

2026! REDUCE the PRESSURE! We all need relief

OUR SUPPLEMENTS HAVE NOT INCREASED
IN PRICES FOR YEARS

AFFORDABLE PRICES!

SAVE up to 60% OFF



**HOT
DEAL**

22⁹⁷

60 softgels

Lutein 40 mg



HUGE DEAL!

29⁹⁷

360 tablets



11⁴⁷

360 softgels
1000 IU

13⁹⁷

360 softgels
2500 IU



HOT DEAL

13⁹⁷

50 mL

19⁹⁷

60 softgels



HOT DEAL

8⁴⁷

30 softgels

25⁹⁷

60 mL

14⁹⁷

60 softgels



It's always better to prevent an illness than deal with one.



JANUARY 2-31, 2026. While quantities last!

Pressure IS IT A STATE

Certainly today, there are all kinds of stressed people under pressure.

First, let's consider how our age can create pressure. Are you going to start losing your memory? Your strength? Are you going to start having heart problems? All kinds of things can put pressure on us as we age.

I know that I used to think that when somebody is 70, oh my, they can get fussy and irritating at times and they just can't seem to cope with pressure anymore. But is that actually the case?

I'm going to be 70 myself soon, and I'm feeling really quite good. However, when you're 70, many start looking at you differently with feelings of entitlement – it's a funny time in life. The reality is, there's not much I can do about it, so why should I feel any pressure about what I'm being asked?

I've heard from people who turn 80 that others are shocked they're still around. Me too, because we always think 80 is so old.

But you know that in reality, more people want to help you when

you're older, especially 80 and on. They want to help you up the stairs, they want to help get your groceries, and things like that. Some people feel that life truly begins at 80, embracing great joy and not a lot of pressure, and they want to hear your stories.

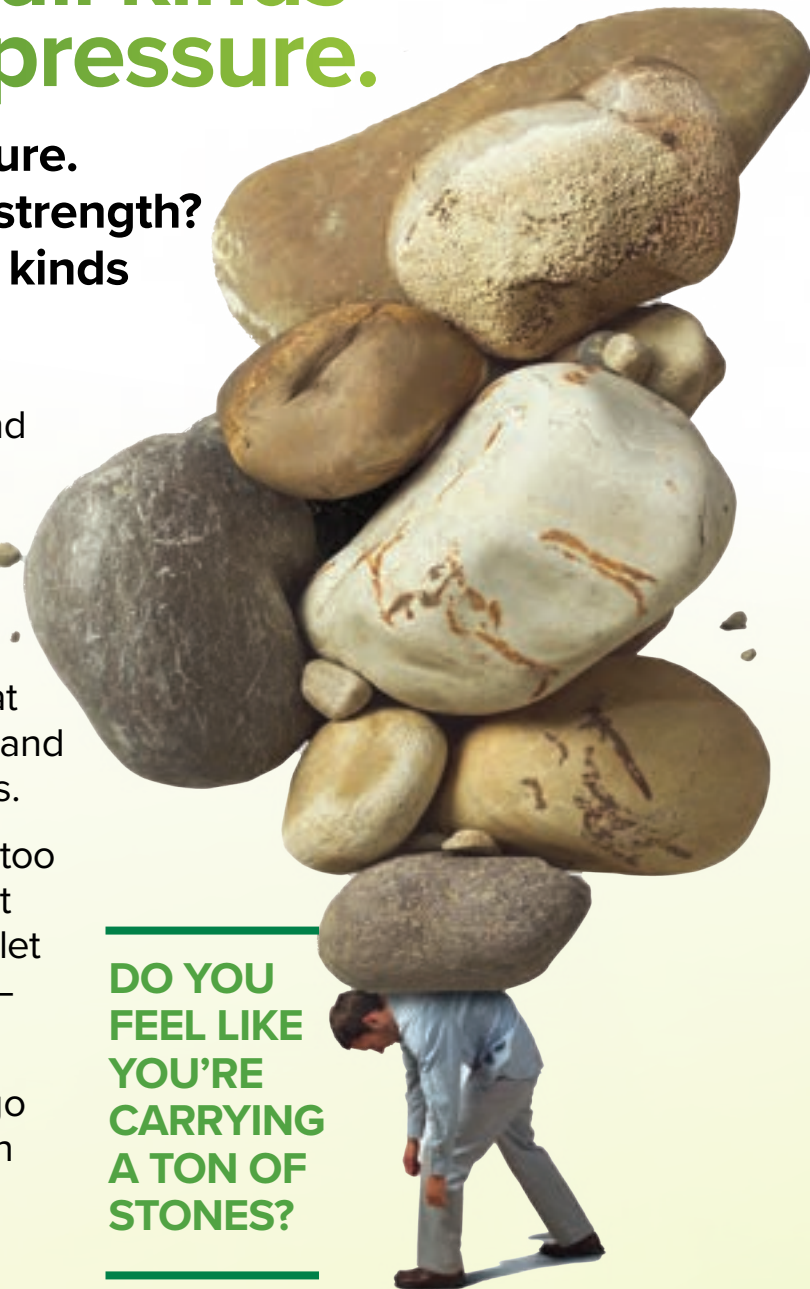
Five-year-olds feel pressured too because they "wanna do what they wanna do," but we don't let them do whatever they want – they learn and stay happy.

