

# HEALTH ESSENTIALS

Cultivating Extraordinary Lives

Hours 9:30 am - 6:00 pm Everyday



Health Essentials Supplements



healthessentials

## Animal Fat Myths and the Goodness of Ghee Seminar

Wed, April 23rd, 6:30pm

Join **Vresh Naga** to learn the misinformation around seed oils, animal fats, saturated fats. Discover this ancient superfood's origins, health benefits, and why it has remained a staple for centuries. Register on the Events section of our website [www.myhealthessentials.ca](http://www.myhealthessentials.ca) or scan the QR code.



## Lems

### Boulder Summit Boot

- This fully waterproof boot draws inspiration from the original Boulder Boot, but now combines the rugged outsole of the Outlander to offer a more secure grip
- This brand new, sticky rubber outsole incorporates 4mm deep lugs for incredible traction on snow, mud, and everywhere in-between!
- Places the forefoot and heel flat to the ground correcting posture, aligning your spine, and encouraging mid-foot strike



ENTIRE LINE UP TO 20% OFF

### Primal 3

- Barefoot, zero-drop shoes with a wide toe box that let your feet feel free while also providing protection from the elements!
- Extremely lightweight shoes and sustainably produced
- Features a wider footprint, offering improved weight distribution and stability

## Santevia - Water Systems

- Filters 99% chlorine, a chemical disinfectant that can damage healthy gut flora
- Filters 99% lead, a neurotoxin that's especially harmful to children
- Filters 90+ contaminants including heavy metals, PFAS & PFOS, and VOCs
- Adds essential minerals like calcium, magnesium and potassium to support your health
- Raises the pH level by up to +2.0
- Creates great-tasting mineral-rich water for healthy hydration



ENTIRE LINE OF WATER SYSTEMS 15% OFF

## Genesis - Tallow Balm

- Sourced from grass-fed beef and is made with 100% natural and non-toxic ingredients
- Packed with vitamins and nutrients making it a complete skin miracle worker
- Promotes healing to skin as it has a saturated fat ratio that is identical to our skin cells
- Available in a variety of sizes and scents
- The Face Balm Whip is uniquely made with hemp seed oil instead of extra virgin olive oil. Hempseed Oil scores one of the highest ratings on the noncomedogenic list



ENTIRE LINE 15% OFF

## OG - Ghee

- Made with butter that is sourced from Canadian farmers, through farmer-owned cooperatives
- Virtually lactose/casein/why-free butter alternative
- Signature caramelized flavour
- Deliciously caramelized, lactose free, and has a high smoke point (485F)
- Shelf stable
- Also available in Herb and Garlic flavoured variety



ENTIRE LINE 15% OFF

## Higher Healths - Desiccated Liver Capsules

- Organic, grass-fed, grass-finished
- 100% pure and unaltered freeze dried organs
- Sourced from pasture-raised cattle in Alberta, Canada
- 1 serving is equivalent to 1oz of organ meat
- Free of hormones, GMO's, pesticides fillers or flow agents
- Gluten-free
- Available in Liver, Heart Kidney, Organ blend and new Strong formula



ENTIRE LINE 15% OFF

## CanPrev - Magnesium

### Full Spectrum Magnesium

- Formulated with four kinds of magnesium to offer a wider range of magnesium benefits in one convenient dose
- Aids in energy metabolism and tissue formations
- Helps in the development of bones and teeth
- Helps maintain healthy muscle function, including the heart
- Features Magnesium Malate, Bis-glycinate, Aspartate and Threonate



ENTIRE LINE OF MAGNESIUMS BUY 2 GET 20% OFF

## AOR - Ortho Adapt

- Improves mental and physical performance during periods of stress
- Made with adrenal gland extract and adaptogens
- Mobilizes internal energy stores
- Provides a boost for anyone who is stressed, tired, fatigued or trying to keep up with demands of today's fast-paced lifestyle at work, school, sports or family life at home
- Activates whole-body defences
- Prevents the body from overreacting to stressors
- Available in 120vcaps & 240vcaps



