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 **$12.99**

BigFriends

IRON

When children do not consume enough iron through their diet, supplementation can help prevent iron-deficiency anemia and associated tiredness and fatigue. Children ages three and up will love the chewable sour-peach-flavoured tablets that are easily absorbed and gentle on the stomach.

60 Chewable Tabs **SAVE $2.00**

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 echinacea. In a delicious natural berry flavour, making it super easy to take.

50ml **SAVE $3.00**

BigFriends

Kids All-In-One Daily Shake Mix

Each scoop contains farm-fresh greens with a rainbow of more than two dozen wholesome fruits, veggies, herbs, and VegiDay plant-powered protein. Add it to a smoothie for a tasty snack between meals, or mix with oatmeal or your child's favourite recipe for extra plant-powered nutrition.

460g **SAVE $3.00**

Berberine

Glucose Manager

A concentrated barberry root extract in a patent-pending LipoMicel formulation. Berberine is a naturally occurring plant compound that supports healthy blood glucose levels and cardiovascular health in adults. Just two 500 mg softgels per day provide the same effective dose used in clinical studies.

60 Softgel **SAVE $4.00**

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**

available in larger sizes

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 **SAVE $3.00**

Chewable Ginger

Ginger is your stomach's best friend! This zingy herb is a common staple in many pantries, but did you know it's been used for thousands of years as a digestive aid? It helps prevent nausea and vomiting associated with motion sickness and/or seasickness, helps relieve indigestion and lack of appetite, and is used to help soothe menstrual cramps!

90 Chewable Tabs **$12.99**

available in larger sizes

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**

available in larger sizes

Theracurmin

Double Strength

This advanced curcumin preparation is made using special natural technology that dramatically increases curcumin absorption compared to regular curcumin. In fact, Theracumin gives you the best curcumin absorption as demonstrated by human clinical research. It is available in regular and double-strength formulas.

30 Vegi Caps **SAVE $3.00**

available in larger sizes

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**

GABA

Anxiety Relief

Know that relaxed feeling you get when you practise mindfulness? That's GABA at work. The brain's primary inhibitory chemical, gamma-aminobutyric acid, blocks the transmission of nerve impulses between brain cells. Practically speaking, it slows down your brain's racing thoughts.

60 Chewable Tabs **$20.99**

Activated Charcoal

Digestive Relief

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 **$16.99**

PEA400

Pain Relief

Natural Factors PEA400 is a chronic pain relief formula made from fractionated non-GMO safflower seed oil. Helps manage chronic pain and discomfort. Provides a plant-based therapy to relieve chronic pain and used to relieve the pain associated with nerve compression and inflammatory conditions.

90 Vegi Caps **SAVE $3.00**

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 four great-tasting natural flavours.

500 g **SAVE $3.00**

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 $5.00**

L-Theanine

An amino acid found in green tea that temporarily promotes relaxation. L-theanine is absorbed quickly and stimulates alpha brain wave production for an alert yet relaxed state of mind. This is great for adults looking to improve symptoms of occasional and daily stress using a non-drowsy and non-habit-forming supplement.

90 Vegi Caps **$15.99**

Heartburn Chew

Apple Ginger Flavour

A blend of amla, deglycyrrhizinated 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 $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.

300 g Powder **$18.99**

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

Root's NATURAL ORGANIC HEALTH FOODS

Bonus Savings

Magnesium (Citrate)

Magnesium helps maintain proper muscle function, helps in the development and maintenance of bones and teeth, and helps maintain the body's ability to metabolize nutrients. Magnesium capsules offer a convenient way to help prevent magnesium deficiency.

210 Caps **$18.99**

Vitamin K2

Natural Factors Vitamin K2 contains MK-7, the most bioavailable form of vitamin K derived naturally from natto beans. 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.

360 Vegi Caps **SAVE $5.00**

Vitamin B12

Quick Dissolve Sublingual

This one-per-day sublingual formula supports the normal function of the immune system, energy metabolism, and red blood cell formation, and helps maintain good health. Methylcobalamin is readily absorbed and demonstrates exceptional activity immediately upon absorption, unlike cyanocobalamin.

