



April 4 - May 1, 2024

# nature's source

NATURAL DISPENSARY



## Spring Renewal Total Body Detoxification

health



### Collagen Full Spectrum 250g

- Helps maintain healthy skin, hair, and nails.
- Full-spectrum collagen formula supports joint health and bone strength.

### Collagen Joint & Cartilage 250g

- Formulated to support joint health and cartilage repair, enhancing mobility and flexibility.
- Contains bioactive collagen peptides proven to aid in the maintenance of joint and connective tissue health.

### Collagen Full Spectrum 500ml

- A comprehensive blend of collagen types for full-body benefits, including skin hydration, joint health, and bone density support.
- Delivered in a clean, concentrated formula that's easy to mix with your morning smoothie or take on its own.

20% OFF



### Plant-Based Omega-3 30 softgels

- Plant-based Omega-3, ideal for vegetarians and vegans.
- Supports heart health and cognitive function without fishy aftertaste.



### Plant-Based Omega-3 500ml

- Plant-based Omega-3 supplement in a delicious strawberry orange flavor, perfect for those who prefer not to consume fish.
- Supports cardiovascular health and brain function, with a fresh and fruity taste.

15% OFF



### Platinum Naturals Super Easymulti Women 45+ 120sg

- Customized multivitamin for women over 45, supporting hormonal balance and bone health.
- Includes antioxidants and nutrients specifically for aging well.



20% OFF

### Flora Adult's Probiotic 120c

- Supports digestive health and immune function with multiple strains of beneficial bacteria.
- Suitable for daily use to maintain intestinal flora balance.



15% OFF

### Salus Floradix & Floravit

- Iron and vitamin formula designed to help reduce fatigue and support energy levels.
- Easy to absorb and non-constipating, ideal for those with iron deficiency.



15% OFF

### RegenerLife NMNSurge 60 capsules

- Contains NMN, a form of vitamin B3, to support cellular energy and rejuvenation.
- Aims to replenish declining NAD+ levels associated with aging, enhancing vitality.



10% OFF

### Renew Life CleanseMORE 120c

- Natural and gentle formula designed to promote regularity and relieve occasional constipation.
- Contains herbal ingredients and magnesium to support healthy bowel movements.



20% OFF

### Enzymedica Digest Spectrum 90c

- Comprehensive enzyme formula aiding in the digestion of gluten, dairy, and other troublesome foods.
- Supports optimal digestion and nutrient absorption.



15% OFF

Progressive



**VegeGreens 510g**

- A blend of over 60 vegetables, fruits, and phytonutrients, supporting detoxification and energy levels.
- Offers a convenient way to increase daily vegetable intake.

**PhytoBerry 450g**

- A whole-body antioxidant supplement, featuring a concentrated blend of over 40 fruit concentrates, phytonutrients, and plant oils.
- Designed to support organ function and promote optimal health with a balance of essential nutrients.

**15% OFF**



**AquaOmega High DHA Omega-3**

120 softgels

- High-DHA Omega-3 supplement supporting brain health and cognitive function.
- Sustainably sourced and third-party tested for purity and potency.



Entire Brand

**15% OFF**



**Carlson Cod Liver Oil 500ml**

- Rich in Omega-3s, Vitamin A and D, supporting heart, brain, and visual health.
- Lemon-flavored for a pleasant taste, without fishy aftertaste.



Entire Brand

**15% OFF**



**Vitamin C**

300 capsules

- High-quality Vitamin C for antioxidant support and immune system health.
- Supports collagen production for healthy skin, cartilage, and joints.



**Quercetin**

200 capsules

- Quercetin capsules known for their anti-inflammatory and antioxidant properties, beneficial for cardiovascular and immune health.
- Supports healthy blood pressure levels and promotes respiratory well-being.



**Vitamin D3**

100 ml

- Easy-to-absorb liquid Vitamin D3 formula designed to support bone health, immune function, and overall well-being.
- Suitable for adults seeking a convenient and effective way to maintain optimal Vitamin D levels.



**15% OFF**

**HEALTHOLOGY**  
BUILDING A HEALTHIER YOU



**Gut-FX 180g**

- Promotes gut health and supports the integrity of the intestinal lining.
- Contains a blend of amino acids, antioxidants, and anti-inflammatory ingredients.



**15% OFF**

**CanPrev Adrenal Chill 90 capsules**

- Ease into relaxation; supports adrenal function and helps manage stress.
- Promotes a serene state of mind with soothing herbal ingredients.



**20% OFF**

expert

**Genestra HMF Forte 120 capsules**

- High-level probiotic formula designed to promote gut health and digestion.
- Supports a healthy intestinal balance for enhanced immune defense.



**Pure Encapsulations Digestive Enzyme Ultra with Betaine 90 capsules**

- Boosts digestive health with a comprehensive enzyme blend.
- Facilitates nutrient absorption and gastrointestinal comfort.



**Great Price!**

**BioSil BioSil 120 capsules**

- Promotes youthful skin, reduces wrinkles, and enhances hair and nail strength.
- Boosts your body's collagen, keratin, and elastin production, maintaining them at youthful levels.



**15% OFF**





**4EverFit**  
Creatine Monohydrate  
300g

- Supports increased muscle mass, strength, and energy during high-intensity workouts.
- Pure and high-quality creatine monohydrate for optimal absorption.



**25% OFF**

**PVL**  
Glutamine 400g

- Supports muscle recovery and immune system health.
- Unflavored, making it easy to mix into any beverage or protein shake.



**20% OFF**

**Younited**  
All-in-One 775-825g

- Comprehensive plant-based protein blend with added vitamins and minerals.
- Supports muscle repair and recovery with a delicious vanilla flavor.



