

# Roots Natural Taking care of your Health



**RegenerLife**  
Boosts Cellular Energy

This formula contains a potent combination of targeted nutritional compounds shown to optimize mitochondrial function, the key producers of energy within our cells. The delicious watermelon flavoured drink mix supports the body's antioxidant defence systems, helps reduce symptoms of fatigue, and contributes to brain, muscle, and heart health.



81g Powder **SAVE \$4.00**

**NMNSURGE**  
NAD Precursor

This metabolically active nicotinamide mononucleotide (NMN), contains a unique health-aging ingredient used to rejuvenate cellular health. A biologically active form of vitamin B3 is quickly converted by the body to nicotinamide adenine dinucleotide (NAD+), a metabolite needed for optimal energy production and cell renewal.



60 Vegi Caps **SAVE \$3.00**

**Berberine**  
Glucose Manager

Berberine contains a concentrated barberry root extract with a clinically effective dose of berberine to support healthy glucose metabolism in adults. Berberine is a naturally occurring plant compound known for its remarkable use in supporting blood sugar, cholesterol, and cardiovascular health. This non-GMO formula features 500 mg of berberine per softgel, to be taken twice daily.



90 Liquid Softgels **SAVE \$3.00**

**Sleep Better**

Sleep Better features 10 mg of melatonin alongside 5-HTP, L-theanine, and a botanical sleep blend to support healthy daytime energy through a better night's rest. The advanced tri-layer tablets release 5 mg of melatonin immediately along with other relaxing and sleep-supportive ingredients to help you fall asleep faster, and stay asleep longer.



60 Tri-Layer Tabs **\$17.99**

**Theracurmin**  
Double Strength

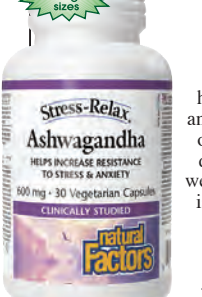
Curcumin has a broad range of actions that support good health. Modern science confirms that its antioxidant properties help protect against water- and fat-soluble toxins. It also supports healthy inflammatory response and has been used successfully to relieve joint pain associated with osteoarthritis.



60 Vegi Caps **\$37.99**

**Ashwagandha**  
Clinically Studied

KSM-66 Ashwagandha extract helps increase resistance to stress and anxiety in people with a history of chronic stress, improving their quality of life. Ashwagandha is a well-recognized Ayurvedic herb that is traditionally used as a sleep aid and nerve tonic.



30 Vegi Caps **\$11.99**

**L-Tryptophan**  
Free Form Amino Acid

Tryptophan is the amino acid that serves as the precursor for the synthesis of serotonin and melatonin to promote healthy moods and sleep cycles.



90 Vegi Caps **\$15.99**

**Women's Prenatal**


Whole Earth & Sea Pure Food Women's Prenatal Multivitamin & Mineral is a comprehensive, whole food-based supplement designed specifically for pregnant women. Non-GMO and 100% vegan, this formula contains bioenhanced active vitamin and mineral complexes for maximum absorption. Additional whole food nutrition is supplied by Farm Fresh Factors, made from raw, organic, nutrient-rich plants.



60 Tabs **SAVE \$3.00**

**L-Glutamine**  
Free Form Amino Acid

Glutamine supplementation is ideal for athletes who want to prevent problems associated with intensive training, and for anyone who would like to recover faster from over-training.



300g Powder **\$18.99**

**OsteoMove**  
Extra Strength Joint Care

Reduces chronic and acute inflammation, relieves joint pain, and accelerates repair and recovery of joints and connective tissue. Improves flexibility, and increases hydration and nutrient flow in joint cartilage.



120 Tabs **SAVE \$3.00**

**Active B Complex**  
Full Spectrum Formula

B vitamins support our energy production, maintain healthy metabolism, and help the body form red blood cells and tissues. However, some B vitamins take time to convert into their active forms to become usable by the body. Active B Complex solves this problem with a balanced formula of eight essential B vitamins in their biologically active forms, so they can get to work right away.



60 Vegi Caps **\$21.99**

**Nighttime Magnesium**

Nighttime Magnesium Bisglycinate combines magnesium bisglycinate with melatonin, L-theanine, and Pharma GABA, to temporarily promote relaxation and improve sleep quality. Together, these ingredients help reset the body's sleep-wake cycle, allowing you to fall asleep more quickly and sleep longer.