210 Tabs **$14.99**

Live Healthy Stay Young at Heart

Nattokinase

A fibrinolytic enzyme derived from whole natto concentrate to help support cardiovascular health. Natto is a traditional Japanese food made from fermented soybeans and is widely recognized for its health benefits. This formula features NSK-SD. It is made using non-GMO soybeans and has the naturally occurring vitamin K2.

60 Vegi Caps **SAVE $3.00**

available in larger sizes

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 **SAVE $4.00**

Hawthorn Extract

Combines hawthorn leaf, flower, and berry, which are used traditionally in herbal medicine to help maintain cardiovascular health in adults. It provides a full spectrum of hawthorn's antioxidants, standardized to 2.2% flavonoids, for anyone who wants to support heart function naturally.

60 Vegi Caps **$11.99**

RxOmega-3

- Pharmaceutical grade: Provides high potencies of omega-3 fatty acids
- Molecularly distilled: Removes impurities like mercury and PCBs
- Enteripure softgels: Prevents breakdown in the stomach, ensuring no fishy aftertaste
- Quality checked: Surpasses the strictest international standards for quality

60 Softgels **$13.99**

Celery Seed

Healthy Circulation

Traditionally used in herbal medicine as a diuretic and carminative, celery seed helps promote a healthy circulatory system by having a positive effect on blood pressure. Celery Seed is standardized to contain 80% of 3-n-butylphthalide (3nB), the compound responsible for celery's powerful healing properties.

60 Vegi Caps **SAVE $3.00**

available in larger sizes

Garlic Rich

Super Strength

Clinical studies confirm that garlic preparations high in allicin 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**

Cayenne

42,000 SHU

Not just a spicy flavouring, potent HerbalFactors Cayenne is a very useful stimulant, regulating blood flow and helpful to the cardiovascular system. The active ingredient, capsaicin, improves circulation, and may lower blood cholesterol and triglycerides levels. It also stimulates secretion of digestive juices improving digestion.

90 Caps **$7.99**

Niacin

Flush Free

Niacin, also known as vitamin B3, helps maintain healthy cholesterol levels and assists enzymes in the breakdown and utilization of carbohydrates, fats, and proteins. Niacin delivers B3 in the form of inositol hexanicotinate, which minimizes the flushing effect and other side effects associated with other forms of niacin.

90 Caps **SAVE $3.00**

available in larger sizes

Potassium Citrate

Healthy Muscle Function

Potassium Citrate is a mineral supplement for the maintenance of good health. An essential mineral, potassium is found mainly in the intracellular fluid of the body where it controls the body's water balance. The citrate form of potassium is well tolerated and highly absorbable, an ideal choice for those with digestive disturbances.

90 Tabs **$5.99**

Milk Thistle

A liver health supplement made with a synergistic combination of milk thistle extract, dandelion root, and turmeric. Milk thistle is traditionally used in herbal medicine as a liver and gallbladder protectant, and contains key actives known collectively as silymarin. Dandelion and turmeric contain antioxidants and work alongside milk thistle to support healthy liver function.

120 Caps **$19.99**

Vitamin C

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

BONUS SIZE ~~180~~ 210 Tabs **$19.99**

Melatonin

Working in harmony with your body's natural biological rhythms to help reset the body's sleep-wake cycle, an aspect of the circadian rhythm. Taking melatonin helps increase total sleep time, in people experiencing sleep restriction or altered sleep schedule. Derived from non-animal sources. This formula comes in peppermint-flavoured sublingual tablets for convenient, flexible use and reliable absorption.

210 Tablets **$10.99**

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 **SAVE $5.00**

Healthy Life — One Stop Shopping for all your Health and Grocery Needs — Healthy Choices

Women's Extra Care Probiotic
Renew Life Ultimate Flora Women's Extra Care Probiotic has 50 billion live cultures to help maintain healthy vaginal bacteria and yeast levels—and supports urinary tract and gastrointestinal/intestinal health, too.
10% OFF

CleanseSMART Whole Body Detox
CleanseSMART is a two-part, advanced 30-day, herbal cleanse to help protect the liver and relieve occasional constipation. It's easy to use with no strict diet required.
10% OFF

Purica Zensations Mushroom Cacao Blends
Organic cacao with Purica's Organic Full Spectrum Canadian grown Mushrooms. 6 blends to ease stress and promote sleep, increase your memory, energy, immunity and libido! Up to 1600 mg of micronized powder per serving.
SAVE $3.00

