

# Roots Natural Taking care of your Health

**Vitamin K2**  
100mcg

Each dose provides 24-hour protection by guiding calcium toward the bones and teeth where it is needed most, and away from the arteries where it causes damage.

**BONUS SIZE**

120 180 Vegi Caps **\$18.99**

**MSM**  
Anti-Inflammatory

Relieves joint pain naturally by helping the body form healthy connective tissue in joints and muscles. It is also used to make the collagen needed for healthy skin, hair, and nails. MSM can help improve the comfort and mobility of people with osteoarthritis.

**BONUS SIZE**

240 240 Caps **\$22.99**

**Vitamin C**  
1000mg

Time release tablets designed to gradually release over an 8-hour period. This formulation also contains citrus bioflavonoids which help improve the absorption and therapeutic action of vitamin C, and help protect vitamin C from oxidation in the body.

**BONUS SIZE**

120 210 Tabs **\$20.99**

**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.

**BONUS SIZE**

120 180 Vegi Caps **\$26.99**

**Magnesium Bisglycinate**  
200 mg • Pure

Provides 200 mg of this essential mineral for natural relief from muscle cramps. This non-GMO, vegan-friendly magnesium is easy on the stomach and does not rely on stomach acid for absorption. Just one capsule per day can restore magnesium levels to support energy metabolism, muscles, bones, and teeth.

250 Vegi Caps **SAVE \$5.00**

**Chewable Ginger**  
500 mg

Ginger root is a traditional remedy for digestive upsets including lack of appetite, nausea, indigestion, and gas. Chewable Ginger helps relieve nausea or vomiting related to motion sickness, pregnancy, or post-surgery while supporting digestive health. Each chewable tablet contains 20mg of organic ginger extract, equivalent to 500mg of ginger root.

90 Chewable Tabs **\$12.99**

**Ubiquinol**  
Active CoQ10

Ubiquinol is the active form of CoQ10, which is produced by our cells and is significantly better absorbed, particularly as we age. This superior form of CoQ10 offers you the same broad ranging benefits, but with enhanced absorption which yields higher concentrations of CoQ10 in the blood.

100mg 60 Softgels **\$39.99**

**Saffron Extract**  
Improves Mood

Saffron may improve mood by potentially reducing symptoms of depression and anxiety, and some research suggests its effectiveness for mild to moderate depression is comparable to that of certain prescription antidepressants. Its compounds, such as safranal and crocin, are thought to regulate neurotransmitters like serotonin, dopamine, and norepinephrine, which can influence mood.

30 Vegi Caps **SAVE \$3.00**

**Women's Prenatal**  
Whole Earth & Sea Pure Food

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**

**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 **SAVE \$3.00**

**Activated Charcoal**  
Digestive Relief

Activated charcoal is a highly porous form of charcoal that has a natural tendency for capturing toxins and other difficult-to-digest compounds. Because activated charcoal cannot be digested, it passes through the gastrointestinal tract and binds to gas produced during digestion, removing discomfort from gas.

90 Softgels **\$15.99**

**RxOmega-3**  
Extra Strength

A pharmaceutical-grade source of the omega-3 fatty acids EPA and DHA that support cardiovascular and cognitive health, brain function, and reduced symptoms of rheumatoid arthritis. Each Enterpure softgel delivers a 2:1 ratio of EPA to DHA that is guaranteed pure from environmental pollutants and ensures no fishy aftertaste.

60 Softgels **\$13.99**

**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 **\$22.99**

**Vitamin D3 & K2**  
100% VEGAN

Provides essential nutrients in a plant-based form, designed specifically for vegans and vegetarians. It combines the easily absorbed cholecalciferol form of vitamin D3, sustainably sourced from 100% non-GMO algae, with the biologically active MK-7 form of vitamin K2, naturally sourced from natto beans. The liquid drops are easy to take and offer dual-action support for strong bones and a healthy immune system.

15ml **SAVE \$3.00**

**Total Body Collagen**  
Skin, Muscle & Joint Care

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 four great-tasting natural flavours.