120g Powder **SAVE \$3.00**

**GREENS**

Whole Earth & Sea Fermented Organic Greens is a 100% fermented and certified organic formula providing 6g of quality plant protein in every serving. This exceptional non-GMO, vegan-friendly green superfood formula contains fermented grasses, fruits, vegetables, and micronized medicinal mushrooms to support an active, healthy, and sustainable lifestyle.



390g **SAVE \$4.00**

**Activated Charcoal**  
Relieves Gas and Bloating


Bloating, feelings of fullness, and gas are common symptoms of indigestion that are uncomfortable and embarrassing. Natural Factors Activated Charcoal Capsules is a premium formula for alleviating the symptoms of excess gas. It is formulated for use after meals to relieve bloating, pressure, pain and discomfort due to gas.



90 Softgels **\$15.99**

**Total Body Collagen**  
100% Complete Amino Acids

Total Body Collagen provides hydrolyzed collagen alongside synergistic nutrients to promote healthy skin and connective tissues, reduce joint pain associated with osteoarthritis, and support lean muscle growth and recovery after a workout. This convenient powder is available unflavoured and in two great-tasting natural flavours.



500g **SAVE \$3.00**

**Saffron Extract**  
Improves Mood

Helps relieve symptoms of stress and improve sleep quality. It features Afiron, a 100% pure source of standardized saffron extract that has been clinically studied for mood balance in adults and youth 12 years and over. The gentle, one-per-day dose comes in a convenient, non-GMO vegetarian capsule.



30 Vegi Caps **SAVE \$3.00**

**GABA**  
Anxiety Relief


When we become overwhelmed with stress and anxiety the brain typically responds by producing more of the amino acid GABA. However, many people with anxiety and insomnia do not manufacture sufficient levels of GABA and supplementation may be necessary.



60 Chewable Tabs **\$19.99**

**Horseradish**  
Respiratory Relief


Whole Earth & Sea Pure Food Horseradish Respiratory Relief is a unique combination of six botanicals and vitamin C designed to help relieve and shorten the duration of symptoms of upper respiratory tract infections including the common cold. Horseradish, GarlicRich, vitamin C, and ECHINAMIDE echinacea support immune system activity.



60 Tabs **\$18.99**

**IBS Relief Biotic**

A multi-strain formula featuring 7 billion colony forming units (cfu) of probiotics, including Lactobacillus, Bacillus, and Enterococcus strains shown to relieve some symptoms of irritable bowel syndrome (IBS). This innovative probiotic formula also helps reduce the risk of antibiotic-associated diarrhea and is shelf stable - no refrigeration required!



30 Vegi-Caps **\$17.99**

At Root's Natural we do all the research for you!

# Root's ORGANIC NATURAL HEALTH FOODS

## Healthy Immunity




**Thursday November 23 @ 7PM**  
**FREE IN-STORE LECTURE**  
**With Aeryon Ashlie**

**NAVIGATING PERI-MENOPAUSE**

Backed by the latest in scientific research this seminar will look at the difference between pre-menopause and peri-menopause plus provide strategies that will support your body during this amazing time of transition.

There will be door prizes, giveaways, samples and all Aervon Wellness products will be on special!

**RSVP: Please call 604-467-1822 to reserve your FREE seats. Limited seating available**

**Oil of Oregano**  
Certified Organic

Oil of oregano is a potent herbal antimicrobial that effectively tackles bacterial, viral, yeast, fungal, and parasitic infections. It offers powerful antioxidant protection, immune system support, and is used to help relieve various respiratory conditions. Natural Factors Organic Oil of Oregano is wild-crafted using gentle steam distillation to ensure purity.



30 ml **\$16.99**

**N-Acetyl-L-Cysteine**  
Free Form Amino Acid

NAC is a precursor to glutathione, a critical antioxidant scientifically proven to scavenge free radicals. NAC has the unique ability to maintain healthy lung tissue, support the body's natural defences and enhance cellular health and longevity.