So when we think of all we go through in life – how children get older and end up having their own children, and all of the things that are a normal course of people's lives, how do we make our lives better? The key is how we look at our lives, regardless of our age, and what we spend time doing. This is

**DO YOU
FEEL LIKE
YOU'RE
CARRYING
A TON OF
STONES?**

what I'm getting at – pressure is a state of mind.

It's not a state of age, and it's not a state of what you have or don't



OF MIND?

have, rather how you use the things you have. Looking at helping people, but not having to get a reward for doing it. It's said, "there is more happiness in giving." Do you agree?

A great story from history is about the deepest spot in the ocean. A Swiss father and his son designed and built a submersible so unique that, in 1958, the U.S. military bought two of them. In 1960, it was decided that the son would accompany a naval officer to the deepest spot of the Mariana Trench, located near the Philippines.

The Swiss son was named Jacques, and they were lowered down on January 23, 1960. The funny thing is, my heritage is 100% Swiss, my middle name is Jacques, and my birthdate is January 23rd. What does this mean? Absolutely nothing! Haha.

The two men entered the bell and were lowered to the deepest part of the ocean. When the naval officer was asked why he would do this, he said, "I think it's fun."

So, under huge pressure, he focused on the excitement of the journey.

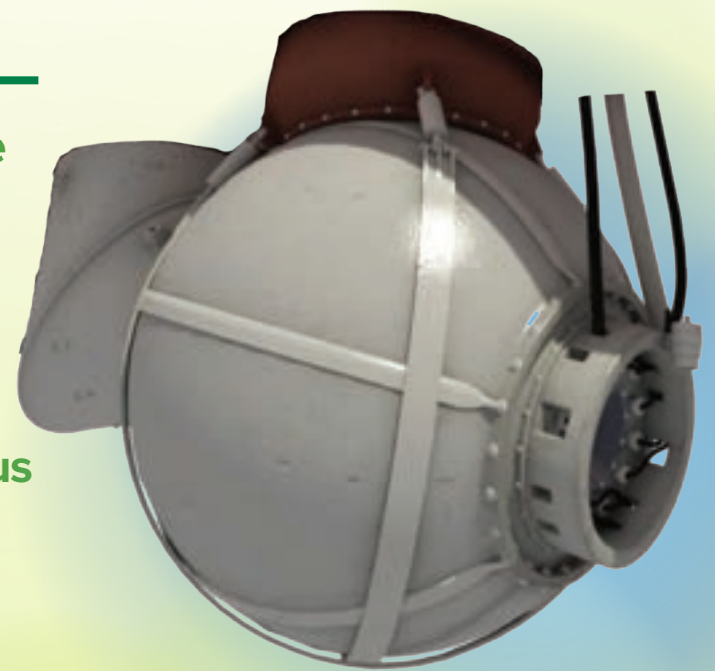
What's interesting is how they found the deepest depth of the **Mariana Trench**. They dropped dynamite just below the surface of the water and counted the seconds for the sound waves to come back up to the top. After days of testing, they measured a depth of 35,000 feet – and down they went. The trip took five hours under extreme pressure, and their excitement was high. Sadly, when they hit the bottom, the fine silt was disturbed and blurred their view, so they saw nothing. Later, it was

discovered that there is life at that depth.