500 g **SAVE \$3.00**

**Critical Care Probiotic**  
9 Strain Formula

This premium probiotic formula contains 55 Billion Active Cells to support both the small and large intestine. It restores beneficial bacteria lost through antibiotic use and enhances immune health. Provides protection from bacterial infection, yeast overgrowth, and digestive discomfort.

30 Vegi Caps **SAVE \$3.00**

**Alpha-Lipoic Acid**  
with B1 & B2

One-per-day formula provides 600 mg of ALA per vegetarian capsule. ALA increases the body's total antioxidant capacity to protect against oxidative damage to muscles, nerves, and other tissues throughout the body. It also supports healthy blood sugar control by enhancing glucose uptake into cells.

60 Vegi Caps **\$22.99**

**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.

60 Vegi Caps **\$22.99**

**MultiVitamins**  
Men's and Women's Formulas

These non-GMO, formulas feature bioenhanced vitamins and minerals in a nutrient-rich base of organic plants grown on Natural Factors farms.

60 Tab & 120Tab **SAVE \$3.00**

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

# Root's NATURAL ORGANIC HEALTH FOODS

## Healthy Immunity

**BigFriends**  
**Chewable Multi Vitamin & 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 **\$12.99**

**BigFriends**  
**Echinacea**  
Clinically Proven

Helps relieve symptoms and shorten the duration of upper respiratory tract infections (URTIs), such as the common cold. Just 1 mL of this alcohol-free tincture contains 1000 mg of ECHINAMIDE. In a delicious natural berry flavour, making it super easy for children 5+ to take.

50 ml **SAVE \$2.00**

**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 **\$6.99**

**Zinc Bisglycinate**  
25 mg • Pure

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**

**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 herbal formula designed to relieve throat, sinus, and bronchial irritation due to colds.

150 ml **\$16.99**

**Quercetin LipoMicel**  
Clinically Studied Effective

Natural Factors Quercetin LipoMicel Matrix contains an advanced form of the antioxidant quercetin with up to 10 times higher absorption than standard forms. Quercetin is a bioflavonoid found in certain fruits, vegetables, herbs, and grains, used in herbal medicine to protect blood vessels, and provide a source of antioxidants.

60 Softgels **SAVE \$3.00**

**Liposomal Vitamin C**  
High Absorption

A highly absorbable source of vitamin C to support immune function and provide antioxidants that help protect against free radicals. This new, specialized delivery system encases buffered vitamin C within a liposome. This protects vitamin C during digestion to ensure a fast and efficient uptake into the cells without the digestive upset of standard forms.

90 Softgels **\$15.99**

**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 **\$13.99**

**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 **SAVE \$3.00**

**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 **\$14.99**

**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 **\$12.99**

**Quick-Blast Anti cold**  
Instant Relief

Quick-Blast liquid soft chews are formulated to provide instant relief and be soothing to the throat with a minty "blast" to clear the sinuses. Contains eucalyptus, peppermint and lemon in a base of honey and super strength ECHINAMIDE.

30 Softchews **\$8.99**

**Complete Multi**  
One-A-Day

Complete Multi for Men and Women is a one-per-day comprehensive blend of vitamins, minerals, and supportive nutrients, including B vitamins, bioavailable vitamins D3 and K2, and chelated minerals, along with nutrition from real-food fruits and vegetables. It is non-GMO and suitable for vegetarians.

60 Vegi Caps **\$23.99**

**Vitamin D3**  
High Potency

Helps maintain strong bones and teeth by supporting calcium absorption, boosts immune function, may reduce the incidence of colds, and can improve mood and energy levels. It is also beneficial for cardiovascular health and helps prevent vitamin D deficiency, especially when sun exposure or dietary intake is insufficient.

400 Softgels **SAVE \$4.00**

**Probiotic**  
30 Billion

Features eight strains of probiotic bacteria to help support gastrointestinal health. Bifidobacteria and lactobacilli probiotic strains are combined at clinically studied strengths to restore and normalize intestinal flora. These vegetarian capsules are guaranteed to contain 30 billion active cells, as microencapsulated beads.