90 Vegi Caps **\$12.99**

**Cold & Cough Syrup**

Natural Factors ECHINAMIDE Cold & Cough Syrup is a fast-acting, healing herbal formula in a base of honey. A powerfully effective, alcohol-free formula, the blend of herbs is designed to relieve throat, sinus, and bronchial irritation due to colds.



150 ml **\$14.99**

**Lung, Bronchial & Sinus Health**

Lung, Bronchial & Sinus Health can help those with chronic respiratory problems breathe easier. Useful for anyone with asthma, bronchial congestion, sinus problems, or occasional hayfever.



45 Tabs **\$12.99**

**Anti-Viral**  
ECHINAMIDE

Stop viruses before they stop YOU. Effective against all viral conditions plus powerful immune support. Contains ECHINAMIDE, astragalus, lomatium, reishi, and licorice. Stimulates your immune system and provides anti-fungal, anti-viral, and anti-bacterial properties.



50 ml tincture **\$12.99**

**Zinc Bisglycinate**

Supports the immune system and helps maintain the body's ability to metabolize nutrients. Zinc is important for connective tissue formation and helps maintain healthy skin, hair, nails, and bones. Zinc bisglycinate is a gentle form that does not upset the stomach.



120 Vegi Caps **\$11.99**

**Super Immune**  
With Omega 3 Fatty Acids

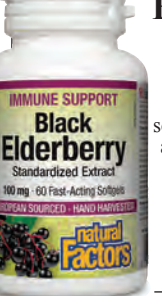
Supports immune function, helps in connective tissue formation and repair. Supports healthy skin and mucous membranes and contributes to the body's ability to metabolize nutrients. Helps prevent vitamin A, vitamin D, magnesium, zinc, and copper deficiencies.



90 Liquid Softgels **\$9.99**

**Black Elderberry**  
Standardized Extract

Eldercraft black elderberries are hand-harvested in Austria and extracted using a unique solvent-free process. Elderberries are a source of antioxidants and other beneficial micronutrients. They are traditionally used in herbal medicine to help relieve symptoms of cold and flu.



60 Fast Acting Softgels **\$11.99**

**Quercetin LipoMiel**

Quercetin LipoMiel contains a clinically studied source of the antioxidant quercetin used in herbal medicine to protect blood vessels and prevent oxidative stress. These liquid softgels contain 250 mg of quercetin to be taken 1-3 times daily. Easy to swallow and delicious to chew!



30 Liquid Softgels **\$15.99**

**BigFriends Chewable Vitamin C**

A fun and delicious way for children to increase their antioxidant intake and keep their bones, cartilage, teeth, and gums healthy, while also supporting immune function. Children love the tangy-orange flavour, while the naturally low acid content protects teeth and tummies.



90 Chewable Tabs **\$5.99**

**BigFriends Chewable Magnesium**  
Bubble Gum Flavour

Supports the development and maintenance of bones and teeth. Helps maintain proper muscle function, including the heart muscle. Assists with tissue formation and energy metabolism and supports the body's ability to metabolize nutrients.



60 Chewable Tablets **\$6.99**

**BigFriends Chewable Vit-D3**  
400 iu per Tab

A great-tasting, natural source of the "sunshine vitamin", essential for building strong, healthy bones and teeth. Ideal for all children, these small, chewable tablets support calcium and phosphorus absorption, and make it fun and easy to support growing children.



250 Chewable Tablets **\$8.99**

**BigFriends Chewable Multi Vitamins & Minerals**

Provides children 3 years and older with optimal amounts of the vitamins and minerals their bodies need for good health. Whole food concentrates supply phytonutrients, while delicious fruit flavours and friendly dinosaur shapes keep little ones smiling.



60 Chewable Tablets **\$9.99**



**HARMONIC ARTS**  
**Harmonic Arts Elixirs**  
 Harmonic Arts Elixirs are packed with organic herbs, superfoods and mushrooms to help you feel your best. Harness the power of plant medicine without refined sugar, fillers, or artificial ingredients.




**SAVE 15%**

**HARMONIC ARTS**  
**Concentrated Mushroom Powder and Mushroom Tinctures**  
 Our Concentrated Mushroom Powders and Mushroom Tinctures support whole-body harmony with bioavailable compounds at high extract ratios. Guaranteed 30%+ polysaccharide content.



