



Mar. 7-Apr. 3, 2024

nature's source

NATURAL DISPENSARY

Spring Essentials for Allergies, Sleep & Holistic Health

health

CanPrev™



Liposomal Milk Thistle

- Supports liver health and detoxification through a patented delivery system directly to your cells.

Liposomal Quercetin

- Powerful antioxidant for immune system support, containing no artificial colours, flavours, preservatives, or animal products.

Liposomal GABA

- Promotes a restful, relaxed state without diminishing alertness.
- Liposomal format for improved bioavailability and absorption.

20% OFF

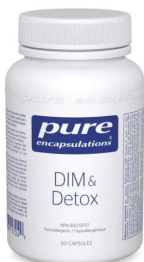


expert

Pure Encapsulations

DIM + Detox 60 capsules

- Supports estrogen metabolism and detoxification.
- Contains the BioResponse DIM®



Great Price!

Genestra

HMF IBS Relief 30 capsules

- Assists in alleviating symptoms associated with IBS (Irritable Bowel Syndrome) like bloating, bowel movement regulation, and stomach pain.



Great Price!



AOR™

Advanced Orthomolecular Research



N-A-C 240 capsules

- Acts as an expectorant, aiding chronic respiratory conditions and allergies by reducing mucus and relieving congestion, including bothersome post-nasal drip.
- Cysteine, a vital precursor to glutathione (GSH), the body's critical antioxidant, supports detoxification by chelating toxins and heavy metals.

C + Bioflavonoids 200 capsules

- Vitamin C for immune support and collagen synthesis.
- Provides the same pairing of vitamin C and bioflavonoids as nature intended.



15% OFF

Natural Calm Magnesium Powder

- Highly absorbable magnesium citrate powder that promotes relaxation, eases muscle tension, reduces cramping, and headaches.
- Magnesium citrate powders made with organic fruit flavor and sweetened with stevia.



All Powders

15% OFF



Genuine Health Greens+ Daily Detox

- Includes digestive-friendly probiotic cultures to support gut health in stress management.
- Synergistic formula with adaptogenic herbs to combat stress,



15% OFF

Sisu Melatonin 5mg 90 tablets

- Promotes restful sleep and regulates sleep-wake cycles.
- 5mg dosage for customizable sleep support.



20% OFF

New Roots Herbal Multi 120 capsules

- It helps in increasing immunity as it results in increased availability of vitamins and minerals.
- It has shown reduction in pain and inflammation and moreover promotes healthy gut bacteria.



15% OFF



Grass Fed Collagen Peptides 560g

- Collagen is the protein responsible for strong and flexible connective tissues
- No hormones or antibiotics are added
- Grass fed and pasture-raised collagen with 20g of collagen per serving
- Additional 1.5 Billion CFU of L.Plantarum (LP-1115) per scoop
- They both are odorless and unflavored

20% OFF



Organika Spirulina + B12 300g

- This is a plant based blend of antioxidants and iron with the combination of spirulina and B12.
- It has 0g of net carbs with the additional of prebiotic fibre for a healthy gut.



30% OFF

NOW Super Enzymes 90 capsules

- Now Super Enzymes contains enzymes such as papain, bromelain, pancreatin which enhances the digestion process.
- Enzymes help with the problems like gas, indigestion, heartburn which are caused due to Enzymatic deficiency.



15% OFF

Progressive

Perfect Probiotic 120 Billion

- Perfect Probiotic 120 Billion is an Ultra strength Probiotic which enhances the digestive health as it has 11 probiotic strains in it.



Perfect Probiotic Women's Support 30 Billion

- Perfect Probiotic Women's Support 30 Billion contains active probiotics to support the intestinal health with cranberry extract which helps to prevent urinary tract infections (UTIs).



Perfect Probiotic Adults 50+ 50 Billion

- Perfect Probiotic Adult 50+50 Billion contain high strain of Bifidobacteria probiotic for the digestive health of Adults over 50.



Entire Brand Up To

35% OFF



Dr. Klein's α-Lipo Liver 90 capsules

- Specially designed to address fatty deposits on the liver.
- Combines the benefits of Alpha Lipoic Acid, Choline, Vitamin E, and Milk Thistle to provide comprehensive liver support.