30 Vegi Caps **\$28.99**

**Shiitake Mushroom**  
Immune Support

Shiitake mushrooms offer numerous health benefits, including supporting immune function, promoting heart health by lowering cholesterol and regulating blood pressure, and providing essential vitamins and minerals like copper, selenium, and B vitamins.

120 Vegi Caps **SAVE \$3.00**



# Healthy Life

# One Stop Shopping for all your Health and Grocery Needs

# Healthy Choices

**Bioactive Multi's for Men and Women**

A full spectrum multivitamin and mineral formula. Formulated with men and women in mind, Bioactive Multi has optimal dosages of essential vitamins and minerals.

120 Vegi Caps **15% OFF**

**Immune 7 Medicinal Mushroom Blend**

Trusted for decades as a leading immune support formula. Six synergistic organic mushrooms for broad-spectrum defense. Dual-extraction & micronization for superior absorption & potency. Enhanced with Nutril for antioxidant protection. Clinically researched to deliver powerful, reliable immune support.

120 Vegi Caps **SAVE \$3.00**

**Shilajit**

Standardized to 50% fulvic acid — among the highest available. Clinically studied and trusted source. Boosts cellular energy, stamina & healthy aging. Enhances nutrient absorption & mitochondrial function. A traditional Ayurvedic super-mineral made modern with purity & potency.

60 Vegi Caps **SAVE \$3.00**

**Ortho Adapt Adrenal Health**

Helps your body cope with stress. Mobilizes internal energy stores, and reduces the impact of stressful conditions. Activates whole-body defenses, and prevents the body from overreacting to a stressor.

120 Caps **\$42.99**

**1-3-C Hormone Balance**

Promotes healthy estrogen metabolism. A phytonutrient found in broccoli that provides antioxidant support to help protect against cell damage caused by free radicals. An effective dose of 1-3-C per capsule.

60 Caps **\$39.99**

**Chanca Piedra**

Improves urinary tract health. Chanca Piedra, translated from Spanish to English means "Bone Breaker" or "Stone Crusher". This small Amazonian herb (Phyllanthus niruri) doesn't actually crush and dissolve kidney stones, it softens (gelatinizes) them, allowing them to change shape. They can then move down through the ureter, and out (almost) painlessly.

90 Caps **SAVE \$3.00**

**Tongkat Ali Promotes Testosterone**

Tongkat Ali extract offers a concentrated 50:1 extract equivalent to 25,000mg of dry herb per capsule.

- Supports healthy testosterone levels in men with a natural source of antioxidants.
- Aids in enhancing vitality & energy.
- Contributes to enhanced mood, confidence, and overall well-being.

60 Vegi Caps **SAVE \$3.00**

**Activated b•force 50 Full Spectrum B Complex**

Prairie Naturals have taken B vitamins to a whole new level, making them super easy for your body to use. Unlike regular B vitamin supplements that may not be fully absorbed, our activated forms are ready-to-go, ensuring you get the most out of each dose.

60 Vegi Caps **\$29.99**

**Melatonin Quick Release + Delayed Release**

Melatonin works with the body's natural cycles to effectively reset your "biological clock" to help you fall asleep faster, increase the quality and duration of sleep, support REM sleep, and reduce daytime fatigue. Natural Factors Melatonin comes in innovative bi-layer tablets. It complements a healthy sleep-wake cycle by releasing 5 mg immediately upon use and an additional 5 mg gradually over several hours.

90 Tabs **\$19.99**

**Bamboo Silica**

Helps to build healthy bones, nails and teeth. Works to prevent wrinkles and keep skin beautiful. Promotes growth of thick, strong hair. Silica is an essential element for maintaining the integrity and health of the skin, ligaments, tendons and bones.

240 Vegi Caps **SAVE 15%**

**NutriStart Naturally Quick D**

NutriStart's liquid D3 is emulsified in organic sunflower oil for enhanced absorption. Supplementing with Vitamin D3 has many benefits, including boosting the immune system to help prevent colds and flu. Get the sunshine vitamin!

