



# Health Essentials

Cultivating Extraordinary Lives

Store Hours 9:30 am - 6:00 pm Everyday



Health Essentials Supplements



healthessentials

HAPPY  
LABOUR  
DAY

We will be CLOSED Sept 5TH

## icebreaker® MERINO Socks

- Guaranteed lifetime warranty
- Seamless to reduce blisters
- Anatomically fitted for increased comfort
- Naturally thermoregulating
- Naturally antibacterial and odour resistant



SEPTEMBER 18-30  
25% OFF

## Vibram FiveFingers

- Can assist in the natural function of your foot. For running, fitness training, water sports or fun!
- May make your feet & lower legs stronger and healthier, naturally
- Allows the foot to move and work in a completely natural way, while providing grip and protection on a variety of surfaces
- Can increase sense of balance & greater agility



ENTIRE LINE UP TO  
25% OFF

## Prospek - BlueLight Blocking Glasses

- Reduces glare and reflects blue light away from your eyes
- Helps to relieve long-term eye strain, headaches and sleeplessness associated with blue light from screens
- 50% blue-light blocking options, excellent for everyday use as computer glasses
- 99% blue-light blocking options, ideal for late night use or excessive sensitivity
- Available in a variety of stylish frames



20% OFF

## Routine Deodorant

- Convert to a deodorant that is not only natural, but is more effective than conventional deodorants
- Fun and versatile, these life-changers will second as your signature scent!
- Made using only the best quality and clean ingredients
- Available in a variety of scents in recyclable cardboard stick containers or reusable glass jars



ENTIRE LINE  
20% OFF

## Genuine Health

NEW

### Clear Focus

- Helps eliminate brain fog and mental fatigue in a non-jittery way, as well as supports brain health and cognition long term
- Made with Lion's Mane mushrooms, L-Theanine, Green Tea extract, and Panax Ginseng extract

### Deep Sleep

- Combination formula that doesn't just help you fall asleep quickly, it also helps you STAY ASLEEP throughout the night and promotes BETTER QUALITY sleep so you wake up feeling refreshed and rested
- Made with Reishi mushroom, L-Theanine, GABA, Magnesium and Melatonin for sleep support



15% OFF

## St Francis - Deep Immune

- Proven highly effective for more than 30 years
- Adaptogenic formula featuring 8 powerful herbs
- Suitable for anyone who wants to lessen the tendency to frequent colds, flu, infections, and immune-related illnesses
- Suitable for anyone who wants to reduce excess inflammation and strong reactions e.g. allergies or eczema



ENTIRE LINE OF  
DEEP IMMUNE  
15% OFF

## RenewLife

### - Ultimate Flora 50B

- One-a-day probiotic that helps to support intestinal and gastrointestinal health
- Contains 10 different strains of live bacteria, with a combination of both Lactobacillus (20 billion active cultures) and Bifidobacterium (30 billion active cultures) strains
- Helps support intestinal and gastrointestinal health
- Source of probiotics that could promote a favourable gut flora



ENTIRE LINE  
10% OFF

## Living Alchemy

### - Probiotics

- Whole food symbiotic including probiotics, prebiotics, enzymes & nutrients
- Diverse strains of beneficial bacteria with proven 80% survival of microbes
- Helps support intestinal/gastrointestinal health & promotes a favourable gut flora



ENTIRE LINE  
20% OFF

## Natural Factors

### Ashwagandha Sensoril

- Clinically studied to help inhibit occasional fatigue, tension, and exhaustion often associated with everyday stress
- A naturally occurring, safe and effective supplement to help you manage stress naturally, formulated to help calm your mind and body

### Mental Calmness

- Helps reduce feelings of stress and nervousness
- Promotes relaxation without causing drowsiness, and better sleep quality by restoring mental calmness
- Improves concentration and mental clarity
- May help reduce stress-related food cravings



ENTIRE LINE OF  
STRESS RELAX PRODUCTS  
10% OFF

## CanPrev - Magnesium

- Highly absorbable bis-glycinate form of magnesium
- Easy and gentle on the bowels
- Commonly deficient mineral that is extremely important mineral for over 800 different chemical reactions in the body
- Available in varying doses for different sensitivities
- Available in liquid, capsule and powder forms



ENTIRE LINE OF  
CANPREV MAGNESIUMS  
20% OFF

## AOR - Ortho Mind

- Helps enhance cognitive function
- Provides nutrients that support focus, memory and energy supply to the brain
- Maintains the brain structure and function
- Protects the brain from damage
- Ingredients backed by clinical research
- Sale includes Ortho Mind, Bacopa, Citicoline, and Cogni-Q



ENTIRE LINE OF  
AOR COGNITIVE  
SUPPORT PRODUCTS  
10% OFF

## NutriStart - AdrenalStart

- Stimulant-free energy booster
- Enhances energy, performance, endurance and vitality
- Strengthens adrenal, immune and cardiovascular response to stress
- Over 3200mg of concentrated herbal extracts in a daily serving
- Supports the body's ability to deal with stress and fatigue
- Lowers cortisol levels and promotes healthy hormonal levels



120 & 240 Caps 20% OFF

## Genuine Health

### - Greens+ Extra Energy

- Made of 10 superfoods, 3 sea vegetables, 3 chlorophyll-rich grasses, 7 energizing herbs and 11 energy enhancing vitamins, minerals, amino acids including taurine and adaptogenic herbs
- Just one scoop per day for lasting energy with no crash! Shake with water or add to smoothies
- Greens+ extra energy works with nearly every lifestyle and way of eating; Keto & Paleo-friendly
- Available in Natural Orange or Cappuccino flavours



ENTIRE LINE  
OF GREENS+  
10% OFF

## PVL - Aminos

### BCAA's

- 100% pure, high quality branched chain amino acids
- Helps provide muscle building support and protects against muscle being used as fuel
- Helps improve performance
- Sourced from vegetables

### Glutamine

- Used immediately after a workout, provides all the essentials for protein synthesis, faster recovery and repair
- High solubility, purity and uptake make this easy to consume and digest



ENTIRE LINE OF  
PVL AMINOS  
20% OFF

## Bulletproof - Coffees

- Certified clean coffee
- Expertly-picked and sorted for the highest quality beans
- Thorough, sustainable washing and drying technique
- Tested for toxins before it meets your mug
- Available in Original, Mentalist and French Kick varieties



ALL FLAVOURS  
2.27 kg \$10 OFF

## Nuts to You - Organic Almond Butter

- Sourced from the best old-world varieties of Organic Almonds grown in Spain
- Dry farmed using rain water without irrigation
- Source of vitamin E, magnesium, protein, potassium, calcium, phosphorus and iron
- Made from dry roasted nuts
- Non-GMO and dairy, wheat, soy and gluten free, kosher
- No added salt, sugar or hydrogenated oil



ENTIRE LINE OF  
ORGANIC ALMOND OR  
HAZELNUT BUTTER  
365 g 20% OFF

Prices in effect until September 30<sup>TH</sup>, 2022

101-300 Gorge Rd. West (Corner of Gorge & Tillicum)

250.590.5524 ■ myhealthessentials.ca



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■ Wild Meats

■ Vita-Mix

■ Supplements

■ Barefoot Shoes

■ Traditional Foods

■ Natural Body

Care

■ Grass Fed Dairy

