



June 27 - July 24, 2024

# nature's source

NATURAL DISPENSARY

## Embrace Your Canadian Summer Through Health & Wellness



### Curcumin Active

- High dose of fast-acting Longvida-optimized curcumin.
- Clinically proven to support joint health and reduce inflammation.

### Gandha 600

- 10:1 extract standardized for both withanolides and sitoindosides.
- Scientifically proven to reduce stress, improve mood, and enhance cognitive function.



Entire Brand Up To

**15% OFF**

## vega

### All-In-One Shake

- Provides 20 grams of plant-based protein per serving.
- Includes 50% daily intake of vitamins and minerals from real, whole-food ingredients.

### Nut Butter Shake

- Infused with real almond butter for a rich, creamy texture.
- Delivers 15 grams of protein and 7 grams of fiber to keep you satisfied.



Entire Brand Up To

**25% OFF**

### Organika Enhanced Collagen

- Sourced from grass-fed, pasture-raised cattle and free from all hormones and antibiotics..
- Clinically shown to reduce wrinkles and improve skin elasticity within four weeks.



Entire Brand Up To

**30% OFF**

### New Roots Herbal Travelers' Probiotic 30 capsules

- Travel-friendly formula with 11 scientifically proven probiotic strains to restore the balance of healthy intestinal flora.
- Water-based natural enteric-coating vegetable to survive harsh stomach acids to deliver 100% of the therapeutic benefits while traveling.



Entire Brand Up To

**15% OFF**

### Platinum Naturals Super Easymulti 45+

- Contains CoQ10 and lutein to support heart and eye health.
- Omega Suspension Technology ensures maximum nutrient absorption.



Entire Brand Up To

**25% OFF**

### NutraSea HP Omega-3

- Provides 1,500 mg of EPA and DHA in every serving for potent anti-inflammatory benefits.
- Ultra-purified to remove contaminants and ensure freshness.



Entire Brand Up To

**15% OFF**

### CanPrev Synergy B 60 capsules

- Features methylated B vitamins for enhanced bioavailability.
- Supports energy production, stress resilience, and overall mental health.



Entire Brand Up To

**20% OFF**

### ITL Health PrizMag Magnesium Bisglycinate 120 capsules

- Utilizes patented Albion® magnesium bisglycinate chelate for optimal absorption.
- Helps alleviate muscle cramps, improve sleep, and reduce anxiety.



Entire Brand Up To

**20% OFF**

# vega



## Protein and Greens

- Offers 20 grams of protein and two servings of greens in each scoop.
- Includes kale, spinach, and broccoli powders for added nutritional benefits.

## Protein Made Simple

- Just 4-8 simple ingredients, including organic cane sugar and coconut cream.
- Provides 15 grams of protein with no artificial flavors, colors, or sweeteners.

Entire Brand Up To

**25% OFF**



# GENUINE HEALTH

## Advanced Gut Health Probiotic Womens Daily 60 capsules

- Contains 15 diverse strains tailored for women's gut and vaginal health.
- Delivers 50 billion CFUs for digestive, stress and immune support.

## Advanced Gut Health Probiotic 50 Billion 30 capsules

- No refrigeration required and formulated with a delayed-release capsule to ensure probiotics reach the gut.
- 15 balanced strains to support digestive health and boost immunity.



Entire Brand Up To

**20% OFF**

## Enerex Black Seed Oil 240ml

- Cold-pressed Nigella sativa oil rich in thymoquinone.
- Supports immune system and has anti-inflammatory properties.



Entire Brand Up To

**25% OFF**



## Intimae Relieve 28 vaginal capsules

- Contains boric acid and natural ingredients to balance vaginal pH.
- Effective relief from yeast infections and bacterial vaginosis.



Entire Brand

**15% OFF**

## CanPrev Magnesium Sleep 120 capsules

- Blends magnesium bis-glycinate with GABA and melatonin for deep, restorative sleep.
- Non-habit forming and supports relaxation without morning grogginess.



Entire Brand Up To

**20% OFF**



## Pure Lab Vitamins L-Theanine 250mg 60 tablets

- Contains pure L-theanine from green tea for stress reduction and mental clarity.
- Enhances focus and promotes a sense of calm without drowsiness.



Entire Brand

**15% OFF**



## Provita Nattokinase 2000FU 60 capsules

- A potent blood-clot dissolving protein produced by the bacterium Bacillus subtilis during the fermentation of soybeans to produce Natto.
- Supports cardiovascular health by promoting healthy blood flow and circulation.



Entire Brand

**20% OFF**



## Ener-Life Ener-B+ Raspberry Lemonade 30pkt

- Effervescent B-vitamin complex to support energy metabolism.
- Quick-dissolve formula for rapid absorption and sustained energy



**15% OFF**



## Vitamin B12 120 lozenges

- Methylcobalamin form of B12 for superior absorption and efficacy.
- Supports energy metabolism and helps maintain healthy nerve cells.



## Zinc + C 120 capsules

- Combines zinc citrate with vitamin C for synergistic immune support.
- Enhances skin health and promotes faster wound healing.



## Lycopene+ 60 capsules

- Combines four natural prostate-protecting nutrients: lycopene, selenium, zinc and copper.
- Supports prostate health and protects against cellular damage.



Entire Brand Up To

**15% OFF**





## BIOSTEEL



### Hydration Mix Mixed Berry 315g Hydration Mix Blue Raspberry 16x7g

- Features a blend of electrolytes, B vitamins, and both essential and non-essential amino acids.
- NSF Certified and naturally sweetened with stevia and monk fruit, zero sugar.

### Biosteel Sports Drink Rainbow Twist 500ml

- Made from clean, quality ingredients, with 5 essential electrolytes, and no artificial flavours and preservatives.
- Packaging is eco-friendly and made from renewable sources, which means it's good for you and the environment.



