

SPRING into vibrant ENERGY

The **OWNER** of Natural Factors shares an urgent message

**CHANGE
YOUR
BRAIN**
every day!

We can't overstate the importance of **SAVING OUR MEMORIES** – that's what makes us a person.

For an incredible deal see *page 10*



After **OZEMPIC®**, now what?

The latest findings on *page 8*

**INCREDIBLE
VALUES**

19⁹⁷

120 vcaps



**HOT DEAL
37⁹⁷**

150 softgels



24⁹⁷

250 vcaps



39⁹⁷

30 vcaps



**HIGHEST QUALITY
& most effective
COLLAGEN**

DOCTORS'
TRUSTED CHOICE!

54⁹⁷

1 kg powder

39⁹⁷

500 g powder



MAY 7–31, 2025. While quantities last!

Not all products are available in all retail locations.

With so much turmoil all around the world, we can get sidetracked from what's most important in *life*.

Our article, *“Just Say Hello,”* had the greatest response ever!

Here's an excerpt:

One day, I was watching my granddaughter, Leia. There was a small group of adults standing and talking, and she walked up. She took her open hand and pointed toward her heart and said, “I’m Leia.”

I was struck by what a beautiful effort she made to say “hello” and introduce herself. But the group didn’t bother to notice and acknowledge her. Young children instinctively know



how important a name is. When I showed Leia a picture of two new horses, her very first question was, “What are their names?” Name is identity – even for animals. Getting to know someone’s name is the first step in getting to know who they are.

The article also noted: “Getting to know someone’s name is the first step in getting to know who they are... Acknowledging a person builds common ground. It can start with something as simple as saying ‘Hello’ and sharing your name.”

We can all experience similar things and share acts of kindness with one another, especially in a world that seems to be falling apart. These simple acts of kindness can bring people together. As turmoil in the

world increases, we need to remember to be human and recognize the beauty in one another. We can find ourselves so distressed, and yet forget how to connect with people. It’s good to make the effort to reach out and show an interest – even if it’s just by saying “hello.”

When you read the article “Just Say Hello,” you might also want to read our previous article “I Wanna Know What Love Is” – there’s so much we can do that benefits us as a whole, enabling us to have a happier, better life.

Can taking the time to say hello make a difference in our lives? Let’s take a look at the response from our readers:



Read the full article here

“I recently read the article ‘Just Say Hello,’ and it really touched me. It reminded me of how a simple greeting can help us connect with others, even in our busy lives. After reading it, I started making an effort to say hello to people I met. The smiles and conversations I’ve had since then have made my day brighter and helped me feel more connected to my community. This article is a great reminder of how small actions can make a big difference!” – C.S.

“The article about knowing people’s names really resonated with me. Despite all I do to make people feel good, I’ve always struggled with remembering names. Your insights have motivated me to work on this because I completely agree with your perspective.” – M.H.

“I just wanted to say that I absolutely loved your article ‘Just Say Hello!’ It had such a beautiful message, and the stories were so heartwarming. As someone who is naturally shy, it made me think twice about how I interact with others. There are lots of great people to meet. Thank you for the great read, and I hope to see many more!” – A.G.

“[This] article really rang true for me because I used to work in the food service industry, and I learned that if people don’t matter, then nothing matters. Being present and not transactional allows us all to flourish... I hope that people appreciate [the article’s] message and understand its importance.” – D.N.

“I just wanted to thank you for acknowledging that saying ‘Hi’ and saying their name is a beautiful article. I am not that old but I was taught this a long time ago. Thank you for your article.” – J.E.

“The value of your article, ‘Just Say Hello,’ was made clear to me recently on a trip to a local dry cleaner. I dropped off a few items to the friendly lady working there, filled in the slip with my name and phone number, and left. When I came through the door the following week to pick up the clothing, that same lady smiled and said, ‘Hello, Mr. Serdar!’ I had my pickup slip in hand, but she did not glance at it; instead, she went through the rack of clean clothing, identified the slip with my name, and brought me my clothes. I stood there, quietly marvelling at what had just happened. I had only been to this business three or four times over the past year, and it is a busy place. The effort and care she must have taken to remember my name really made an impression on me! I found out her name, Michelle, and it goes without saying that her dry-cleaning store is the one I readily recommend to others.” – S.S.