This is a long story, but the point is, **their state of mind wasn't focused on the pressure – it was on excitement**, because they were protected from the pressure by the bubble of protection they had built.

The key is: can we do the same under the extreme pressure that has existed throughout all human existence? Is it a frame of mind? How can we make the best of the extreme pressure we are experiencing?

The PRESSURE outside the cabin was already so intense – about 103 megapascals, or 15,000 pounds per square inch – that if there had been a serious breach of the vessel, we'd have been dead before we knew we were dead.



Have you heard the story of Joseph Merrick, the Elephant Man?



When I think about his life, I often feel deep sadness, but his story is truly one of incredible strength and resilience, offering profound insights into dealing with pressure and adversity. Throughout his life, Joseph faced immense social and personal pressures because of his severe physical deformities, including societal rejection and exploitation.

At around age five, Joseph began to show signs of a

rare disorder that caused severe deformities, most likely caused by a rare disease called Proteus syndrome. His head grew to an astonishing three feet in circumference, and the wrist on his right arm expanded to twelve inches.

This condition, as you can imagine, put huge pressure on Joseph. To make money, he joined a freak show, which took away his dignity and made him feel even more isolated and alone. I recall watching a movie about his life that beautifully captured how he found joy in simple things, such as the little dog that visited him every night.

Eventually, Joseph found refuge in a hospital under the kind care of Dr. Frederick Treves, where he experienced compassion for the first time in his life. Joseph was known for his refined manners and gentle disposition, which allowed him to form connections with others. Kindhearted and under this safe and stable environment, he was no longer a freak-show curiosity but was visited by artists, writers, and royalty who engaged with him as an intelligent man.

Joseph Merrick's life teaches us important lessons about dealing with pressure. First, it's crucial to face our struggles instead of avoiding them. Second, having caring relationships can be a great support during tough times. His story also shows us the importance of perseverance; even with his challenges, he maintained his dignity and humanity, reminding us that we can build inner strength, even in hard situations. Lastly, Joseph's journey emphasizes the value of empathy; by showing kindness and understanding to ourselves and others, we create a supportive atmosphere that helps everyone cope better.



You've likely read or heard about the *Winnie the Pooh* books.

While they are children's stories, the lessons they impart are truly valuable for everyone. Ewan McGregor starred in the 2018 movie *Christopher Robin*, which is enjoyable for both children and adults. These sweet tales revolve around the animals in the Hundred Acre Wood, each with their own distinct personalities – much like humans.

Every character brought something unique to the table. Eeyore was perpetually gloomy, often stating, "Nobody cares about me," while Piglet was always anxious, and Tigger was delightfully quirky.

"I'm tired of being stopped by something, when something good can be done." – a Rolandism



Whenever conflicts arose among them, Pooh would suggest, "Let's get together for a tea party," and all was forgotten. Being together rather

than apart helped them work things out. Pooh embraced everyone and valued each individual's uniqueness, taking the time to recognize and celebrate their differences.

Can we appreciate the importance of getting to know one another face-to-face and learning to get along?

"What day is it?"

"It's today."

"Oh, my favorite day."

– Christopher Robin & Pooh



A Harvard study, spanning over 84 years, has tracked the same individuals to uncover what truly keeps people healthy and happy.

One key factor stands out: good relationships contribute significantly to our overall health and happiness.

But how do we build these good relationships? An article, "Diverse Minds," from *Scientific America* states that among the billions of brains on Earth, no two brains are alike, and that's what makes people so delightful, distinct, and complex.

This uniqueness explains why we all crave individuality. It explains why we don't want to be someone else. We may like what another has, but we want to be who we are. Therefore, it's essential to treat one another with an appreciation for our distinctiveness.

Try to put yourself in others' shoes and imagine what they might have experienced in life.

Pay attention to how we talk to one another. Don't let pressure allow us to become abusive.