Entire Brand Up To  
**10% OFF**

## PVL 100% Pure Creatine 300g

- Creatine monohydrate is the most scientifically proven supplement ever made
- 100% pure pharmaceutical-grade creatine monohydrate, nano-micronized for maximum solubility and uptake.



Entire Brand Up To  
**20% OFF**

## Iron Vegan L-Glutamine 400g

- Fermented from non-GMO beets and corn for maximum purity.
- Aids in muscle recovery, supports gut health and boosts immune system.



Entire Brand Up To  
**20% OFF**

## Progressive Grass-Fed Whey Protein

- Excellent source of protein: 27 grams of protein per scoop
- Contains only 100% New Zealand protein, considered the cleanest source of protein in the world – no growth hormones and pasture raised



Entire Brand Up To  
**20% OFF**

## ALT Clear Whey Isolate 725g

- Ultra-pure whey protein isolates with 21 grams of protein per serving.
- This clear protein made from grass-fed whey isolate is smooth and light in texture like juice or water.



Entire Brand  
**15% OFF**

## beauty

## Lāfe's

### Natural Crystal PushUp Stick 4.25 oz

- Mineral salt deodorant that provides 24-hour odor protection.
- Free from artificial fragrances, hypoallergenic and safe for sensitive skin.

### Roll-On Soothe 88ml

- Scented with 100% lavender essential oil and aloe vera is made with only natural and organic ingredients, never any toxins.
- Clinically proven to provide you with 24-hours of odor protection



**15% OFF**

## Mill Creek Shampoo Biotene H-24 250ml

- Enriched with biotin, keratin, and panthenol for fuller, thicker hair.
- Stimulates scalp and strengthens hair from the roots.



**15% OFF**

## Nature's Aid All-Natural Skin Gel

- Multi-purpose gel with aloe, witch hazel, and rosemary for skin healing.
- Effective for burns, cuts, insect bites, and other skin irritations.



**15% OFF**

## Green Beaver Antiperspirant

- Natural formula with lichen extract and sage for effective odor control.
- Provides long-lasting protection without harmful chemicals.



**10% OFF**

## Phillip Adams Shampoo Apple Cider Vinegar 355ml

- Natural apple cider vinegar helps balance scalp pH and remove buildup.
- Adds shine and volume while maintaining scalp health.



**15% OFF**

## schmidt's Deodorant Charcoal & Magnesium 75g

- Charcoal & Magnesium helps neutralize odor and keeps you fresh with 24 hour odor protection.
- Features a crisp scent reminiscent of freshly fallen rain, made with essential oils.



### Deodorant Bergamot Lime 75g

- Bergamot & Lime features a fresh, invigorating citrus scent made with essential oils.
- Plant Based Ingredients – Formulated to be gentle on skin, using certified 100% natural origin ingredients



**15% OFF**

**SANTEVIA®**  
Mineralized Alkaline Water

**Mina Pitcher**

- Gravity water system that adds calcium, magnesium, and other beneficial minerals.
- Filters 99% chlorine, a chemical disinfectant that can damage healthy gut flora.

**10% OFF**

**Organic Traditions**  
**Dark Chia Seeds 454g**

- Sustainably grown and harvested for high nutrient content.
- Superseed packed with calcium, iron, fiber and omega-3 fatty acids

**Entire Brand**  
**15% OFF**

**Manitoba Harvest**  
**Hemp Hearts 454g**

- Shelled hemp seeds with a nutty flavor, perfect for topping salads and smoothies.
- Contains 10g of protein, rich in fibre, and essential fatty acids.

**Entire Brand Up To**  
**15% OFF**

**Flora**  
**Flax Oil 941 ml**

- Cold-pressed and unrefined to retain all nutritional benefits.
- High in lignans and omega-3 fatty acids for cardiovascular health.

**20% OFF**

**Rise**  
**Kombucha 414ml I**

- Raw, unpasteurized kombucha with live cultures for digestive health.
- Naturally flavored with organic ingredients for a refreshing taste

**2 for \$7.98**

**Dutchman's Gold**  
**Raw Honey Jar 500g**

- 100% pure, unpasteurized honey with a rich, smooth texture.
- Each jar contains all of the wonderful compounds that nature intended including bee pollen, royal jelly and beeswax.

**Entire Brand**  
**10% OFF**

**FEATURED EXPERT**

**Hannah Guendert**  
**Store Manager - London**

Hannah, a passionate Holistic Nutrition Consultant, integrates mind, body, and spiritual wellness. Educated at the Institute of Holistic Nutrition, she combines nutrition and herbal medicine to inspire her customers' unique health journeys. Outside work, she enjoys tea, foraging wild herbs, hiking with her pup, and creating healthy treats in the kitchen.

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**Entire Brand**  
**15% OFF**

**Manitoba Harvest**  
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- Contains 10g of protein, rich in fibre, and essential fatty acids.

**Entire Brand Up To**  
**15% OFF**

**Daryl's**  
**All Natural Protein Bar**

- Handcrafted with real, whole-food ingredients for a nutritious snack.
- Provides sustained energy with a balanced mix of protein, fats, and carbs.

**2 for \$5.48**

**SmartSweets**  
**Caramels 45g**

- Plant-based caramels with 2 grams of sugar per bag.
- Made with 22g of soluble fiber per bag and natural sweeteners for a guilt-free treat.

**\$4.49 each**

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**PRACTITIONER MEET & GREET JULY 15**

**SEMI-ANNUAL HEALTH & BEAUTY SALE JULY 21-27**

**ANNUAL CIVIC HOLIDAY SALE AUGUST 1-5**

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