55ml **SAVE 15%**

**PEA400 Chronic Pain Relief**

A chronic pain relief formula made from fractionated non-GMO safflower seed oil. Palmitoylethanolamide (PEA) is a fatty-acid-like compound found naturally in certain foods and made within the body. Micronization improves PEA's solubility and absorption to help manage a variety of conditions associated with chronic pain and discomfort.

90 Vegi Caps **\$29.99**

**DōMatcha Certified Organic**

Authentic, 100% Japanese traditional matcha produced from L-theanine-rich sencha green tea leaves, filler-free, high-quality. DōMatcha offers something for everybody.

**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**

**Natra GUTpro With Lactospores**

GUTpro offers a powerful blend of probiotics, antioxidants, and natural extracts to support gut health, reduce inflammation, and improve energy metabolism and tissue formation. It contains 4000mg of L-Glutamine, essential for gut lining repair and tissue formation, and 5 billion CFU of Bacillus coagulans, a probiotic known to balance gut flora.

195g **15% OFF**

## Root's ORGANIC NATURAL HEALTH FOODS REGENERLIFE

**Mitochondrial Energy**

Has targeted nutritional compounds shown to optimize mitochondrial function, the key producers of energy within our cells.

- Supports the body's antioxidant defence systems
- Helps reduce symptoms of fatigue
- Contributes to brain, muscle, and heart health

81g Powder **10% OFF**

**Cognisave Memory Retention Formula**

Nutritional support for cognitive health and brain function. Each convenient five-in-one daily supplement kit contains a range of brain-nourishing lipids, B vitamins, and supportive nutrients involved in brain cell structure and function, including phosphatidylcholine, omega-3 EPA/DHA/DPA, plant-based omega-3, -6, and -9 fatty acids, phosphatidylserine, and coenzymated B vitamins.

30 Packets **25% OFF**

**TestoVitality Libido Support**

Promotes testosterone production and sexual drive in men. Each vegan-friendly capsule provides 275 mg of organic maca and 300 mg of Testofen fenugreek. Both are standardized extracts, providing key active constituents of the herbs to boost vitality, stamina, and libido.

60 Vegi Caps **\$21.99**

**Creatine Improve Strength & Muscle Mass**

Creatine Monohydrate increases the body's lean muscle mass when used in conjunction with a resistance training regimen. It is quickly taken up by muscle cells and is delivered in an easy to mix, readily absorbed powder that is suitable for vegans and vegetarians.

300g **\$16.99**

**Rhodiola Stress Relief**

RegenerLife Rhodiola is a herbal extract used to help support mental stamina in cases of fatigue. The roots of Rhodiola rosea have a rich history of use in herbal medicine for helping to increase energy and resistance to stress.

60 Vegi Caps **SAVE \$3.00**

**Unique Relief IBS Butyric Acid**

Provides a readily available form of this short-chain fatty acid (SCFA) to help relieve abdominal pain and discomfort associated with irritable bowel syndrome (IBS). Our non-GMO formula provides clinically studied levels of butyric acid, delivered in easy-to-take softgels. Helps relieve abdominal pain and discomfort associated with irritable bowel syndrome (IBS).

30 Packets **\$27.99**

**Sleep Better Delayed Release Melatonin**

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, followed by a gradual release of 5 mg of melatonin to help you stay asleep longer.

60 Tabs **\$17.99**

**NMNSURGE NAD Precursor**

This metabolically active nicotinamide mononucleotide (NMN), contains a unique healthy-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**

**Digestive Enzymes Ox Bile**

Features pancreatin, betaine hydrochloride, ox bile, papain, and pepsin. Multitasking pancreatic enzymes aid in protein, carb, and fat digestion, while the hydrochloride bolsters stomach acid to initiate protein breakdown. Ox bile breaks down fat while papain and pepsin supports protein digestion in the stomach. You are what you digest—Digestive Enzymes can help.

100 Vegi Caps **SAVE \$3.00**

**Strong Bones**

Featuring pure, bovine-sourced calcium in the biologically active form of microcrystalline hydroxyapatite (MCHA). Strong Bones is formulated with 21 vitamins, minerals, and nutrients which support the development and maintenance of a strong skeletal system. It delivers critical support for bone building and retention to help reduce the risk of osteoporosis for women and men.