What would you give to live the *longest life* possible?

Would you give everything for more life?

We all have something to give in order to keep living. So many of us would say, “I would give anything to keep living.” Living a meaningful life revolves around our connections with others, and love plays a central role. It fosters community and enriches our lives. Love is not about taking; it’s about giving. While it’s important to take care of yourself and your health, it’s also necessary to take care of others. We’re all connected.

What can help us *feel* connected and bring us even more happiness? By supporting people in need, sharing knowledge, and being generous with your time and resources, we contribute to our own happiness and well-being.

Be kind to yourself, and stay the course. Find the balance that leads to real change. Every small daily step brings you closer to your health and wellness goals. Recognizing that change takes time is important in the pursuit of happier living.

Casey Means, physician and author of *Good Energy*, has highlighted surprising connections between diet and mental health. She writes: “A proper understanding of nutrition is crucial to achieving good energy and emotional stability.”

Studies show that the nutrients we consume can significantly impact our mood, anxiety levels, and overall mental well-being. Foods high in omega-3 fatty acids, antioxidants, vitamins, and minerals have been associated with lower rates of depression and improved cognitive function.

To optimize your cognitive function, we recommend taking Regenerlife CogniSave, a convenient supplement pack that includes omega-3 fatty acids, coenzymated B vitamins, and phospholipids that play a crucial role in the structure and function of brain cells.

Finally, we share a beautiful home – our planet Earth. It provides so much to us. Giving back to the Earth, by taking care of it, is a positive action that gives back to yourself – and ensures a beautiful home for future generations. And when you are in harmony with it, it’s a life you’ll want to have more of.



“Secrets known to regenerate us”

– Mark Hyman, MD



Other than deficiency diseases like scurvy or rickets, most don’t understand the role of nutrients in our basic biochemical processes. Trillions and trillions of chemical reactions occur in our bodies every second. Every single one requires a helper or enzyme, and each enzyme requires its own helper or coenzyme. Vitamins and minerals are the coenzymes essential to grease the wheels of our vast metabolic pathways.

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).

“The **REGENERLIFE** formula includes the targeted nutrients together in convenient capsule or powder form:

- **Acetyl-L-carnitine**
- **Coenzyme Q10**
- **L-glutathione**
- **Superoxide dismutase (SOD)**
- A specialized **ATP formula** to support mitochondrial function and reduce oxidative stress and inflammation”

Dr. Mark Hyman is a practising family physician, the founder and director of the UltraWellness Center, and a fourteen-time *New York Times* bestselling author. He hosts the popular podcast, *The Doctor’s Pharmacy*.

WHAT THE DOCTORS RECOMMEND TO Rejuvenate our energy

The 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.

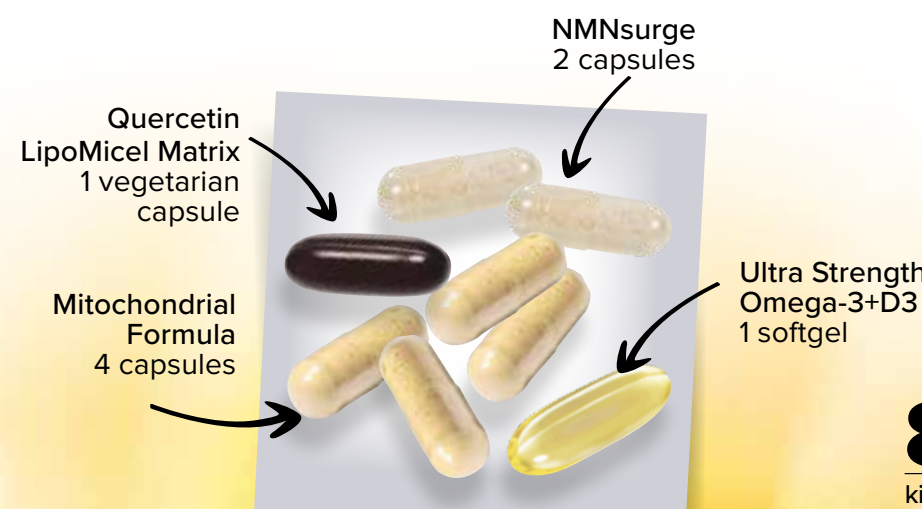
Each packet contained: **NMN, Quercetin, Mitochondrial Formula, and Omega-3**
The group followed the prescribed regimen for *just* 30 days.