Milk Thistle Extract
Liquid Herbal Formula
Used as a liver protectant and to help support liver function certified organic
250 ml
SAVE $3.00

Floradix Formula
One of the finest Iron tonics available, helping to combat tiredness & lassitude. Restore health, vitality, and sparkling life. Floradix Iron Formula contains iron rich yeast and herbal extracts in an easily assimilated organic iron compound.
250 ml | 500ml
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 Nutricol for antioxidant protection. Clinically researched to deliver powerful, reliable immune support.
120 Vegi Caps
SAVE $3.00

SleepBetter
Melatonin
Do you know the feeling when you wake up feeling rested after a night of uninterrupted sleep? You will soon! These triple-action tablets release 5 mg of melatonin immediately, then a botanical blend to help calm you for a restful sleep, followed by a gradual release of another 5 mg of melatonin to help you sleep longer.
60 Tabs
$17.99

Heme Iron:
- Helps to prevent iron deficiency anemia and associated tiredness and fatigue.
- Helps to form red blood cells & helps in their proper function.
- Source of/an antioxidant for the maintenance of good health.

60 Caps
$26.99

Pro NOx
- Helps with erectile function.
- Decreases muscle soreness.
- Lowers blood pressure.
- Boosts exercise performance.

NOX helps deliver oxygen & essential fuel while supporting recovery, allowing you to train harder & longer with consistent intensity & drive.
90 Vegi Caps
$14.99

TestoVitality
Ignite your vitality with Regenerlife TestoVitality! Crafted for men looking to reduce symptoms of age-related androgen decline, our blend of organic maca and fenugreek extracts supports testosterone production and increases libido and desire. This formula helps support your performance naturally!
60 Vegi Caps
$21.00

RegenerLife
Boosts Cellular Energy
You probably learned in middle school that mitochondria are the powerhouse of the cell. Their most important job is to help energy production, or ATP. Regenerlife Mitochondrial Energy is formulated to optimize mitochondrial function with powerful, targeted nutritional compounds.
81g Powder
SAVE $3.00

UniqueRelief IBS
Meet Regenerlife UniqueRelief IBS Butyric Acid, a short-chain fatty acid supplement that can help provide relief for IBS symptoms. Butyric acid serves as a primary energy source for intestinal cells within the gut lining. These enteric softgels come conveniently packaged, offering clinically studied levels of butyric acid for aging adults with IBS.
30 Packs 4 softgels each
SAVE $5.00

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 Natural Organic Health Foods

Preferred Nutrition

BioSil
Rejuvenating Your Hair, Skin, and Nails
BioSil 'turns on' the body's actual collagen-generating cells, known as fibroblasts. BioSil's patented ch-OS complex helps your body to generate its own collagen to provide support for stronger, healthy and thicker hair; stronger nails; fewer fine lines and wrinkles; and denser and more flexible bones. A perfect choice for vegans!
90 Vegi Caps
SAVE $5.00

Creatine
Improve Strength & Muscle Mass
Preferred Nutrition Creatine Monohydrate contains a micronized form of creatine monohydrate that improves strength and performance in repetitive bouts of brief, highly intense physical activity. Micronization technology makes creatine easier for the body to break down and absorb, quickly restoring muscle energy levels.
400g
$23.99

Ashwagandha
Reduce Stress
Ashwagandha is traditionally used in Ayurveda for memory enhancement and in herbal medicine as an adaptogen to help increase energy and resistance to stress over time. This one-per-day formula contains a 10:1 ashwagandha extract, providing the equivalent of 6000 mg of dry herb per vegetarian capsule.
120 Vegi Caps
$22.99

Omega-3 Plant Sterols with CoQ10
Contains an optimal balance of the omega-3 fatty acids EPA and DHA from high-quality fish oil, alongside CoQ10 and plant sterol, to support cardiovascular health. Helps lower blood total and low-density lipoprotein (LDL) cholesterol and also reduce serum triglycerides.
120 Softgels
$37.99

IBS Probiotic
This 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
SAVE $4.00

