 ORAC units per 100 g



23⁴⁷

180 capsules

GI Sense

Calms digestive disturbances caused by stress

Helps support the stress-related cause of gastrointestinal disorders and to relieve inflammatory conditions.



26⁴⁷

90 vcaps

NEW!

Gut-Brain Strain

One of the world's most researched probiotics

The Gut-Brain Strain provides guaranteed minimum 10 billion colony forming units (cfu) of whole cell BB536® *Bifidobacterium longum* to support gut microbiome.



31⁴⁷

60 vcaps

SomniSense

Natural sleep aid

Expands the WomenSense line of natural products. This herbal formula helps relieve symptoms of nervousness and promotes restful sleep.



17⁴⁷

90 vcaps

NEW!

Double Strength CurcuminRich

#1 absorbed form of curcumin

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



39⁴⁷ 22⁹⁷

60 vcaps

30 vcaps

Vitamin K&D

For healthy bones and teeth

Aids in the development and maintenance of bones and teeth
Helps reduce risk of osteoporosis



13⁴⁷ 23⁹⁷

60 softgels

120 softgels

Maximum Triple Strength RxOmega-3

Potent one-per-day omega-3

Offers a high potency of omega-3 EFAs in a convenient one-a-day softgel. Daily consumption of omega-3 EFAs is essential for the health of the cardiovascular system, nervous system, and joints.



43⁹⁷

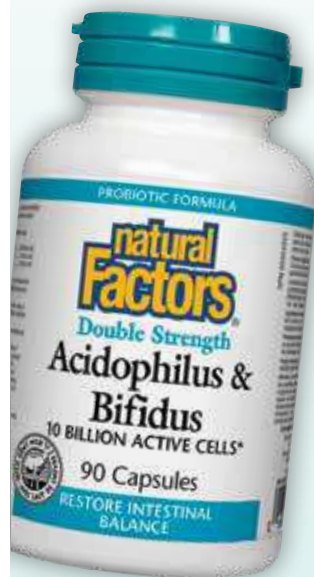
150 ep softgels

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. They have the most experience in Canada producing **top quality, stabilized probiotics**, so you get the **best results at a fair price**. No other probiotic manufacturer can compare.

Acidophilus & Bifidus Double Strength 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.

Double Strength Acidophilus & Bifidus



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

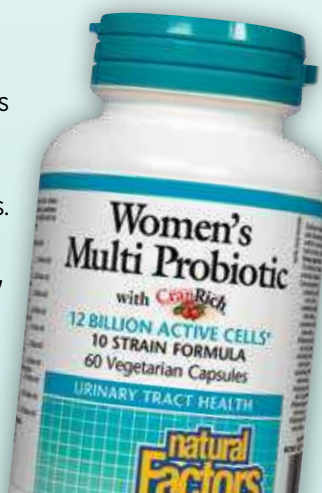
11⁴⁷

90 caps

21⁴⁷

180 caps

Since the introduction of goat milk in Acidophilus & Bifidus, Natural Factors has continued to create innovative formulas that feature strains of probiotics derived from human, dairy, and vegetable origins. These supplements include **Ultimate Multi Probiotic 12 billion active cells**, containing a 12-strain blend representing the natural bacteria in human intestines.



Ultimate Multi Probiotic

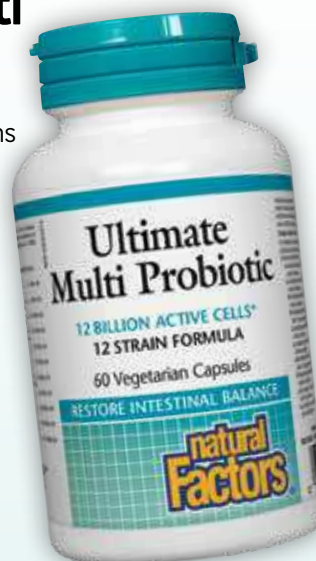
Provides live microorganisms that temporarily modify gut flora, helping to maintain natural intestinal balance and improve digestion

18⁴⁷

60 vcaps

34⁴⁷

120 vcaps



Natural Factors also offers **Women's Multi Probiotic with CranRich** 12 billion active cells. This comprehensive formula provides seven human-, two dairy-, and one vegetable-origin strains alongside 250 mg of super strength CranRich 36:1 cranberry concentrate in each vegetarian capsule.

Women's Multi Probiotic with CranRich

A source of probiotics providing live microorganisms to enhance intestinal, vaginal, and urinary tract flora.

19⁴⁷

60 vcaps

Natural Factors also offers two **Critical Care Probiotic** formulas, providing 55 and 100 billion active cells respectively. These formulas feature nine bifidobacteria and lactobacilli strains for targeted support of both the large and small intestines, and are ideal for replenishing bacteria lost through antibiotic use, sickness, or diarrhea.

Critical Care Probiotic

26⁴⁷

30 vcaps

**55
BILLION
active cells**

46⁹⁷

30 vcaps

**100
BILLION
active cells**



LOOK FOR THIS SEAL



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 500 potential contaminants.

isura.ca

NOTHING COMPARES TO Alpha[®] COCONUT OIL

WHAT MAKES ALPHA COCONUT OIL SO SPECIAL?

