

# Roots Natural Taking care of your Health



**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 **\$10.99**

**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 **\$6.99**

**BigFriends**  
**Chewable Vit-D3**  
 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**  
**ECHINACEA**  
 Alcohol Free Formula  
 Helps shorten the duration of upper respiratory tract infections (URTIs), such as the common cold. 1ml contains 1000 mg of ECHINAMIDE, made from organically grown In a delicious natural berry flavour, making it super easy to take.

50ml **\$16.99**

**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**

**Rhodiola**  
 As we age, the impact of daily stress and mental fatigue can be increasingly difficult to overcome. Regenerlife Rhodiola is a herbal extract used to help support mental stamina in cases of fatigue, helping to increase energy and resistance to stress. Our non-GMO formula is standardized to 3% of rhodiola's active salidroside and is delivered in convenient vegetarian capsules.

60 Vegi Caps **\$37.99**

**Magnesium Bisglycinate plus L-Theanine**  
 Combines 100 mg of the essential mineral magnesium with 125 mg of the amino acid L-theanine to temporarily promote relaxation without causing drowsiness. This is easy on the stomach and does not rely on stomach acid for absorption. Taken as 1-2 vegetarian capsules per day, this formula works quickly to reduce feelings of occasional stress and provides a source of magnesium to maintain proper muscle function.

90 Vegi Caps **SAVE \$3.00**

**Coenzyme Q10**  
**Cardiovascular Health**  
 Coenzyme Q10 is a vitamin-like essential nutrient that helps increase levels of cellular energy production and is required by every cell in our body. Known to support cardiovascular health and cellular vigour. Natural Factors Coenzyme Q10 400 mg is 100% natural, consisting only of the trans isomer identical to the body's own CoQ10.

60 Softgels **SAVE \$3.00**

**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 **\$17.99**

**Tranquil Sleep**  
**Stress-Relax**  
 Stress-Relax Tranquil Sleep features a combination of Suntheanine L-theanine, 5-hydroxytryptophan (5-HTP), and melatonin that work together to help reduce the time it takes to fall asleep, increase the quality and duration of sleep, relieve daytime fatigue, and reset the body's sleep-wake cycle. Fast-acting, chewable, tropical-fruit-flavoured tablets help improve relaxation and sleep.

60 Chewable Tabs **\$20.99**

**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**

**Vitamin K+D**  
**Naturally Sourced**  
 This provides two major fat-soluble vitamins for bone and vascular health - bioactive and highly bioavailable vitamin D3 (cholecalciferol) and vitamin K2 (menaquinone-7 [MK-7]) from natto beans. Both vitamins act on calcium and guide the mineral toward where it is needed throughout the body.

60 Softgels **\$16.99**

**Omega-3+D**  
**Ultra Strength**  
 Is a high-potency omega-3 designed to support healthy aging. Each daily dose provides more than 2 g of omega-3 and 1000 IU of vitamin D3 for whole-body support. Together, these vital nutrients support immune function, mood, cardiovascular, cognitive health, and healthy bones, teeth, and joints. Ultra-pure and free of contaminants, Omega-3+D Ultra Strength utilizes superior enteric softgels, so there's no fishy aftertaste.

150 Softgels **SAVE \$4.00**

**OsteoMove**  
**Extra Strength Joint Care**  
 Provides fast relief from acute and chronic pain and has extensive long-term benefits for joint health. A powerful anti-inflammatory, OsteoMove slows down cartilage degeneration, maintains strong and healthy bones, and encourages the repair of connective tissue.

60 Tabs **\$21.99**

**Saffron Extract**  
**Improves Mood**  
 Helps relieve symptoms of stress and improve sleep quality. It features Affron, 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**

**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 \$3.00**

**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**

**Heartburn Chew**  
**Apple Ginger Flavour**  
 A blend of amla, deglycyrrhized licorice root (DGL), and slippery elm to help relieve minor inflammations of the gastrointestinal tract, abdominal pain, and burning sensation in the stomach. These three botanicals are known for their soothing and protective activities within the gastrointestinal tract and its mucous membranes. Take one chewable tablet 20 minutes before each meal, or between meals three times daily.

90 Chewable Tabs **SAVE \$2.00**

**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**

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

# Root's ORGANIC NATURAL HEALTH FOODS

## Love your Health

*"A healthy outside starts from the inside."*

**Men's Complete Multi**  
 A one-per-day blend of vitamins, minerals, and nutrients, including B vitamins, bioavailable vitamins D3 and K2. Formulated specifically for men, this formula helps in energy metabolism, and helps maintain proper muscle and immune function. It is non-GMO and suitable for vegetarians. Helps maintain cognitive functions.

60 Vegi Caps **\$18.99**

**Women's Complete Multi**  
 A one-per-day comprehensive blend of vitamins, minerals, and supportive nutrients, including B vitamins, bioavailable vitamins D3 and K2, folic acid. Formulated specifically for women, this formula helps in energy metabolism, maintain immune function and building strong bones and teeth. It is non-GMO and suitable for vegetarians.