**SAVE 15%**

**UT Cran-Biotic**  
**Urinary Tract Support**  
 ReCleanse UT Cran-Biotic Urinary Tract Support Kit combines high-quality probiotics with organic cranberry for urinary tract protection. The Organic Cranberry (Step 1) and UT Probiotic (Step 2) work synergistically to reduce E. coli infections, a common cause of UTIs.



**\$39.99**

**Root's NATURAL ORGANIC HEALTH FOODS**

**New Roots**

**Nature's Way**  
**Sambucus Cold & Flu**  
**Delicious Elderberry**  
 Organic Sambucus Cold and Flu Care Syrup is traditionally used in herbal medicine to help relieve symptoms of colds and flu including coughs and sore throats. This delicious organic syrup contains a concentrated black elderberry extract to help promote sweating to relieve fevers related to colds and flus.



120 ml **\$17.99**

**Nature's Way**  
**Calcium & Magnesium**  
**With Collagen**  
 Nature's Way Calcium & Magnesium is formulated in a 2:1 Calcium to Magnesium ratio in a great tasting orange liquid formula. It helps in the maintenance of bones and teeth. It also contains bone-friendly ingredients Collagen, Manganese, Boron, Vitamin K2 and Vitamin D3.



500ml **\$27.99**

**Nature's Way**  
**Sleep Well**  
**Melatonin**  
 Sleep Well Gummies contain 2.5mg of Melatonin, 312mg of Ashwagandha and 42mg of Magnesium per gummy which helps to reduce the time it takes to fall asleep. These gummies can also help to increase the total sleep time in people suffering from sleep restriction or altered sleep schedule or jet lag.



60 Gummies **\$17.99**

**FLORA**  
**Flor•Essence**  
 A traditional herbal formula developed to gently cleanse the whole body at the cellular level. Oxidative stress and free radicals can accumulate within your cells over time from an array of environmental stressors. Supports your body's detoxification organs in removing these toxins and provides antioxidants that protect against the oxidative damage caused by free radicals.




500ml **SAVE \$3.00**

**FLORA**  
**Ferritin+**  
**Vegan + Gluten-Free**  
 With Iron deficiency being the leading mineral deficient worldwide, Ferritin+ is a revolutionary iron supplement to help you meet your iron needs. This once a day iron supplement helps to bring up your iron levels and build your iron storage.



30 Vegi Caps **\$26.99**

**FLORA**  
**Super 8 Plus Probiotic**  
**Contributes to natural intestinal health**  
 With 42 million active probiotic count, Super 8 is formulated to survive stomach acids, and be strong enough to battle yeast infections.



30 Vegi Caps **\$22.99**

**FLORA**  
**Red Beet Crystals**  
 Flora Red Beet Crystals are produced with the utmost care. Pressed from the juice of freshly harvested organic beets, Flora Red Beet Crystals are instantly soluble and provide an easy and delicious way to enjoy the goodness of beets. Excellent for athletes, a functional food to support cardiovascular health.



200 g Powder **\$21.99**

**FLORA**  
**Elderberry Crystals**  
**Cold & Flu Relief**  
 Looking for relief from cold & flu symptoms? Add delicious Flora Elderberry Crystals to the mix. Blend them in with your favourite juice or smoothie for a healthful, convenient and delicious boost daily, or when you feel the symptoms of seasonal issues coming on.



50 g Powder **\$19.99**

**FLORA**  
**Flax Oil**  
**Made from Canadian Flax Seeds Organic**  
 There are many essential ingredients for a healthy life, some of which require some effort from us. Essential Fatty Acids (EFAs) are "good" fats, but the body cannot make them on its own - they must be obtained from our diets. Supplementing with oil pressed from flax provides both omega-3 and omega-6 EFAs to promote optimal nutrition and health.



500ml **\$16.99**

**SierraSil**  
**Joint Formulas**  
 SierraSil Joint Formulas reduces pain & stiffness by aiding the body's natural anti-inflammatory response.

Works within 14 days- Money back guarantee!



**15% OFF**

**Provita**  
**by Dr. Delcea**  
 Formulated by Dr Delcea, Provita supplements harness the power of orthomolecular medicine to assist in the body's natural ability to heal itself. Locally manufactured remedies to support the whole body!