15% OFF

NutraSea

Omega-3 + Vitamin D 500ml

- Nature's Way NutraSea Omega is a fish oil supplement containing 750 mg EPA, 500 mg DHA and additional 1000 IU vitamin D3 per tsp.
- Omega 3 helps in maintaining overall good health with support to brain and cognitive function, cardiovascular health, and helps in development of brain and nerves in children.



15% OFF



CanPrev Sleep-Restore Ashwagandha 90 capsules

- This supplement is a blend of calming herbs like GABA, L-Theanine, Passionflower, Lemon Balm and Chamomile extract.
- It helps relieve stress and anxiety that enhances your sleep.



20% OFF

Joy of the Mountains Oil of Oregano 30ml

- Joy of mountains is supplement that fights infections and provide support to the immune system.
- It protects you against free radical as it has powerful antioxidant properties.



Entire Brand 20% OFF



Pure-Le Organic Horny Goat Weed 60 capsules

- Horny Goat Weed has been revered for its safe and natural stimulant properties, supporting a more active lifestyle, including enhancing intimacy, for both men and women.



Entire Brand 15% OFF



LeafSource Humic-Fulvic Acid Complex 120 capsules

- It helps in increasing immunity as it results in increased availability vitamins and minerals.
- It has shown reduction in pain and inflammation and moreover promotes healthy gut bacteria.



Entire Brand Up To 15% OFF



Solaray L-Arginine 30 tablets

- A product that is produced with a fermentation process which is an essential component of proteins present in the body. L - Arginine supports healthy circulation and cardiovascular support.
- It enhances improved performance of muscles and recovery.



Entire Brand
20% OFF

Harmonic Arts Lion's Mane 45g

- A Concentrated Mushroom powder which is extracted in water at a ratio of 7:1 and provides 2800 mg of Lion's Mane with 1/8 tsp
- It enhances cognitive function and provides support to nervous system.



Entire Brand
15% OFF

Sierrasil Joint Formula 14 180 capsules

- A mineral powder with all the essential minerals which supports joint and muscle function.
- Clay mineral structure also provides gentle detoxification.



Entire Brand
20% OFF

Herbaland Kids Multivitamins 90 gummies

- A tasty blend of vitamins and minerals for kids from age 4 year and older that is essential for maintenance of health in growing kids.
- It is a sugar free formula that improve mood and maintains energy levels in kids.



Entire Brand
15% OFF

vega

Delicious
plant-based
nutrition

Protein and Greens

- Plant-based protein with no added sugar, providing 25% of your daily iron intake.
- Each scoop is stacked with kale, alfalfa, broccoli, and spinach, plus 20g of plant-based protein.



Real Food Smoothie

- Whole food ingredients for a nutritious meal or snack that's easy to mix—no blender required!
- Contains only real, plant-based ingredients like oats and spinach.



Protein Made Simple

- Made with only 4-8 natural ingredients and packed with plant-based protein.
- Contains no stevia, gums, artificial sweeteners, colors, or flavors.



Entire Brand Up To
25% OFF



ONEKA® Shampoo and Conditioner 500ml

- Natural, plant-based ingredients for gentle cleansing, with an invigorating scent.
 - Leaves hair feeling clean, soft, and manageable.
 - Nourishes and strengthens hair naturally.



Crafted from
organic
plants

Entire Brand
15% OFF

Desert Essence Coconut Oil Mouthwash 480ml

- A coconut oil mouthwash made with organic coconut oil, pure tea tree oil and Zinc Citrate
- It is both sugar and alcohol free.



Select Products
15% OFF

Tom's Of Maine Simply White Fluoride-Free Toothpaste 85ml

- A fluoride free toothpaste which is made with natural ingredients which whitens your teeth by removing stains.
- It has Zinc Citrate which is sourced from a natural occurring mineral and prevents plaque just with regular brushing.