Our lives matter to more than just ourselves; they matter to our family and friends. Strive to be the person they genuinely want to be around. Your attention is one of your greatest assets, and the way you choose to invest in it is among the most significant

decisions you will ever make. By focusing your attention intentionally, you can alleviate pressure and cultivate a sense of calm.

We have to know people to help people. So go out and meet people face to face – just say hello! Studies show this is the best way to stay healthy and alleviate pressure.



"We have to know PEOPLE to help PEOPLE." ⁵

From the Owner of Natural Factors

MUST READ

“I am deeply concerned about the increasing signs of memory loss among people of all ages.

After dedicating over 50 years of my adult life to the natural food industry, now I'm 70 and have begun to notice some memory lapses myself. While some may dismiss this as a normal part of aging, **I firmly believe that this is FALSE.** I have now made sure to focus on nourishing my brain and have witnessed remarkable results.”

You can support brain and memory health with **CogniSave**

This product combines brain-nourishing phospholipids (phosphatidylserine and phosphatidylcholine) with ultra-high-absorption omega-3s and a powerful, energy-boosting vitamin B complex.

- **Omega-3 • Active B complex**
- **Phosphatidylserine • Phosphatidylcholine**

These nutrients work harmoniously and may help protect against age-related cognitive decline.

30
convenient
PACKETS

Reg. 87⁹⁷

**SPECIAL
DEAL!**

39⁹⁷

kit



Here's what others have shared about their experiences:

"I started using the CogniSave packets a few months ago, and I can honestly say it's been a game changer for my mental clarity and focus. Juggling a busy work schedule and family commitments, I often found myself struggling to keep my mind sharp and my energy levels up. Since incorporating CogniSave into my daily routine, I've noticed a significant improvement in my memory retention and overall cognitive function. The packets make it easy to take on the go, and I feel more alert, productive, and ready to take on the day!" – J.S.

"One and done! This brain-saver pack saves me from having to go to 4 or 5 separate bottles. You people did the work for me! Soooo convenient! As I get older, easy and effective approaches to brain health are what it's all about. Much appreciated." – N.S.

"Given that my main health problem is a brain/memory that doesn't function well (my neurologist says I don't have dementia 'yet,' but no promises for 5 or 7 years from now), I forgot about the brain packets that you sent me. They were rediscovered about a month ago and are now part of my daily routine – one that has produced a miracle for me. I still have memory problems but now, after taking CogniSave, I feel like I have a much younger, more alert and functioning brain! I recognize myself. It feels like a true miracle and has, quite literally, changed my life." – **S.G.**

"I'm still working full-time at 69 and, as an executive, I need to do everything I can to enhance memory, cognition, and my energy levels. I've been taking CogniSave for six months and the improvement is noticeable: my word recall is sharper, my thinking is clearer, and I have more energy. I'm maintaining the mental stamina to keep pace with colleagues decades younger and I have no doubt that CogniSave will extend my 'best by date' by several years. My team has noticed the benefits of CogniSave too: 'He has a sharp mind and remarkable memory. In meetings, he is always thinking quicker and deeper than the rest of the team. His ability to recall details is his superpower.' Thanks CogniSave!" – **L.M.**

"Yikes. Took the cognitive test last year and realized I had some work to do. The combo of high-absorption B vitamins and omega-3s are just what the doctor ordered. I've noticed more clarity on things that were foggy before – names, places, dates, that kind of thing – so I'll keep taking this. Hey! I'm also super happy to be buying from a Canadian company!" – **J.H.**



**“Secrets known to
regenerate us”** – Mark Hyman, MD

42⁹⁷
120 vcaps

49⁹⁷
81 g powder

79⁹⁷
162 g powder

**“I put mitochondria powder in my
smoothie every morning.”**

NMN rejuvenates your mitochondria

Numerous studies have demonstrated that boosting NAD⁺ levels can reverse mitochondrial dysfunction and improve insulin sensitivity. NAD⁺ helps convert nutrients from food into energy. One of the most effective ways to boost NAD⁺ levels is by supplementing with nicotinamide mononucleotide, also known as NMN. NMN is rapidly absorbed and converted to NAD⁺. Research shows that NMN is superior to another NAD⁺ precursor, nicotinamide riboside (NR).