**15% OFF**

**Nellie's**  
**Laundry & Cleaning Supplies**  
 Nellie's natural laundry & cleaning supplies- Biodegradable and free of irritating toxins and synthetics; Nellie's keeps the environment as spotless as your clothes and kitchen!



**15% OFF**

**available in larger sizes**  
**D-Stress**  
**Organic Lavender Oil**  
 Our lavender oil is useful for coping with mental stress, exhaustion, and sleep issues. Lavender oil is steam-distilled from the flowers of the lavender plant. The unique mosaic of naturally occurring phytochemicals includes linalool and linalyl acetate, considered to be its main active constituents.




30 Softgels **\$15.99**

**available in larger sizes**  
**Liver Protection**  
**with Milk Thistle**  
 Liver Protection features 250 mg per capsule of milk thistle extract with a potency standardized to 80% silymarin. Silymarin is a well-researched compound recognized to protect liver cells from toxins. Seven additional nutrients exert a synergistic antioxidant action beneficial for the liver. This supports its critical role for bile production and toxin excretion.



90 Vegi Caps **SAVE \$3.00**

**available in larger sizes**  
**Ox Bile**  
**Increase Bile Flow**  
 It's useful for those with bile-acid synthesis disorders, to help compensate for those with an age-related or health-related decline in bile production, or for individuals who had their gallbladder removed. Bile breaks down fats into fatty acid components in food for improved intestinal absorption and assimilation. This positions it as a critical digestive agent for both animal- and plant-based fats as well as certain nutrients.



60 Vegi Caps **SAVE \$4.00**

**available in larger sizes**  
**Black Cumin Seed Oil**  
 Black Cumin Seed Oil yields a high dose of thymoquinone, one of the actives in black cumin seed oil, and is indicated for reducing the symptoms of allergies. Scientists have tested the effects of the oil on 600 patients, with results that confirm the relief for allergies at about 70% of the patients.



60 Softgels **\$13.99**

**available in larger sizes**  
**Joyful**  
**Mood Balance**  
 Joyful is formulated with nutrients that elevate mood and help manage anxiety. Joyful contains 11 botanical extracts, amino acids, and bioactive forms of the vitamins pivotal for mood and cognition. The therapeutic goal of Joyful is two fold: to elevate mood and to strengthen resistance to stressors that generate anxiety.



30 Vegi Caps **\$25.99**

**available in larger sizes**  
**Myo-Inositol**  
**Healthy Ovarian Function**  
 Improved insulin receptivity for cells is among the most important benefits inositol delivers for alleviating PCOS. As a natural insulin sensitizer, myo-inositol stimulates ovarian cell growth. It's an affordable organic compound that's great by itself or as part of assisted reproductive therapy (ART).




125 g **\$12.99**

**Prenatal**  
**Complete Multivitamin**  
 Prenatal is a comprehensive formula containing 23 vitamins, minerals, and nutrients. Crucial for proper fetal development and maternal health before, during and after childbirth while breastfeeding.



90 Vegi Caps **SAVE \$3.00**

**D-Mannose**  
**Urinary Tract Health**  
 D Mannose helps prevent the risk of recurrent urinary tract infections (UTIs) for women. Urinary tract infections are commonly caused when resident bacteria of the large intestine, such as Escherichia coli, migrate to the urethra. This can result with infection of the urethra, bladder, and kidneys in extreme cases.



50 g **\$23.99**

**alive**  
**Immune 7**  
**Micronized Mushrooms**  
 Immune support for serious challenges. May help with stress management. Overcome sickness and promote optimal health. Effective for allergies and other health conditions. Maintaining immunity in athletes and those who exercise strenuously.



120 Vegi Caps **SAVE \$4.00**

**Purica**  
**Lion's Mane**  
**Vegan Protein Isolate**  
 Fermented Pea Protein Isolate and Organic Sprouted Brown Rice, with Lion's Mane mushrooms and natural ProHydrolase probiotic enzyme blend to enhance digestion. Available in: Chocolate, Vanilla and Natural Unflavoured.