15% OFF

## Whole Earth & Sea - Multivitamin & Mineral Supplements

- Whole food supplements that deliver nutrition with real health benefits
- Contains vitamins and minerals sourced from foods that can be easily absorbed and used by the body
- Formulated with meaningful amounts of each nutrient for biological needs
- Sustainably sourced ingredients, nonGMO & gluten free
- Available in Women's, Men's, Women's 50+, Men's 50+, and Women's Prenatal formulas



20% OFF

## Allimax Garlic

- Contains stabilised Allisure® AC-23 allicin powder which contains allicin - nature's anti-microbial agent
- Developed a proprietary process through which the naturally occurring allicin in garlic is extracted, stabilized and concentrated, resulting in an extremely potent and effective product
- Helps maintain a healthy natural defense system



20% OFF

## NOW - Foods Digestive Support

### Super Enzymes

- Enzymes to aid digestion
- Features Ox Bile for enhanced fat digestion
- Enhanced with Betaine HCL for first level digestion of protein in the stomach
- Relieves stomach bloating, heartburn & acid reflux
- Optimizes nutrient availability



### Betaine HCL

- This product is designed to provide optimal potency. It brings together Betaine Hydrochloride with Protease, ensuring standardized and dependable outcomes
- Betaine HCL is formulated to support proper digestive conditions in the stomach.
- Hydrochloric acid (HCl) is normally produced in the stomach, where it assists protein digestion by activating pepsin, and stimulates the release of intestinal enzymes

25% OFF

## Wild Rose - Detox Kits

### Herbal D-Tox Kit

- 12-day program
- Clinically tested to provide a full body cleanse, including a complete detoxification of the colon, while supporting the natural processes of the liver, kidneys and lymphatic system
- Easy to follow Herbal D-Tox support booklet included
- Formulated by Clinical Herbalist, Dr. Terry Willard, Ph.D.



### Liver Support Kit

- 15-day program specially designed to gently stimulate bile production by the liver and enhance digestion
- Includes 3 formulas for use in the morning and evening, along with a meal plan enclosed to complement this program and deliver optimal results
- Easy to follow support booklet included
- Formulated by Clinical Herbalist, Dr. Terry Willard, Ph.D.



ALL DETOXES 10% OFF

## AtpLab - Grass Fed Whey

- Its high biological value allows a complete assimilation and promotes muscle and immune recovery
- Whey protein is one of the highest-quality proteins given its amino acid content (high essential, branched-chain amino acid content) and complete digestibility
- 100% without herbicides, pesticides or other chemicals
- Improves immune function
- Supports healthy protein metabolism



ENTIRE LINE OF ATP LABS 15% OFF

## Great Lakes - Collagen

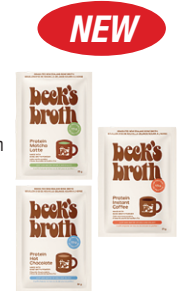
- Collagen made of ONE simple ingredient is a dietary supplement with a beneficial combination of amino acids
- It will not congeal in cold liquids making it a perfect addition to cold and hot beverages, smoothies or recipes
- Grass-fed, non-GMO certified, Kosher, Hormone & Antibiotic Free
- Gelatin also available



ENTIRE LINE 15% OFF

## Beck's Broth

- Fill your cup with 15g of clean protein to nourish your body and support gut health
- Hot Chocolate that is deeply nourishing and decadent
- Instant Coffee with a creamy texture and rich chocolate and nutty notes - is the perfect way to start your morning
- Smooth organic Matcha Latte, grown in the Aichi and Uji regions of Japan will bring you protein-rich clarity and energy-boosted confidence



10% OFF

## Siip - Roasted Chicken Bone Broth

- Enjoy the benefits of healthy broth anytime
- With each convenient on-the-go sticks, you get 8 grams of protein and health boosting nutrients
- Bone broth has been said to aid in digestion, calm inflammation and heal the gut
- Great immune booster and can help strengthen joints and improve the appearance of your skin, hair and nails



20% OFF



Prices in effect until April 30, 2025

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

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- Quality Supplements
- Local Organic Meats
- Merino Wool Clothing
- Natural Home & Body Care
- Barefoot Shoes
- Traditional Foods



SCAN ME for seminars & in-store specials