



April 28th 2022 - May 25th 2022

health



beauty



fitness



expert



nature's source

SPRING Into Her Health!

NATURAL DISPENSARY

Proudly Canadian



Adrenal Chill Stress and Anxiety 90 ct
Provides 600mg of KSM-66, the highest concentration of full spectrum Ashwagandha to reduce cortisol, stress and anxiety.

Healthy Hormones 60 ct
An all natural formula designed to help stabilise menstrual cycle irregularities and relief of PMS through 400 mg of indole-3-carbinol.



15% off



Multivitamins for All Ages and Lifestyles

These multivitamins meet your unique health and wellness requirements through their various targeted formulas.

Featuring Activ-X with full spectrum multivitamins, minerals and omega fatty acids formulated to maximise stamina, increases energy and promotes faster recovery.

15% off



Organika Pure Beauty Enhanced Collagen 200g

- Contains 9.6 g of Hydrolyzed Collagen per serving to enhance hair, skin and nail health.
- Features like hyaluronic acid that acts as an internal moisturizer for skin tissues.
- Just add to water or your favourite beverage.



\$28⁹⁹ ea



Smart Solutions

- Provides women with innovative natural health products designed to achieve optimal wellness.
- Featuring Menosmart with Sage and Black Cohosh that promotes calmness and reduces hot flashes/night sweats.
- SleepSmart helps for a more restful night's sleep and relief of daytime fatigue associated with jet lag.



Entire Brand
UP TO 25% off



NutraVege Omega-3

- With no artificial flavours or preservatives, NutraVege is a great choice for ultra-pure plant sourced omega-3 to help boost overall health.
- Pure source of EPA+DHA.
- 1000 IU vegan vitamin D in just one teaspoon per day.



30 ct: **\$19⁹⁹ ea**
200ml: **\$29⁹⁹ ea**



Pure-Le Chlorophyll Mint 450ml

- A therapeutic grade chlorophyll that works as potent antioxidant through neutralizing free radicals to support your natural energy.
- Acts as a gentle cleanser to detoxify and cleanse toxins.
- Great tasting mint flavour with 0 calories.



Select Products
UP TO 15% off



SmartSweets Gummies 50g

- 85% less sugar than the leading gummy candy with no added sugar and no artificial sweeteners.
- Featuring Peach Rings that contain 13g of prebiotic fibre goodness, 3g of sugar per bag and naturally flavoured with fruit and veggie juices.



2 for \$6⁹⁸

WE ARE OPEN!

WE ARE HERE AND OPEN FOR YOU

Visit us to stock up on your favourite vitamins, supplements and so much more. We have experts waiting to assist you and offer you the best personalized advice for your health and well-being.

health

Herbal formulas to help you maintain a healthy body.

WILD ROSE HERBAL D-TOX



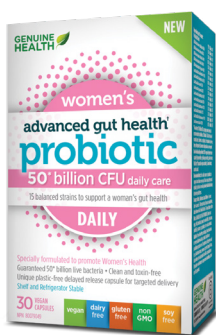
Whole body cleanse | 12 day program* | Specific diet included | DR. TERRY WILLARD, PH. D.
Cure pour le corps entier | Programme de 12 jours* | Guide alimentaire inclus | Clinicien Herbaliste - Herboriste clinicien

SINCE 1975 • DEPUIS 1975 / DESIGNED IN CANADA • FORMULÉ AU CANADA

WILD ROSE HERBAL D-TOX

12-day whole body cleanse program to clean the liver, colon, kidneys and lymphatic system when used with the recommended diet. Herbal D-Tox combines Radish and Dandelion to stimulate bile flow and eliminate toxins.

\$41⁴⁹ ea



Genuine Health Advanced Gut Health Women's Daily 50B 30 ct

- Delivers 50 billion CFU of 15 balanced probiotic strains to support your gut, skin, and emotional health for women with no need to store in the fridge.



25% off



Aeryon Wellness

- Female-focused supplements to aid in your wellness journey.
- Featuring Water B Gone that reduces excess water weight and bloating.
- Up & Away is a vaginal suppository that helps relieve symptoms of recurrent vulvovaginal candidiasis and vaginal bacteriosis.



Entire Brand
UP TO 25% off



AOR Bladder Manager 60 ct

- Helps improve symptoms of urinary incontinence while reducing the symptoms of an overactive bladder.
- Improves urine flow and ability to fully empty the bladder.
- Helps to reduce nocturia (need to get up at night to urinate) and diaper/pad use.