630 g Powder **10% OFF**

**Platinum**  
**Serrapeptase**  
**Natural Pain Relief**  
 Traditionally used in Herbal Medicine as an anti-inflammatory to help relieve joint pain. Provides antioxidants for the maintenance of good health. Used in Herbal Medicine as a hepatoprotectant/liver protectant.



150 Vegi-Caps **\$36.99**

**Salus**  
**Floradix and Floravit**  
 Liquid Iron and vitamin formula in liquid, tabs and yeast and gluten free.



250 ml + 500ml **10% OFF**

**Salus**  
**Calcium Magnesium**  
**with zinc and vitamin D**  
 For strong and healthy bones and to maintain proper muscle function. Helps with bone and muscle recovery. Contains easily absorbed forms of calcium & magnesium along with zinc, vitamin D, whole food concentrates, and digestive herbs for enhanced absorption. Safe for pregnant moms and baby.



250 ml + 500ml **10% OFF**

**available in larger sizes**  
**Kindervital**  
**Enhanced Bone & Immune**  
**Formula Multivitamin**  
**for Children**  
 Improves appetite and digestion is highly absorbable with calcium + vitamins A, B, C, D, E. Easy-to-digest and great tasting natural food base.



250 ml + 500ml **15% OFF**

**HEALTHOLOGY**  
**Liv-Great**  
**LIVER FORMULA**  
 Provides the liver with daily support by boosting its detox capacity. Contains powerful antioxidants to protect and heal the liver from damage and supports Phase 1 and Phase 2 liver detoxification.




60 Vegi Caps **\$35.99**

**HEALTHOLOGY**  
**GREAT SLEEP**  
**Sleep Formula**  
 SLEEP-GREAT is a complete formulation that helps you fall asleep quickly, stay asleep and achieve deep restful sleep. Works by enhancing the body's natural sleep hormone pattern so that you enter all five stages of a healthy sleep. Non-habit forming.



30 & 60 Vegi Caps **10% OFF**

**HEALTHOLOGY**  
**LUNG-FX**  
**With Probiotics**  
 Works by supporting the lungs' natural defense systems. It contains expectorant herbs to help you break down and expel mucous. It promotes detoxification to protect the lungs from damage caused by pollutants and toxins. It contains anti-inflammatories and antioxidants to heal and soothe damaged lung tissue.



90 Vegi Caps **\$29.99**

**HEALTHOLOGY**  
**GUT-FX Formula**  
**Contains Probiotics**  
**10 Billion CFU per serving**  
 GUT-FX is the ultimate formula to repair your intestinal tract lining, heal inflammation, support healthy gut flora, and restore your gut health. Helps repair leaky gut syndrome and other intestinal ailments.



180 g **10% OFF**

**HEALTHOLOGY**  
**GO-LAX**  
**Bowel Formula**  
 Provides a gentle, effective solution for occasional constipation. Works to hydrate and soften the stool, promote peristalsis, soothe the gut lining, and promotes bowel movements. Promotes healthy bowel function, without cramping or pain, to support your body's natural ability to eliminate waste and maintain good overall health.



60 & 120 Vegi Caps **10% OFF**

**HEALTHOLOGY**  
**STRESS-FX**  
**STRESS FORMULA**  
 Help to alleviate stress by lowering cortisol levels and promotes relaxation by boosting your calming hormone, GABA (Gamma-Aminobutyric Acid). Improves mental clarity, anxiety, and memory, while helping us to recover more quickly from the physical and mental stressors of daily life.



60 Vegi Caps **\$29.99**

**B** **Botanica Perfect Greens**  
 Botanica Perfect Greens is a clean blend making it easy to meet your daily greens quota. Crafted with 100% organically grown ingredients including Canadian Prairies greens. Stevia-free. Available in four flavours: Unflavoured, Berry, Chocolate and Superfruit.



**\$35.99**

**B** **Botanica Liquid Capsules**  
 Whether you are looking to reduce inflammation, manage adrenal health or get a better sleep, Botanica's Liquid Capsules are a highly concentrated and effective way to improve your health with herbs.



**10% OFF**

**NutriStart**  
**Lactospore**  
**Microflora**  
 Lactospore Microflora restores gastrointestinal balance by encouraging good bacteria to thrive! Also available in 5x stronger Lactospore Supreme.



90 Vegi Caps **\$27.99**