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

89⁹⁷
kit / 30 packets



Give your life a SURGE

Give your life a surge with NMN

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.

84⁹⁷
120 vcaps

46⁹⁷
60 vcaps



42⁹⁷
120 vcaps



49⁹⁷
81 g powder

79⁹⁷
162 g powder



A surge for your cells

Every cell in our body needs energy to function well. That energy comes from mitochondria, the tiny powerplants in our cells. Regenerlife's powerful energy formula helps ignite cellular mitochondria to produce more energy (ATP) and regenerate your life.

Omega-3 Ultra Strength High Absorption with the Enteripure® difference

For those who want to maximize their omega-3, you'll love our 2200 mg omega-3+D, which offers ultra-strength omega-3 combined with vitamin D3. Our revolutionary Enteripure technology infuses 100% natural plant material with enteric properties into the outer softgel. The result? Concentrated omega-3s are delivered to your intestines for advanced absorption and assimilation.

33⁴⁷
90 softgels
with vitamin D3

51⁹⁷
150 softgels
with vitamin D3



Targeted delivery
to the intestines

Protects the fish oils
from the stomach's
harsh environment

No fishy aftertaste
or fishy burp

Concentrated levels
of omega-3s

30⁴⁷
90 softgels

48⁹⁷
150 softgels

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.

17⁹⁷
60 tri-layer
tablets



Is *Ozempic* a long-term answer for weight loss? Hmmmm...

Is there a better solution to managing your weight?

More and more people are turning to Ozempic and other semaglutide drugs to help them lose weight. They feel full more quickly and eat much less. With fewer calories ingested, their bodies start burning excess fat.

Yes, Ozempic “works” for many people. But those who discontinue using the drug experience **weight regain**. One study published in 2022 found that after one year, former semaglutide users had **regained two-thirds of the weight they lost**. This weight rebound happens because the drug is not a cure.

Maintain the WEIGHT LOSS after Ozempic

Weight rebound is common in all diets

People often stop dieting because the diets are difficult to stick to. The problem with all diets, whether it's keto, paleo, or low-fat, is that once you stop following the diet, the weight comes back. And sometimes, you get back more weight than you lost. Whatever you do to get your weight down is good, but what do you do to maintain the weight that you achieved?

Establishing healthy long-term habits

People are creatures of habit. When a weight loss program is over, they find themselves returning to old lifestyle habits. Unfortunately, this can mean returning to a diet high in ultra-processed foods that are

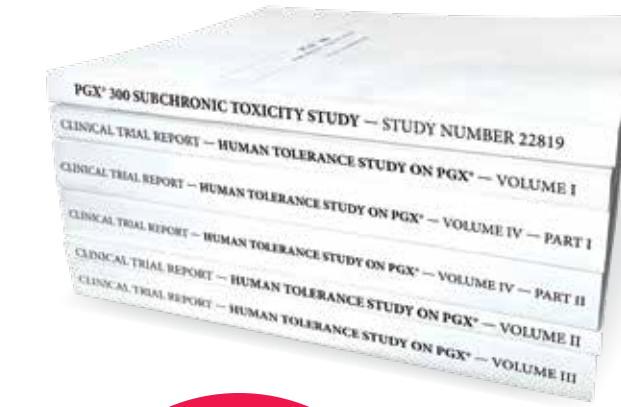


flavour-rich and nutrition-poor. High protein meal replacements are a great alternative. If you're using Ozempic to keep the weight off but don't like the side effects, or if you find it too expensive, what can you do instead? Or perhaps you've used Ozempic to reach your desired weight and have stopped taking it? Consider the benefits of using PGX.

PGX is a unique prebiotic fibre that helps your digestive system work in a very natural way. Rather than just mimicking GLP-1 as Ozempic does, PGX is fermented by gut bacteria to produce short-chain fatty acids that **stimulate** GLP-1 secretion **naturally**. PGX also slows down digestion, which helps increase feelings of fullness while also regulating blood sugar levels. In other words, PGX promotes weight loss through the same GLP-1 hormone as Ozempic, but naturally.