15% off



Ener-C Drink Mix 30 ct

- A multivitamin formula has all the immune and energy-boosting vitamins.
- Non GMO Certified Formulas for energy, hydration and immunity. Also available in Sugar Free flavours.



\$13⁹⁹ ea



Carlson

- Featuring Cod Liver Oil with 500 mg DHA, 400 mg EPA per teaspoon.
- Helps support cognitive, joint and immune health.
- Maintains eyesight and skin membranes.
- Provides vitamins A and D.
- Freshness, potency, and purity guaranteed liquid in a natural flavour.

Entire Brand
UP TO 15% off



Genestra HMF Fitness 60 ct

- Probiotic formula with added citrus and guarana extracts for weight management support.
- Provides 30 billion CFU per day from a combination of five proprietary probiotic strains.
- Effective when used with a calorie-reduced diet and physical activity.



See online or in store for pricing



NFH Magnesium SAP 300g

- Magnesium Bisglycinate Chelate.
- Helps treat hypertension, congestive heart failure, diabetes and preeclampsia.
- Helps reduce risk of osteoporosis.
- Allows for rapid recovery from depression.



See online or in store for pricing



Designs for Health PurePaleo Protein

- Protein yields 21 g of protein per serving and assists in the building of lean muscle.
- Contains HydroBEEF, a highly concentrated pure beef protein that hydrolyzes into more peptides for easier absorption.
- Ideal for those on a Paleo diet.



See online or in store for pricing

We dispense professional grade vitamins featuring top brands including...





New Chapter Turmeric Force 120 ct

- Made with regeneratively farmed turmeric that is anti-inflammatory joint pain relief and liver protector.
- Pure and potent extracts of the finest quality whole Turmeric work together for your body's optimal absorption of curcumin.
- Also supports overall heart, brain and digestive health.



15% off



Bell Lifestyles Shark Cartilage 100 ct

- Contains active, bioavailable nutrients to support cartilage and optimise healthy joints.
- Rich in naturally-occurring chondroitin sulfate and glucosamine sulfate.
- Great source of calcium for proper muscle function, nerve transmission and bone health.



\$24⁹⁹ ea



Nordic Naturals Ultimate Omega 60 ct

- For heart, brain and wellness support in every delicious serving.
- Ultimate Omega is soy free and in triglyceride molecular form - the form naturally found in fish!
- Contains 1280 mg of omega-3s per serving and exceeds the recommended daily dose.



15% off



Vega Hello Wellness

- Plant-based protein powder with different additions of 5g prebiotic fiber, 32mg vegan sourced omega-3 DHA, or 100mg of caffeine.
- Promotes your healthy gut, brain health, and energy with 0g added sugar.



20% off



Botanica Perfect Protein Elevated

- A full serving of 20g plant-based protein made from organic coconut, quinoa, and brown rice protein blend.
- With naturally occurring vitamins, minerals, healthy fats and fibre.
- Helps with sleep, energy and immune in targeted varieties.



Select Products
20% off



GNA Naturals

- GNA Naturals supplements are made with only the purest ingredients.
- Featuring Fast Absorb B12 + Folate that helps boost your immune, metabolism, energy and focus.
- This 1000mcg liquid drop fast absorption formula comes in a delicious black cherry flavour.



Entire Brand
15% off



Salus Calcium Magnesium

- Contains easily absorbed forms of calcium and magnesium along with zinc, vitamin D, whole food concentrates, and digestive herbs.
- Maintain healthy bones, and proper muscle function.
- Safe for pregnant moms and babies.



15% off



Bio-K+ Extra Probiotic 6x98g

- Drinkable formula that contains 80 billion live and active good bacteria plus Wellmune® to support immune function.



\$23⁹⁹ ea



Suro Breathe

- A blend of 17 organic ingredients to relieve seasonal or environmental allergies, sinus and chest congestion.
- Provides fast, effective relief from colds and flu, cough and sore throat.
- Also helps sufferers of asthma.
- Heals inflammation and irritation.
- An easy and delicious way to take year-round care of your health.



20% off



Vega Sport Protein 801-837g

- Finish your workout strong with 30g vegan protein and BCAAs which are designed to help you rebuild muscle post-workout.
- Delicious, smooth texture in various flavours including berry, vanilla, chocolate, mocha and peanut butter.



