



Health essentials

Cultivating Extraordinary Lives

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



Health Essentials Supplements



healthessentials

It's our
11th Anniversary!

FRIDAY MAY 27 - SUNDAY MAY 29

OPEN HOUSE 9:30AM-6PM

Stop by during our **Customer Appreciation Weekend** for:

- outstanding store-wide sales
- gift with purchases & demos
- tons of chances to WIN prizes

Thank you for all of the continued support. We are SO grateful & happy to be here!

icebreaker® MERINO

- Made from premium merino wool sourced from New Zealand
- Naturally thermoregulating - keeps you warm in the cold and cool in the heat!
- Stays warm when wet and dries quickly
- Naturally antibacterial and odour resistant
- Wrinkle-free - the ultimate clothing for traveling



SUMMER SALE
25% OFF
FROM MAY 20 - 30

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



UP TO
20% OFF

Injinji - Toe Socks

- Five-toe sleeve design allows your toes to splay naturally and align properly, enabling greater stability and more comfort
- With each toe protected, skin-on-skin friction is completely eliminated protecting your foot from blisters and hot spots
- Each toe is wrapped in sweat-wicking material so your foot will be drier and therefore more comfortable than in traditional socks



ENTIRE LINE
15% OFF

CanPrev

Adrenal Chill

- Combination of Ashwagandha and L-Theanine that will increase resistance to stress and anxiety and improve overall quality of life
- Helps support the physical aspects of sexual health in women



Healthy Mood

- Promotes healthy mood management by regulating stress response, improving nerve and brain function, and supporting your immune system
- Can also help reduce the severity and duration of migraine headaches when taken preventatively



CANPREV STRESS & MOOD SUPPORT
20% OFF

AOR - Magnesium

Advanced Magnesium Complex

- The most advanced magnesium supplement available
- Contains four bioavailable forms of magnesium, each with its own unique benefits
- Enhances energy production, mood and sleep
- Supports muscle function, bone health, and heart health



Magnesium Synergy

- Most advanced form of magnesium supplement
- Helps in energy production, muscle function and metabolism
- Formulated to promote optimal absorption of magnesium



ENTIRE LINE OF
AOR MAGNESIUM
15% 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

Living Alchemy

Professional

- 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



Terrain

- Restores digestive lining
- Helps leaky gut
- Regulates stomach acid production
- Helps support intestinal/gastrointestinal health & promotes a favourable gut flora



ENTIRE LINE
20% OFF

Natural Factors

- Total Body Collagen

- Synergistic formula contains Verisol collagen, which has been shown to help fine facial lines, increase skin elasticity and increase skin density
- Results can be seen within 4 weeks
- Helps promote healthy collagen production
- Supports lean muscle growth and recovery after a workout
- May reduce joint pain associated with osteoarthritis



500g **ALL FLAVOURS**
20% OFF

Host Defense - Medicinal Mushrooms

MyCommunity

- Most comprehensive immune support formula, often used to promote seasonal wellness
- Encourages a healthy and balanced immune response
- Supports the body's innate defense and repair systems



Statmets7

- Promotes respiratory, digestive, circulatory, cellular, lymphatic, and systemic functions for foundational immunity
- Supports the body in adapting to physical, mental, and environmental stress factors
- Supports natural blood-sugar modulation for blood sugar levels already within the normal range



ENTIRE LINE
20% OFF

Higher Health - Grass-fed Bovine Desiccated Organ Capsules

- Available in Liver, Heart & Kidney formulas
- 100% pure and unaltered freeze dried organs
- Sourced from pasture-raised cattle in Alberta, Canada
- Grass-fed, unfattened and grass-finished
- Free of hormones, GMO's, pesticides, fillers, and flow agents
- Gluten-free and organic



ENTIRE LINE
10% OFF

Robertson's South African Biltong

- Beef jerky made from high grade eye of round
- 100% meat protein accompanied by prosciutto like fatty bits that deliciously melt in your mouth
- No added sugars or preservatives
- Locally made



80g **10% OFF**

Botanica - Functional Beverages

Lion's Mane Iced Tea

- Made from a whole food blend of powdered coconut water, Lion's Mane mushrooms, black tea, monk fruit and lemon
- Made in small batches and free from any fillers and artificial ingredients
- 750mg Lion's Mane mushroom per serving



Turmeric Lemonade

- Made from a whole food blend of powdered coconut water, turmeric, lemon, monk fruit and black pepper
- Certified Organic
- 2400mg of Turmeric per serving



BOTANICA FUNCTIONAL BEVERAGES, GREENS & PERFECT PROTEINS
20% OFF

The Keto Oven

- Keto-friendly foods that make sticking to a keto lifestyle easy and convenient
- Quality ingredients, organic when possible, and no added sugars or fillers
- Enjoy healthy, delicious, ready-made Keto pizzas and buns, and frozen entrees such as Spaghetti Bolognese, Shepard's Pie, and Chicken Fettuccine Alfredo



ENTIRE LINE
25% OFF

The Cultured Coconut

- Fermented Probiotic

- 4+ million CFU with over 40 active strains per tablespoon
- Additive-free, handmade using traditional fermentation methods
- Dairy free, gluten free, sugar free, cholesterol free, and organic



460mL **20% OFF**

Mid-Day Squares

- Functional chocolate bars that are designed to take care of your sweet tooth while the superfood base will give you sustained energy to get you through and beyond the afternoon slump
- Vegan, gluten-free, soy-free, NON-GMO, 100% organic and absolutely no preservatives or anything artificial
- Packed with clean plant protein, real chocolate and superfoods while using real whole food ingredients
- 12g of protein



ENTIRE LINE
20% OFF

Sugar Free Please

- Sweet treats made with functional foods and superfoods
- 100% Keto, sugar-free, gluten-free, GMO-free, soy-free, egg-free, peanut-free
- Every recipe has been developed to stabilize blood sugar levels and still be completely keto and low carb - perfect to enhance any sugar free lifestyle!
- Available in a variety of flavours



ENTIRE LINE
25% OFF

Prices in effect until **June 30th, 2022**

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

250.590.5524 ■ myhealthessentials.ca



For updates on upcoming seminars and in-store specials, follow us on Facebook.

■ Wild Meats

■ Vita-Mix

■ Supplements

■ Barefoot Shoes

■ Traditional Foods

■ Natural Body

Care

■ Grass Fed Dairy