A choice for “after Ozempic”

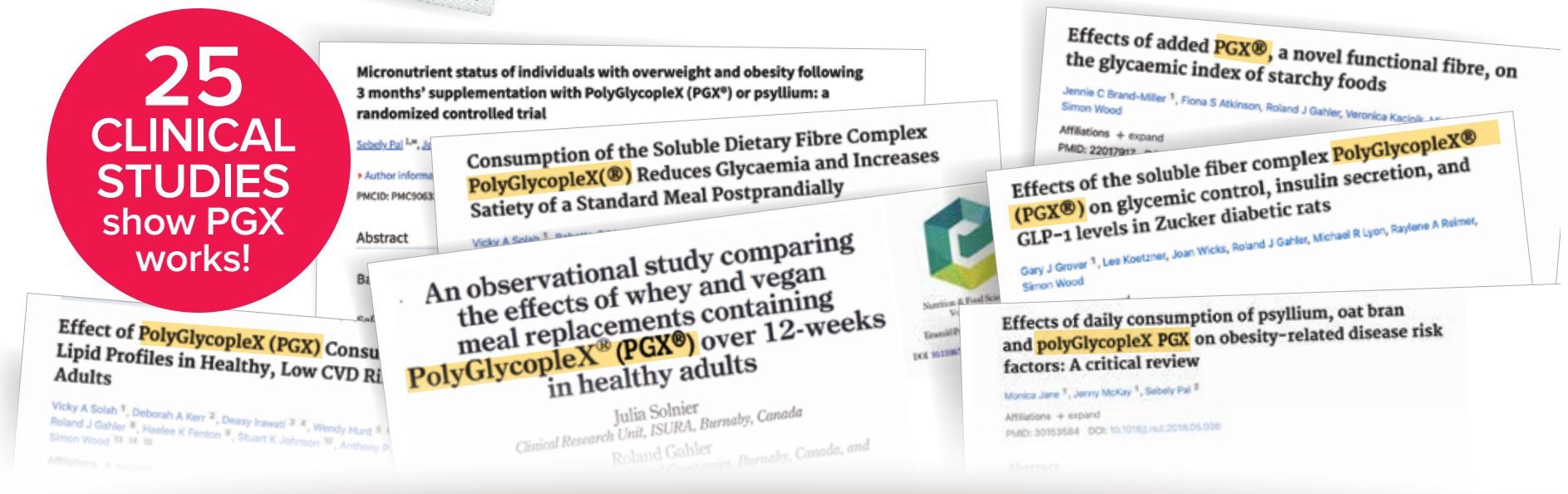
- PGX has been used for over 25 years – with well **over 1 billion doses** used
- GRAS (generally recognized as safe) safety designation
- Participants consuming PGX whey meal replacements twice daily experienced a remarkable **7% weight loss in just 12 weeks** – outperforming Ozempic and Wegovy, which achieved a 6% reduction over the same period



PGX has been designated GRAS

What makes a product GRAS? Safety!

- Every ingredient has undergone numerous rigorous safety studies
- Requires the strongest testing by experts of the highest caliber
- All testing data is publicly available for review
- The product is safe under the condition of its intended use



We have thousands and thousands of 5-STAR★ REVIEWS! Read a few:

“I’ve struggled with my weight most of my life, and tried numerous diets and supplements. I finally found something that works for me – PGX! I took PGX before every meal and all my cravings immediately stopped. I was amazed at how easy it was and knew I could incorporate PGX into my lifestyle on a daily basis to lose those unwanted pounds.” – B.N.

“If it worked for me, I am certain it will work for you! My blood sugar is now normal, my blood pressure is excellent, and I feel great! I simply mixed a meal replacement in a glass of water with my fork. It was so quick and easy! I dropped 25 lb.” – G.B.

“Absolutely love this product. Works better than any other appetite suppressant I’ve tried. One of the biggest benefits is how PGX helps regulate blood sugar by reducing the glycemic index of meals, which has helped me feel fuller for longer and avoid cravings. Since starting, I’ve lost 40.4 lb. If you’re looking for a natural, effective way to support weight loss, I’d definitely recommend giving this a try.” – I.C.