Entire Brand
15% OFF



HERBATINT® SINCE 1973 Hair Colour 135ml

- Permanent natural hair colour gel with 8 organic herbal extracts.
- Covers grey hair and gentle on the scalp.
- Ammonia, resorcinol, parabens, alcohol, fragrance and gluten-free.

8 organic
herbal
extracts

\$15.99 each

The Bare Home Hand Soap 476ml

- Gentle on hands with natural, eco-friendly, and biodegradable ingredients.
- Toxin-free, biodegradable, and scented with organic essential oils.



Entire Brand
15% OFF

Mill Creek Tea Tree Shampoo 414ml

- Mill Creek Tea Tree Shampoo is also color safe and pH balanced for optimal hair health.



Entire Brand
15% OFF

SMART SWEETS



NEW!

Berry Bunnies & Tropical Eggs 50g

- 92% less sugar per 50g versus the leading traditional candy equivalent.
- Coloured with fruit and veggie juices.

No artificial sweeteners & no added sugar



2 for \$7⁴⁸

health

Good Juu Laundry Detergent

36 sheets

- Each 36-strip envelope prevents one 1-litre plastic jug from entering the landfill, and results in a 94% reduction in transport-related greenhouse gas emissions.



Entire Brand
15% OFF

SimplyProtein Snack Bar 40g



- A delicious plant-powered fuel which will energize you and keeps you going for the day.
- It has 12 g of protein with 2 g of sugar which is light and crispy texture.



2 for \$4⁹⁸

Thursday Plantation Tea Tree Oil 100ml

- A 100% pure and naturally derived tea tree which act as a great antiseptic.
- It is great for acne, cuts, insect bites and stings.
- It is pure oil with no fillers and synthetics in it.



Entire Brand
15% OFF

FEATURED EXPERT

Deepti Sehgal Associate - Burlington

Deepti Sehgal is a Macrobiotic Nutritionist, Yoga Teacher & Ayurveda Lifestyle Consultant guiding people on alkaline diet, gut healing & detoxification. Deepti is a speaker at Yoga Conference Show (Toronto) & is the host for 'Youvana the Ageless' podcast.



Iron Vegan Sprouted Protein Bar 64g



- A plant based protein bar which is sourced from 5 sprouted grains.
- Each bar contains 16 g of protein which help is building and recovering of muscles.



2 for \$5⁹⁸

Organic Traditions Matcha Latte 150g

- It contains 1 billion shelf-stable probiotics with premium matcha tea and coconut milk powder.
- It will provide you energy and will promote a sense of calmness as it has natural occurring L-Theanine.



15% OFF

North Coast Naturals 100% Pure MCT Oil 946 ml

- North Coast Naturals MCT oil can also increase the release of hormones that lead to satiety, making you feel fuller for longer.



15% OFF

Tealish Earl Grey 15 bags

- A blend of premium black tea blended with organic cold pressed Italian bergamot.
- Made with all organic ingredients.



\$6⁹⁹ each

Find your wellness with our icons



CELEBRATE EASTER WITH US!



March 28- April 1

nature's signature

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

metro Niagara Falls
7835 McLeod Road
905-354-6788

Mississauga
5029 Hurontario St.
905-502-6789

Oakville
2391 Trafalgar Rd.
905-257-1655

Toronto
40 Ronson Dr.
416-242-8500

metro Milton
1050 Kennedy Cir.
905-875-3033

metro Newmarket
1-16640 Yonge St.
905-853-4488

metro Ottawa
4510 Innes Rd.
613-834-6789

metro St. Clair
2155 St Clair Ave. W.
416-763-6789

metro Winona
1370 South Service Rd.
905-643-1177

metro Stouffville
5612 Main St.
905-640-1777

metro London
395 Wellington Rd.
519-649-0020

FREE Shipping*
*On all orders \$59.99 or more



www.natures-source.com
order toll free 1-866-502-6789

Follow Us on Social Media
@natures_source

Find Us on **flip**

2016 READERS' CHOICE AWARDS



Reader's Choice Awards for Best Health Store 18 years in a row



Brock Elliott Retailer of Excellence Award
Awarded by the Canadian Health Food Association



Ask about our Gift Cards!