- From husking to press, 90 minutes fresh
- Award winning, fairtrade certified
- Melt in your mouth delicious
- Freshest, fairest, most future friendly

Alpha's Organic Virgin Coconut Oil is certified fairtrade 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 one-and-a-half hours or less. Such a short processing time eliminates the concern of mold growth or danger of other impurities. This is one of the things that sets Alpha apart from every other coconut oil on the market.

Alpha DME delivers the purest, highest quality raw coconut oil to your table.

DME Coconut Oil

The fairest, the freshest, and most future-friendly coconut oil in the world.

24⁴⁷

475 mL



Organic Red Palm Oil

8⁴⁷

475 mL

An excellent 100% vegetarian and sustainably sourced cooking oil.

Supreme MCT Oil

Provides quick energy for workouts, weight management, or to support age-related cognitive decline.

21⁴⁷

500 mL

31⁹⁷

1 L



FIRST EVER ISURA-TESTED, CERTIFIED CLEAN PROTEINS

UNIQUE 100% ORGANIC Vegan Protein

Available in French Vanilla, Decadent Chocolate, Berrylicious, and Unflavoured

BEST-TASTING, HIGHEST QUALITY Whey Protein

Available in French Vanilla, Double Chocolate, and Unflavoured

20 g protein per serving • Soy free and dairy free
Provides all essential amino acids

HOT PRICE
49⁹⁷
powder

39⁹⁷

741 g powder
Unflavoured

HOT PRICE
44⁹⁷
powder



EXCLUSIVELY available in
natural health food stores

The most metabolically active B vitamins

BioCoenzymated B Vitamins

Taking B vitamins already
in their coenzymated forms allow
the body to use them directly.

17⁴⁷
60 subtabs

8⁴⁷
30 vcaps

7⁹⁷
30 vcaps



NEW

GREEN SHEET SPECIALS

EXCLUSIVELY AVAILABLE IN NATURAL HEALTH FOOD STORES.

Dairy Free Organic Creamy Drinking Chocolate

DELICIOUS & HEALTHY
 Supports healthy digestion and colon health
 Maintains natural inner intestinal balance

isura
 CERTIFIED CLEAN

12⁴⁷

230 g powder



PGX Daily

HEALTHY WEIGHT LOSS

PGX helps you feel full and snack less

Helps with any weight loss program

47⁹⁷

240 softgels

24⁹⁷

120 softgels



Coenzyme Q10

KEEP YOUR HEART HEALTHY

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

Supports cardiovascular health

isura
 CERTIFIED CLEAN

23⁹⁷

150 softgels



Hi Potency B

NATURAL ENERGY & STRESS RELIEF

Supports nervous system and promotes proper brain function

Essential for healthy hair, skin, and nails

isura
 CERTIFIED CLEAN

24⁹⁷

210 capsules



Vitamin C

TIME-RELEASED IMMUNE SUPPORT

Provides antioxidant protection over an 8-hour period

Promotes wound repair

isura
 CERTIFIED CLEAN

19⁴⁷

210 tablets



Magnesium Citrate

RELIEVES STRESS & MUSCLE TENSION

Calms muscle spasms and relaxes tight muscles

Supports cardiovascular health

isura
 CERTIFIED CLEAN

17⁴⁷

210 capsules



B12 Methylcobalamin

IMPROVES SLEEP & HELPS CALM NERVES

Fast-acting, biologically active form of B12

Vital supplements for vegetarian diets

isura
 CERTIFIED CLEAN

16⁹⁷

210 subtabs



Maca Energy

HELPS WITH ENERGY, MOODS, STRESS & MENOPAUSE

Boosts your energy, clarity, and balance

Healthy mood balance during menopause

isura
 CERTIFIED CLEAN

29⁴⁷

180 vcaps



GREEN SHEET SPECIALS

EXCLUSIVELY AVAILABLE IN NATURAL HEALTH FOOD STORES.

Emulsified MCT Boost

PROVIDES A SOURCE OF ENERGY TO FUEL WORKOUTS

100% coconut-sourced MCT oil

Non-dairy, sugar-free creamer



25⁴⁷

355 mL

Lutein

KEEP YOUR EYES HEALTHY

Potent antioxidant support for optimal eye health

Helps in the treatment and prevention of age-related macular degeneration (AMD)



22⁴⁷

120 softgels

WellBetX Berberine

A NATURAL APPROACH TO BALANCING BLOOD SUGAR

Maintains healthy blood sugar balance and restores insulin sensitivity

Supports weight management



16⁹⁷

60 vcaps

OsteoMove

FAST RELIEF FOR CHRONIC PAIN

Helps relieve joint pain associated with osteoarthritis, such as osteoarthritis of the knee



34⁴⁷

120 tablets

Bioactive Quercetin EMIQ

NATURAL ALLERGY RELIEF

Helps control allergy symptoms

40 times greater absorption than quercetin



20⁹⁷

60 vcaps

Active B Complex

SUPPORTS NERVOUS SYSTEM

Enhanced support for energy metabolism and nerve health



21⁹⁷

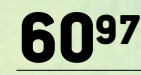
60 vcaps

Ubiquinol Active CoQ10

THE NEW GOLD STANDARD FOR COQ10

Provides superior bioavailability compared to conventional CoQ10

Powerful supplement for cardiovascular health



60⁹⁷

120 softgels

32⁹⁷

60 softgels

Mixed Vitamin E 400 IU

POWERFUL ANTIOXIDANT

Vitamin E is a powerful antioxidant that offers protection from free radicals



22⁹⁷

240 softgels