52⁹⁷

powder

VEGAN

Vanilla and chocolate flavours

WHEY

Vanilla, chocolate, and strawberry flavours

24⁹⁷

120 softgels

47⁹⁷

240 softgels



23⁹⁷

granules

From the Owner of **Natural Factors** an urgent message

“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.”

Here’s what others have shared about their experiences:

“Given that my main health problem is a brain/memory that doesn’t function well (my neurologist says I don’t have dementia ‘yet,’ but no promises for 5 or 7 years from now), I forgot about the brain packets that you sent me. They were rediscovered about a month ago and are now part of my daily routine – one that has produced a miracle for me. I still have memory problems but now, after taking CogniSave, I feel like I have a much younger, more alert and functioning brain! I recognize myself. It feels like a true miracle and has, quite literally, changed my life.” – S.G.

“I started using the CogniSave packets a few months ago, and I can honestly say it’s been a game changer for my mental clarity and focus. Juggling a busy work schedule and family commitments, I often found myself struggling to keep my mind sharp and my energy levels up. Since incorporating CogniSave into my daily routine, I’ve noticed a significant improvement in my memory retention and overall cognitive function. The packets make it easy to take on the go, and I feel more alert, productive, and ready to take on the day!” – J.S.

“I believe the best way for individuals of **ALL AGES** to remember their most important supplements is to have them in one simple packet.”

While the regular price is \$98.97, **MY GIFT** to you is **\$39.97** because it matters that much!

You can support brain and memory health with **CogniSave**

This product combines brain-nourishing phospholipids (phosphatidylserine and phosphatidylcholine) with ultra-high-absorption omega-3s and a powerful, energy-boosting vitamin B complex.

- **Omega-3:** High-potency, pharmaceutical-grade EPA, DHA, and DPA
- **B Complex:** Full-spectrum active B complex
- **Phosphatidylserine:** A phospholipid that protects brain cell membranes
- **Phosphatidylcholine:** A phospholipid that boosts cognitive function

These nutrients work harmoniously and may help protect against age-related cognitive decline.

Use it to not lose it!

30
convenient
PACKETS

HOT DEAL!

39⁹⁷

kit
One per customer,
while quantities last!



“One and done! This brain-saver pack saves me from having to go to 4 or 5 separate bottles. You people did the work for me! Soooo convenient! As I get older, easy and effective approaches to brain health are what it’s all about. Much appreciated.” – N.S.

“Yikes. Took the cognitive test last year and realized I had some work to do. The combo of high-absorption B vitamins and omega-3s are just what the doctor ordered. I’ve noticed more clarity on things that were foggy before – names, places, dates, that kind of thing – so I’ll keep taking this. Hey! I’m also super happy to be buying from a Canadian company!” – J.H.