180 Vegi Caps **SAVE \$4.00**

**Purge Parasitis Antiparasitic**

Purge Parasitis is a natural way to eliminate parasites. It is formulated with 11 powerful antiparasitic plants effective for a broad range of intestinal parasites. Our extensive spectrum of ingredients includes black walnut, wormwood, garlic, oregano extract, clove, oregon root, ginger, aloe, quassia, and sage.

90 Vegi Caps **SAVE \$3.00**

**Organic Concentrated Mushroom Powders**

Our Organic Concentrated Mushroom Powders support whole-body harmony and immune system intelligence. Feel the benefits of the world's top 5 mushrooms, extracted from 100% fruiting body.

45g **20% OFF**

**Radiance Restorative Blend**

Promote healthy aging and overall vitality with antioxidant-rich herbs like tremella mushroom, schisandra, and kelp.

60 Caps **15% OFF**

**Black Cumin Seed Oil**

Black Cumin Seed Oil is derived from the seeds of the Nigella sativa plant. Known for its immune-boosting properties. It contains thymoquinone, which helps alleviate allergy symptoms such as sneezing and nasal congestion. Each softgel provides 1,000 mg of pure, cold-pressed oil, rich in essential fatty acids like linoleic and oleic acids, which support respiratory health and reduce histamine response.

60 Softgels **SAVE \$3.00**

**Calcium & Magnesium With Vitamin K2**

Nature's Way Calcium & Magnesium helps in the maintenance of bones and teeth. It also contains bone-friendly ingredients Collagen, Manganese, Boron, Vitamin K2 and Vitamin D3. Available in 3 delicious flavours.

500ml **\$27.99**

**Cold & Flu Relief**

Nature's Way Sambucus Cold & Flu Relief Kids Gummies help to shorten the duration and reduce symptom severity of the common cold, bronchitis, laryngitis and pharyngitis. Plus the added benefits of Vitamin C and Zinc.

60 Gummies **\$23.99**

**NutraSea ADHD Targeted Omega-3**

NutraSea ADHD may help to reduce symptoms associated with attention deficit hyperactivity disorder (ADHD) in school-age children. With 580mg of EPA, 360mg of DHA, 80mg of GLA and 500iu vitamin D3.

200ml **SAVE \$3.00**

**Magnesium L-Threonate**

Effectively increase magnesium levels in the brain by crossing the blood-brain barrier, which supports cognitive function, improves memory and focus, enhances sleep quality, and may help reduce anxiety and stress. This unique form of magnesium, composed of magnesium and the organic acid L-threonate, promotes synaptic density and neuroplasticity, the brain's ability to form new connections, leading to better learning and mental clarity.

120 Vegi Caps **\$25.99**

**Mullein Tincture Bronchial Support**

Mullein is traditionally used as an expectorant for lung conditions and helps to loosen up and expel mucus in the airways. It also soothes coughs and bronchitis. Mullein also beneficial for inflammatory conditions like sore throat and relieves pain.

100ml **10% OFF**

**Elderberry Cough Syrup**

Features fresh Elderberry and Wild Cherry Bark to relieve cough and catarrh. Also helps symptoms of cold and flu and upper respiratory tract infections. Sweetened with a touch of honey. Also available for kids.

120ml **10% OFF**

**Suku Gummy Vitamins Sugar Free**

Naturopath formulated, these sugar-free gummies provide a therapeutic dose of your daily nutrient needs, as well as a tasty treat in the day!

**15% OFF**

**Aqua Omega**

Omega-3s are important for every lifestyle! Aqua Omega provides true triglyceride form omega-3s in easy to swallow caps, softgels or flavoured oils. Canadian made and Naturopath recommended, Aqua Omega is IFOS certified and sourced from single species fish.

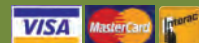
**15% OFF**

**Goodprotein All-In-One Shake**

Kiss chalky proteins goodbye, and try the best-selling protein on the market! Good Protein provides 21g of plant based protein, 20 fruits & veggies, 7g of fibre and only 1g of sugar per delicious serving!

440g **15% OFF**

Sale Ends Nov 30, 2025



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