60 Vegi Caps **\$18.99**

**Adult 50+ Probiotic**  
 15 Billion Active Cells  
 Helps provide gentle relief for constipation by promoting a favourable gut flora. Helps support intestinal and gastrointestinal health, and digestion by reducing transit time. Reduces the risk of developing and the duration of upper respiratory tract illness in physically active adults.

30 Vegi Caps **\$17.99**

**Garlic Rich**  
**Super Strength**  
 Clinical studies confirm that garlic preparations high in alliin reduce elevated blood pressure and cholesterol. Garlic also enhances immune function and supports respiratory health. Each odourless, enteric-coated softgel is equivalent to eight cloves of garlic.

90 Softgels **\$14.99**

**BioCgel**  
 BioCgel goes beyond "just vitamin C" to provide a high-absorption, pH-neutral calcium ascorbate that is gentle on the stomach. This preferred form of vitamin C is enhanced with citrus bioflavonoids and the proprietary whole fruit blend BerryRich to provide the exceptional protection of natural fruit antioxidants.

90 Softgels **\$13.99**

**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 **\$16.99**

**Shelf Stable Probiotic**  
 30 Billion Active Cells  
 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. Each daily vegetarian capsule is guaranteed to contain 30 billion active cells, delivered as microencapsulated beads.

30 Vegi Caps **\$26.99**

**Quercetin LipoMicel**  
**Clinically Studied Effective**  
 Quercetin LipoMicel 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**

**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.

60 ml **SAVE \$3.00**

**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 **\$10.99**

**Women's Probiotic**  
 25 Billion Active Cells  
 A 10-strain formula that features a clinically researched probiotic strain to help support vaginal health. The compatible blends of lactobacilli and bifidobacteria strains work alongside vitamin C to help support a healthy vaginal microflora, gastrointestinal health, and immune function. Shelf-stable vegetarian capsules.

30 Vegi Caps **\$25.49**

**Glutathione LipoMicel Matrix**  
 Are the negative effects of aging on your mind? Reach for the mother of all antioxidants, glutathione. Our unique LipoMicel technology kicks this already potent antioxidant up another notch by ensuring glutathione remains stable during digestion while enhancing absorption.

60 Softgels **SAVE \$3.00**

**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**

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

390g **SAVE \$2.00**

**IBS Probiotic**  
 30 Billion Active Cells  
 IBS Probiotic is a one-per-day formula featuring clinically studied probiotic strains to help relieve symptoms of irritable bowel syndrome (IBS), such as abdominal discomfort, gas, and bloating. Each vegetarian capsule is guaranteed to contain 30 billion active cells from five shelf-stable strains, with no refrigeration required.

45 Vegi Caps **\$34.49**



# Healthy Life

## One Stop Shopping for all your Health and Grocery Needs

# Healthy Choices



**NutraVege**  
Vegan Omega 3  
A pure plant-based omega-3 with 150mg EPA + 300mg DHA in just one softgel per day. NutraVege is 100% vegetarian and vegan-friendly. Clean, light fresh mint flavour.

Value Size  
75 Softgels **15% OFF**

**NutraSea with D**  
Omega 3  
Our trusted NutraSea+D Omega-3 in just two softgels a day, for the maintenance of good health; 750 mg of EPA + 500 mg DHA + 1000 IU vitamin D3.

150 Softgels **15% OFF**

**Liquid Calcium & Magnesium**  
With Collagen and Vitamin K2  
Nature's Way Calcium & Magnesium is formulated in a 2:1 Calcium to Magnesium ratio in a great tasting 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**

**Purica Curcumin**  
BDMC 50%  
Curcumin offers rapid pain relief and optimal performance, featuring an extra-strength formula with 50% bisdemethoxycurcumin (BDMC), far exceeding the 1% in regular curcumin.

Bonus Bottle  
72 Vegan Caps **SAVE \$4.00**

**Menopause Relief**  
Hormonal Balance  
Provides relief from symptoms of menopause in 7 to 10 days. Naturally balances hormones and reduces stress. Helps control hot flashes & night sweats while also regulating mood, enhancing libido, improving skin health and promoting restful sleep.

120 Vegan Caps **SAVE \$3.00**

**Deep Immune**  
Clinically Proven  
Deep Immune is a daily tonic and adaptogen that reduces the frequency of colds, flu, and infections.

Bonus Bottle  
120 Vegan Caps **SAVE \$4.00**

**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**

**Immediate Relief Enzyme**  
This formula was developed to address specific concerns as well as help maintain the overall health of your digestive system. Especially for diets high in protein and fibre, this vegetarian formula can help provide relief from: heartburn, gas, bloating and indigestion.

60 Vegi Caps **\$17.99**

**Super 8 Plus Probiotic**  
Supports Gut Health  
With a 42 billion active cell probiotic count, Super 8 is formulated to survive stomach acids, and be strong enough to battle yeast infections.

30 Vegi Caps **\$22.99**

**Red Beet Crystals**  
Certified Organic  
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**

**Elderberry + Liquid Formula**  
Cold & Flu Relief  
It can be taken daily or used to provide relief from cold and flu symptoms. Convenient - just mix into your favourite beverage, tastes great gluten-free+vegan + no added sugar.