Men & Women Complete Multi
Complete Multi 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. Formulated specifically with men's and women's needs in mind, these help in energy metabolism, and help maintain proper muscle and immune function. It is non-GMO and suitable for vegetarians.
60 caps
$23.99

Full Spectrum Digestive Enzyme
Preferred Nutrition Full Spectrum Digestive Enzyme Formula helps digest proteins and decrease bloating after high-calorie, high-fat meals. It features a pancreatic enzymes that are 8x more concentrated than USP standard and a highly active blend of proteolytic enzymes, lipases, amylases, bromelain, papain, and serratiopeptidase.
60 Caps
$23.99

Chlorophyll
Provides a consistent, clean, and concentrated source of chlorophyll to refresh the body from the inside. It acts as an internal deodorant that may help control body odour from underarm perspiration. This water-soluble, green pigment is sourced from mulberry leaf using precision extraction and purification processes to preserve the plant's natural antioxidants. One teaspoon of this peppermint-flavoured liquid provides 100 mg of chlorophyll, and is easy to mix in water or juice.
100mg
$12.99

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 $4.00

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

Femina Flora Oral
Specifically formulated for women, featuring high-potency probiotics beneficial for intestinal and immune performance, and with essential strains for vaginal health, our formula will help maintain a sufficiently acidic environment to preserve dominance of beneficial probiotic species over bacteria and yeast overgrowth.
30 Vegi Caps
SAVE $3.00

Löse it
Metabolism/Workout Support
Löse it is a scientifically backed, all-natural formula that works to increase energy and promote a healthy endocrine (hormonal) system by balancing estrogen in the body plus also stimulating the metabolism.
60 Vegi Caps
10% OFF

ReCleanse
Herbal Detox
A safe, effective 7-Day whole body detoxification kit supported by clinical use. ReCleanse 7-Day Herbal Cleanse is formulated to gently and effectively support your body's natural detoxifying and elimination process. ReCleanse gently cleanses more deeply with regular use, enabling your body to heal and function optimally while promoting excess weight loss.
7-Day Program
$29.99

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 flus 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
10% OFF

Dry Eye
Targeted Omega-3
A targeted omega-3 formulated for dry eye syndrome. Providing 1200 mg of EPA, 300 mg of DHA, and 150 mg of GLA to help relieve the symptoms of dry eye syndrome.
120 Softgels
SAVE $4.00

Magnesium
Gentle Formula
Nature's Way Magnesium Glycinate Plus is a high-quality magnesium supplement that helps support bone health, muscle function including the heart muscle, and helps in the development and maintenance of bones and teeth. Each tablet contains 110 mg of magnesium (bisglycinate and malate), offering an effective way to support your wellness routine.
120 Tabs
10% OFF

Women's Prenatal
You and your baby deserve the best, safest ingredients to support this journey of new life. With its focus on providing the cleanest whole food ingredients, the Whole Earth & Sea Women's Prenatal is designed to support the health needs of both mother and child from conception to birth and throughout breastfeeding.
60 tabs
SAVE $3.00

Vitamin D3 & K2
Calling all vegans and vegetarians! If your everyday diet prioritizes plants, you may be lacking dietary sources of vitamins D and K2. Whole Earth & Sea 100% Vegan Vitamin D3 & K2 provides these essential nutrients in their biologically active and easily absorbed forms!
15ml
SAVE $3.00

Whole Food Probiotic
With Pre & Probiotic
Support your gut health with our synergistic whole food probiotic! This new formula contributes 10 billion live cultures from 10 strains of beneficial bacteria as well as a fermented prebiotic blend comprised of organic, non-GMO whole foods, some from our own Factors Farms, to support optimal gut health.
60 Vegi Caps
$25.99

Deep Immune for Adults and Kids
Supports the body as an adaptogen by increasing resistance to stress and helps maintain a healthy immune system. Available for adults and kids.
50ml & 100ml
15% OFF

Deep Ocean Minerals
70+ Trace Minerals
Deep Ocean Minerals brings you the best the sea has to offer. Harvested from pristine waters protected by steep mountains, this natural mineral concentrate contains essential minerals and trace elements, including calcium, magnesium, potassium, sodium, boron, and iodine that help give structure to our organs, tissues, and bones.
100ml
SAVE $3.00

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 Feb 28, 2026

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