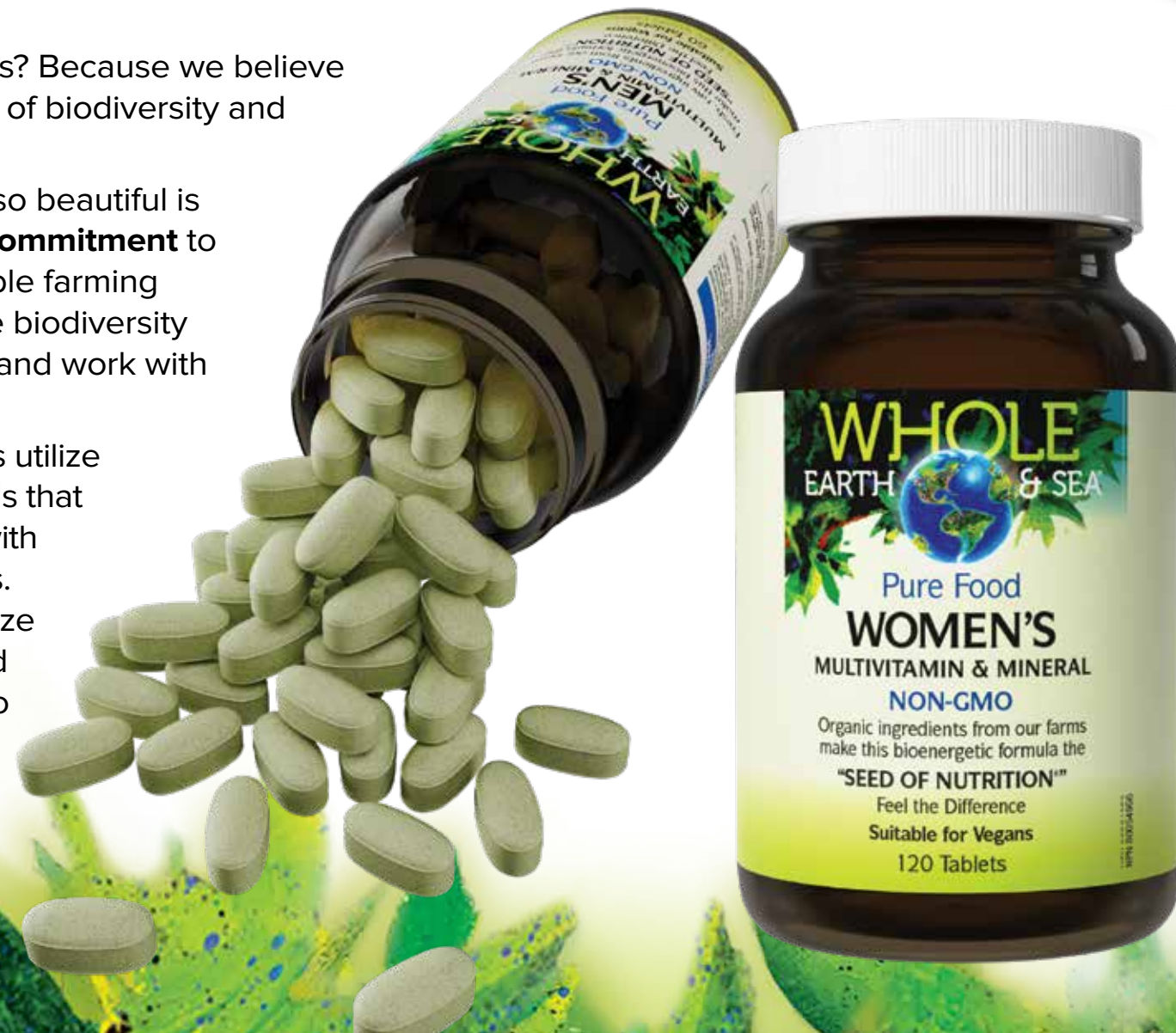
Wonderful Whole Earth & Sea

We grow & work with our hands.
This is where our multivitamins start!

Why is such care given to our farms? Because we believe the earth is perfectly designed, full of biodiversity and regenerative power.

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.



43⁴⁷
60 vcaps

28⁹⁷
60 tablets



18⁹⁷
30 vegetarian softgels

All flyer products
are ISURA verified



VERIFIED
CLEAN | TESTED
NON-GMO

The ISURA seal is your assurance that the product is independently verified as clean and safe, and has been tested for over 800 possible contaminants. ISURA's rigorous testing includes hundreds of quality procedures using state-of-the-art technology. It provides you with the confidence that the product is ISURA verified clean, one of the highest testing standards in the world.

Multivitamins & Minerals Super Special Price!

SALE
35⁴⁷
any of the multis
60 sizes

SALE
66⁹⁷
any of the multis
120 sizes



New from Preferred Wholefood Multi Capsules



ONE
A DAY
Vegetarian
Capsules

ONE GREAT
PRICE!

18⁹⁷

60 vcaps

New Gummies for children



19⁴⁷

180 gummies

19⁴⁷

180 gummies

19⁴⁷

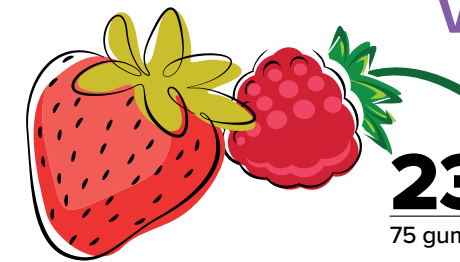
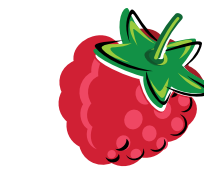
50 gummies

19⁴⁷

180 gummies

Absolutely yummy delicious gummies!