250 ml **\$13.99**

**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 up your iron storage.

30 Vegi Caps **\$27.99**

**DōMatcha**  
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**

**Santevia Water Systems**  
The Santevia alkaline water systems filter, mineralize and create delicious alkaline water. Alkaline or 'high pH' water is all created in a convenient pitcher or countertop unit."

Pitchers & Glass or Plastic Countertop units only  
**15% OFF**

**Provita**  
Vitamins & Supplements  
Boost your natural defenses so you stay healthy, energized, and ready for anything.

Full Line **15% OFF**

# Root's ORGANIC NATURAL HEALTH FOODS

**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**

**Liver Protection**  
with Milk Thistle  
Liver Protection features 250 mg 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**

**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**

**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 **\$15.99**

**Aqua Omega**  
At Aqua Omega, they take special pride in the premium ingredients that make up their supplements. They are fully transparent about the ingredients in their products, and everything is 3rd party tested to ensure the absolute quality and purity of every single bottle.

Full Line **15% OFF**

**SUKU**  
SUKU Vitamins are the most convenient way to manage your functional wellness and maintain your beauty. Our products are the world's cleanest gummy vitamins derived from all-natural, safe, and high-potency ingredients that not only taste great, but work!

Full Line **15% OFF**

**Aeryon Wellness**  
Women owned & created, Aeryon Wellness offers therapeutic products to help women at any stage!

Full Line **15% OFF**

**Floradix and Floravit**  
Floradix & Floravit contain organic iron from ferrous gluconate, vitamins B2, B6, B12 and C which contribute to the reduction of tiredness and fatigue and to normal energy-yielding metabolism.

250 ml & 500ml **15% OFF**

**Calcium Magnesium**  
with zinc and vitamin D  
For strong and healthy bones and to maintain proper muscle function. 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 **15% OFF**

**Silicea**  
Pure Collidal Gel  
100% pure for beautiful healthy hair, stronger nails and bones. Smoother looking skin and much more! Preservative free, additive free, expicent free.

200 ml **\$23.99**

**Kindervital**  
Enhanced Bone & Immune Formula  
Supports the development of a healthy nervous system and brain. It also provides nutrients that support the production of hormones that regulate our sleep, mood and appetite. This can help to improve memory, learning and focus.

250 ml & 500ml **15% OFF**

**Espresat**  
Multivitamin Liquid  
Espresat contains vitamins A, C, D, E and B6, which are essential for boosting the immune system to help us fight infection more effectively. Vitamins A, C and E are also effective for preventing and slowing the progression of vision loss from age-related macular degeneration and cataracts.

250 ml & 500ml **15% OFF**

**INFLAMMA MEND**  
Reduce Pain & Inflammation  
Targets inflammation by reducing pain and swelling, increasing the production of anti-inflammatory mediators, and preventing the production of pro-inflammatory cells. Provides support for both short and longterm exposures to damage by targeting the underlying mechanisms of inflammation.

60 Softgels **10% OFF**

**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 **15% OFF**

**CHOLESTO-LESS**  
Healthy Cholesterol Levels  
Formulated to lower total cholesterol and LDL "bad" cholesterol and raise HDL "good" cholesterol to maintain healthy cholesterol levels. It also supports overall cardiovascular health with the addition of powerful antioxidants.

60 Softgels **10% OFF**

**LUNG-FX**  
With Mullein  
Works by supporting the lungs' natural defense systems. It contains expectant 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 **10% OFF**

**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**

**STRESS-FX**  
Stress Formula  
Help to alleviate stress by lowering cortisol levels and promotes relaxation by boosting our 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 **10% OFF**

**HARMONIC ARTS**  
Concentrated Mushroom Powders  
Our Concentrated Mushroom Powders support whole-body harmony with bioavailable compounds at high extract ratios. 100% Fruiting Body, guaranteed 30%+ polysaccharide content.

**SAVE 20%**

**prairienaturals**  
Hair Force  
Create beautiful, healthy hair from within. Synergistically combines 22 natural nutrients recognized for their role in restoring, repairing, and nourishing hair. Now you can stimulate maximum growth of the hair follicle while minimizing hair loss. Canada's first & best natural hair health formula. Restores, repairs & nourishes hair.

90 Softgels **SAVE \$4.00**

**prairienaturals**  
Sytrinol Cholest-Force  
A cholesterol-lowering supplement made from the natural phytochemical compounds in citrus peel and palm fruit extracts. One-a-day is all you need to safely lower cholesterol in 30 days without toxic side effects. Helps improve LDL/HDL cholesterol ratio.

60 Vegi Caps **SAVE \$3.00**

**HARMONIC ARTS**  
5 Mushroom Cacao Mix & Herbal Lattes  
Our Herbal Lattes provide a foundation for crafting delicious, functional beverages without any refined sugars, fillers, or artificial ingredients. Easily layer these craveable blends with our other herbal formulas to harness the power of plant medicine for enhanced benefits.

125g **SAVE 20%**