Entire Brand  
**15% OFF**

**Genuine Health**  
Enhanced Hydration 100g

- Electrolyte-rich formula for optimal hydration and energy during workouts.
- Refreshing raspberry lemon flavor, free from artificial sweeteners.



**15% OFF**

**ACURE**  
WELCOME TO SKIN WELLNESS™

**Ultra Hydrating Shampoo 236.5ml**

- Moisturizing shampoo for dry, damaged hair with argan oil and pumpkin seed oil.
- Vegan and free from sulfates, parabens, and mineral oil.



**Vivacious Volume Shampoo 236.5ml**

- Volume-boosting shampoo infused with peppermint and echinacea, designed to cleanse while adding body and volume to your hair.
- Vegan and free from harsh chemicals, suitable for fine or limp hair.

Select Product  
**20% OFF**

**vega**

Delicious plant-based nutrition



**All-In One Shake 775-825g**

- Plant-based protein powder with 20g of protein, vitamins, and minerals per serving.
- Ideal for post-workout recovery, muscle maintenance, and a satisfying mocha-flavored treat.



**25% OFF**



**Herbatint**  
Hair Colour 135ml

- Permanent herbal hair dye providing a natural brown shade without ammonia.
- Enriched with herbal extracts to nourish hair and provide vibrant, long-lasting color.



**\$14.99 each**

**Derma E**  
Vitamin E Oil 60 ml

- High-intensity Vitamin E oil for deeply moisturizing and repairing skin.
- Ideal for reducing the appearance of scars and stretch marks.



Entire Brand  
**15% OFF**

**WELEDA**

**Skin Food 75ml**

- Intensive nourishing cream for dry and rough skin, providing instant hydration and protection.
- Made with plant extracts and essential oils for a natural, soothing experience.



**Skin Food Body Butter 150ml**

- Luxuriously rich body butter for intensive skin nourishment and hydration, leaving skin soft, smooth, and supple.
- Made with natural plant extracts, ideal for dry and rough skin.

Entire Brand  
**20% OFF**

**Thayers**  
Facial Toner 355ml

- Alcohol-free toner with rose petal water, aloe vera, and witch hazel extract to soothe and cleanse skin.
- Helps tighten pores and control oil production for a fresh, radiant complexion.



Entire Brand  
**15% OFF**

**Urban Spa**  
Exfoliating Gloves

- Reusable gloves for body exfoliation, removing dead skin cells and promoting smooth skin.
- Suitable for all skin types, enhancing the effectiveness of body washes and moisturizers.



Entire Brand  
**15% OFF**

# SMART SWEETS



## Pink Lemonade Dream 50g

- Burst of zesty pink lemonade flavor in a low-sugar, satisfying treat.
- Tangy and sweet snack made with no artificial colors or flavors



**2 for \$7.48**

## Manitoba Harvest Hemp Hearts 454g

- Nutritious hemp seeds rich in Omega-3 and 6, protein, and fiber.
- Versatile food topping for salads, yogurts, and smoothies.



**\$13.99 each**

## Organic Traditions Supergreens with Turmeric and Probiotics 100g

- Superfood blend with probiotics, greens, and turmeric for immune support and anti-inflammatory benefits.
- Organic and nutrient-dense, ideal for smoothies and health drinks.



**15% OFF**

# health

## Bragg Apple Cider Vinegar 946ml

- Organic apple cider vinegar with the 'mother,' known for digestive and immune support.
- Can be used as a natural remedy or in salad dressings and marinades.



**\$9.99 each**

## Wildbrine Korean Kimchi 500ml

- Traditional Korean fermented cabbage rich in probiotics, supporting gut health and digestion.
- Spicy and flavorful, perfect as a side dish or in recipes.



**\$9.99 each**

## Crazy D's Prebiotic Soda 355ml

- Sparkling prebiotic soda with natural cherry cola flavor, supporting digestive health.
- Free from artificial sweeteners and high in dietary fiber.

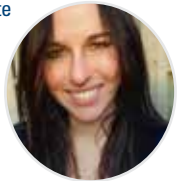


**\$3.49 each**

FEATURED EXPERT

## Adriana Mazolla Store Manager - Clarkson

Adriana is a graduate from the Canadian School of Natural Nutrition and holds an Honours Bachelor's Degree in Sociology and Psychology from the University of Toronto. She firmly believes in holistic practices and a balanced approach to health. She is currently the Manager at our Nature's Signature Clarkson location.



## North Coast Naturals Ultimate Daily Cleanse 1kg

- Comprehensive cleanse formula with fiber, herbs, and nutrients for detoxification.
- Supports digestive health and promotes a healthy internal environment.



**15% OFF**

## Better Bears Vegan Gummy Bears 50g

- A medley of delightful flavors, crafted for plant-based diets.
- Guilt-free snacking with naturally-sourced ingredients and zero gelatin.



**2 for \$7.98**

Find your wellness with our icons



**ANNIVERSARY EVENT!**

26 YEARS OF MEMORIES

Join us  
April  
12-14



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 Stouffville**  
5612 Main St.  
905-640-1777

**metro Niagara Falls**  
7835 McLeod Road  
905-354-6788

**Mississauga**  
5029 Hurontario St.  
905-502-6789

**Oakville**  
2391 Trafalgar Rd.  
905-257-1655

**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 London**  
395 Wellington Rd.  
519-649-0020

**metro Whitby**  
4111 Thickson Dr.  
905-655-5656

**Toronto**  
40 Ronson Dr.  
416-242-8500

Follow Us on Social Media @natures\_source

Find Us on *flip*



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



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

**FREE Shipping\***

\*On all orders \$59.99 or more



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