Made with natural ingredients | Gelatin-free | Non-GMO
Vegan | No artificial colours or sweeteners



12⁹⁷

30 gummies

23⁴⁷

75 gummies

18⁴⁷

60 gummies

21⁴⁷

60 gummies

13⁹⁷

75 gummies



30⁹⁷

110 gummies



34⁴⁷

60 gummies



16⁹⁷

90 gummies

5 mg

17⁹⁷

60 gummies

Melatonin
Complex

16⁹⁷

100 gummies

2.5 mg



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

FOR OUR CHILDREN'S HEALTH

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

Kids need protection!

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. Big Friends offers a potent line of immunity defence with great-tasting gummies and chewables – or you can mix our liquid formulations into your own foods and beverages.



45⁹⁷
460 g powder



23⁴⁷
60 g powder

7⁹⁷
60 chew tabs



Kids love the taste.

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

10⁹⁷
60 chew tabs



Women's Multi

has the total essential nutrients especially formulated for women

26⁹⁷
60 vcaps



Prenatal Moms Multi

has specific essential nutrients for expecting moms and their growing babies so **both** get what they need

29⁹⁷
60 tablets



“Leia's growing up so quickly! To keep up with her, I take a multi too!”

These beautiful multis have all the essential nutrients needed by busy moms – and moms-to-be!

13⁹⁷
60 chew tabs



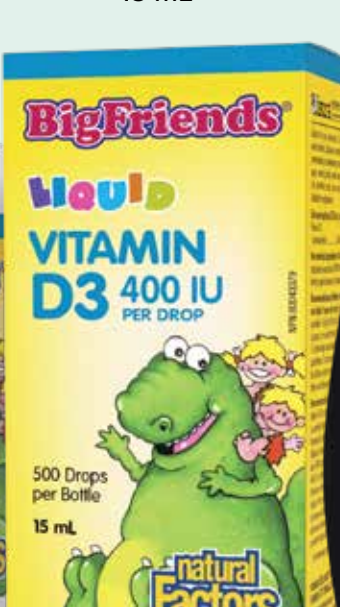
17⁹⁷
50 mL liquid

8⁴⁷
90 chew tabs

10⁴⁷
60 gummies

9⁹⁷
250 chew tabs

9⁴⁷
15 mL



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



"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)

46⁴⁷

135 g powder

36⁹⁷

267 g powder

54⁹⁷

855 g powder

"Many health supplements are contaminated with heavy metals, but this product is tested by a world leader in product testing for over 800 contaminants. It's hard to find a good product that you know is safe and I feel comfortable knowing this one is verifiable. This is a great brand" – J.P.



Restore your joint mobility

FAST RELIEF FOR CHRONIC JOINT PAIN

- Use OsteoMove with pain-reducing InflammRelief™ to protect knees and joints, and get moving

30⁹⁷
120 tablets

54⁴⁷
240 tablets

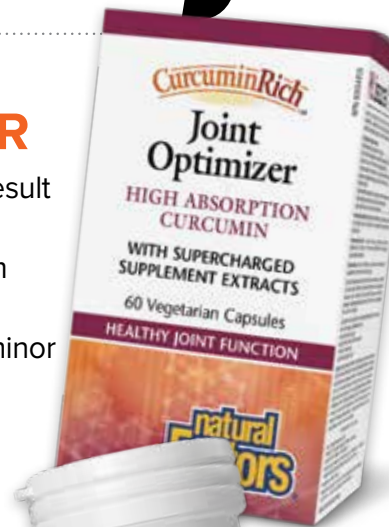
HOT PRICE!



CURCUMINRICH JOINT OPTIMIZER

- Helps relieve joint pain as a result of osteoarthritis
- Provides short-term relief from lower back pain
- Offers temporary relief from minor pain because of overexertion

24⁴⁷
60 vcaps



NEM NATURAL EGGSHELL MEMBRANE

- Relieves joint pain and improves range of motion within 7–10 days
- Helps protect and repair cartilage, and improves joint lubrication

39⁴⁷
60 vcaps



30⁴⁷
90 vcaps



SALE
27⁴⁷
500 capsules



29⁴⁷
120 softgels

Incredible JOINT PAIN relief!

CELADRIN achieves maximum efficacy for joint mobility and health by managing the entire range of inflammation from painful joints (osteoarthritis, tendonitis, bursitis, muscle, and deep tissue pain) to psoriasis.