\$39⁹⁹ ea



Ancient Nutrition

- Featuring Multi Collagen Protein that provides three types of hydrolyzed collagen for faster absorption with a plant-based sweetener.
- Bone Broth Collagen features collagen types I and III that can easily be mixed into your daily coffee or smoothie.



Entire Brand
UP TO 25% off



Genuine Health Fermented Organic Vegan Proteins+

- Contains 20g of fermented protein from a mix of 7 plant-based, organic sources.
- Good for your gut, easier to digest and absorb with no bloat.
- Supports lean muscle mass and muscle recovery.



15% off

We dispense professional grade vitamins featuring top brands including...





Pascoe Skin Care

- Formulated for all ages and all skin conditions such as dry, oily, normal to sensitive skin types.
- Combines the essence of eight carefully chosen plant extracts to help soothe, calm and balance skin.
- Featuring Vitamin C Serum Intensive Care that visibly softens and prevents the appearance of fine lines and wrinkles.



UP TO **20% off**



Divine Essence

- Virtually all certified organic by Ecocert and guaranteed 100% pure and natural.
- Contains chemotypes, which means that all of their active ingredients are listed and shown to be safe and effective.
- Featuring a wide variety of aromatherapy scents.



Entire Brand
UP TO **20% off**



Acure Brightening Line

- Formulated to help your skin obtain a brighter and radiantly glowing appearance.
- Featuring Facial Scrub contains sea kelp super-nutrients to soften and detox while lemon peel and French green clay cleanses.
- Cleansing Gel is a super gentle cleanser to wash away dirt, oil and makeup.



15% off

FOR YOUR PANTRY



From the Ground Up Cauliflower Snacks

- A variety of healthy snacks, including chips and crackers, that are made with real cauliflower.
- Featuring Cauliflower Chips - a plant-based snack with a twist! Made with real ingredients and available in salt & vinegar, sea salt and sour cream & onion.



\$5⁶⁹ ea



Organic Traditions Maca with Probiotics 150g

- 1 billion probiotics per serving.
- Regulates and balances hormones, increases energy and promotes overall well-being.
- A good source of calcium, magnesium, phosphorous, iron and a host of antioxidants.



Entire Brand
UP TO **20% off**

FEATURED EXPERT

Marina Dimitrova

Nature's Signature Liberty Village



Marina's healing journey began at the age of 21, when she became chronically bloated, exclusively on the left side of her body. This is when she decided to go to school to become a Holistic Nutritionist. Marina had started to prioritize herself in self-love so that she could finally heal. She couldn't have done this without tapping into her mind, body and spirit. This is what she aims to teach - to heal in every way! Marina's goal for you to heal so you can live the life of your dreams!



Beekeeper's Naturals

- Featuring Bee Pollen that is packed with clean protein, energising B vitamins, and essential nutrients that your body can actually absorb.
- Beekeeper's Naturals is a line of clean medicine from the hive - powered by nature and uses ingredients like propolis, pollen and royal jelly that steers clear of added chemicals.

Entire Brand
UP TO **20% off**



Bragg Apple Cider Vinegar 946ml

- Made from the finest, delicious organically grown apples.
- Full of zesty natural goodness.
- Contains "Mother of Vinegar" naturally as protein enzyme molecules and has amazing natural cleansing qualities.



\$7⁴⁹ ea



Santevia MINA Pitcher

- Boosts pH and alkalinity to make true alkaline water.
- Infuses water with calcium, magnesium and other healthy minerals.
- Reduces chlorine, lead, herbicides and other harmful contaminants.

Entire Brand
UP TO **20% off**

Find your wellness with our icons



COVID-19 SAFETY MEASURES



WEAR A MASK
If you are unable, please use our Curbside Pickup.



SOCIAL DISTANCE
Keep distance and stay 6 feet apart.



PAYMENT
We encourage you to pay using debit/credit.



metro Burlington
2010 Appleby Line
289-313-6891

metro Clarkson
910 Southdown Rd.
905-822-6776

metro Danforth
3003 Danforth Ave.
416-691-1691

metro Guelph
500 Edinburgh Rd. S.
519-822-8900

metro Liberty Village
100 Lynn Williams St.
416-535-3200



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5029 Hurontario St.
905-502-6789

Oakville
2391 Trafalgar Rd.
905-257-1655

Toronto
40 Ronson Dr.
416-242-8500

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905-853-4488

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