Excellent to combine with OsteoMove for maximum pain relief.

KOOPE



Koope's European skin care comes to Canada

Happy and healthy skin with supercharged cleansers and moisturizers



"I see no reason to create products that have anything but good-for-you ingredients and no common sensitizers. You don't need a million products to have happy and healthy skin, I promise."
– Nadia Badowski, founder

None of the nasty stuff

Europe bans more than 1,600 toxic ingredients that are not banned in the USA or Canada. Koope products are formulated in Europe and follow this golden standard of "clean."

- **Sensitive-skin-friendly:** Koope excludes 36 common sensitizers and is fragrance-free
- **PETA-approved vegan and cruelty-free**
- **Cause-driven:** For every product sold a donation is made to anti-sex-trafficking initiatives



24⁹⁷
150 mL

GEL CLEANSER

- For a deep but gentle cleanse
- Lightweight deep cleansing
 - Soothes and softens
 - Gentle and non-sensitizing

24⁹⁷
150 mL

MILK CLEANSER

- For a creamy, nourishing cleanse
- Ultra-rich texture
 - Smooth and creamy
 - Softens and nourishes



29⁹⁷
50 mL

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



29⁹⁷
50 mL

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



29⁹⁷
50 mL

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

A true Canadian health *pioneer*

The founder of Alpha Health Products continues to inspire



For over 50 years, Siegfried Gursche was a true force of nature in Canada's natural health industry.

He wrote health and nutrition books, manufactured herbal remedies and supplements, advocated for consumers' rights to purchase health products, brought flax oil to Canada, and started *Alive* magazine to educate the public about natural health products.

Siegfried's last passion project was Alpha Health Products. At the time, the public was largely unaware of the health benefits of coconut oil. Not only did he embark on a mission to educate people about the value of the oil, but he also began a mission to teach them about the value of Fair Trade and getting products ethically sourced – a concept that was quite new at the time.

Today, Alpha preserves Siegfried's legacy by continuing to provide high-quality, sustainable, fair trade "good fats, from good sources."



NEW
from Alpha

34⁹⁷
250 mL

19⁹⁷
250 mL

12⁹⁷
250 mL

31⁴⁷
250 mL



20⁹⁷
500 mL

31⁹⁷
1L

12⁴⁷
500 mL

21⁴⁷
475 mL

8⁴⁷
475 mL

Do you *suffer* from **IBS**?

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



It 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

Studies show that butyric acid also has the potential to treat various **gastrointestinal diseases**. These studies point to promising benefits for individuals with:

- Crohn's disease and colitis
- Diverticulosis
- Type 2 diabetes

Although your gut produces it naturally, levels of butyric acid **decline as we age**. This can lead to increased gut permeability (leaky gut) and chronic low-grade inflammation.

There are natural sources of butyric acid (most dairy products, red meat, and fermented foods), but some choose to get higher doses to promote healing and proper function. That's why butyric acid is available in supplement form for individuals who do not get enough through their diet. Our new **Regenerlife Butyric Acid** is microencapsulated and enteric coated for enhanced absorption. Recommended dose: 1–4 softgels daily (1–2 packets daily).

"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.

27⁹⁷
30 packets



Super Hot DEALS



21⁴⁷
60 softgels
200 mg

38⁹⁷
60 softgels
400 mg

11⁹⁷
60 softgels

21⁹⁷
120 softgels



57⁹⁷
120 softgels
100 mg

57⁴⁷
60 softgels
200 mg



Algae Omega-3

Algae is a completely vegan-friendly plant that offers numerous health benefits, making it an excellent choice for those following a vegan diet. It is also one of the rare plant-based sources of DHA and EPA, essential fatty acids not commonly found in other foods.



27⁹⁷
60 softgels



HOT DEAL
13⁹⁷
90 subtabs



16⁹⁷
300 g powder



HOT DEAL
24⁹⁷
180 vcaps



HOT DEAL
19⁹⁷
180 capsules



HOT DEAL
24⁹⁷
240 vcaps



HOT DEAL
34⁹⁷
120 vcaps

27⁹⁷
60 vcaps



HOT DEAL
19⁹⁷
120 capsules



14⁹⁷
90 vcaps



34⁴⁷
250 g powder