**HOT
DEAL!**
31⁹⁷
60 vcaps
57⁴⁷
120 vcaps



**HOT
DEAL!**
39⁹⁷
30 vcaps
500 mg

Give your life a surge with NMN

NMN is a cutting-edge, activated form of vitamin B3. NMN is rapidly absorbed and converted to NAD⁺, the molecule that helps optimize our mitochondrial function.

17⁹⁷
60 tri-layer
tablets

Restorative sleep *for the whole night*

**Quick-release melatonin + delayed-release melatonin
gets you to sleep quicker, better, and longer**

“I’ve had chronic sleep issues for years – no melatonin product has ever worked for me before – BUT since taking Sleep Better I’ve had night after night of solid sleep through the night. AMAZING! Thank you so much for bringing such an effective product to the market.” – T.K.



17⁹⁷
60 tri-layer
tablets

WHAT THE DOCTORS RECOMMEND TO Rejuvenate *our energy*

Our medical team wanted to know the key supplements that would give the best results and make a real difference in supporting mitochondria to produce energy, and rejuvenate and energize our lives. To test their theory, the team conducted a study in which participants were given nutrients in small packets.

Each packet contained **NMN, Quercetin, Mitochondrial Formula, and Omega-3.**

The group followed the prescribed regimen for *just* 30 days.

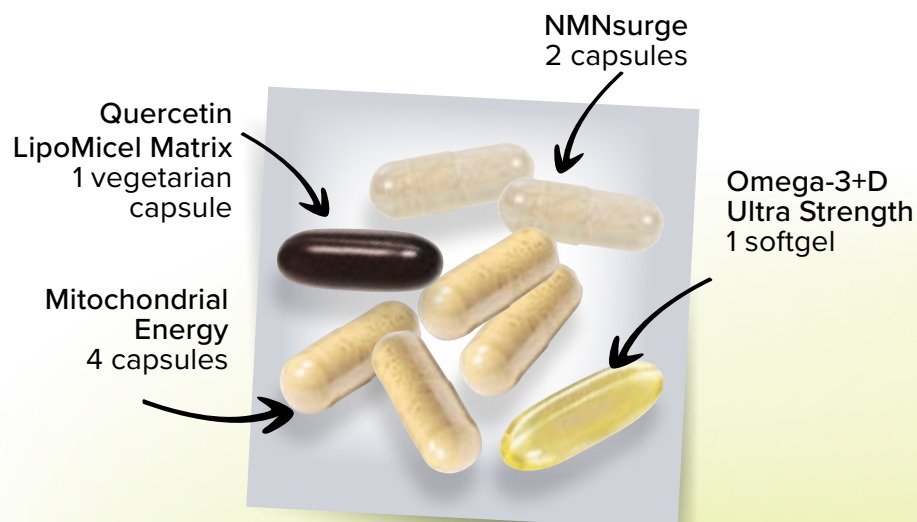
These are some of the experiences the study participants had:

"The products help me maintain a good energy level throughout the day even without having any caffeine!" – F.Y.

"As I get older, I notice that my energy levels drop, especially in the afternoon and evening. Since I started taking the longevity kit, I have a lot more energy. It feels like 'my life battery is charged' and I can finish my day on a higher note." – L.M.

"I used to wake up in the morning feeling tired. However, since I started taking the longevity kit with NMN, I have noticed a huge difference! Now I wake up refreshed and with enough energy to start my day." – A.S.

30
convenient
PACKETS



Reg. 89⁴⁷
HUGE Savings!
49⁹⁷
kit / 30 packets



EXCLUSIVELY available in natural supplement stores. • Ask natural health food store employees for these flyer products.

After years of research and development, we have created a **Butyric Acid** softgel designed to relieve **symptoms of IBS.**

For years, my family and I have dealt with GI issues, and while probiotics helped, I saw significant improvement after adding Regenerlife UniqueRelief IBS Butyric Acid to my routine. This product supports gut health for everyone, not just those with IBS, and it allowed me to eat foods I thought I couldn't tolerate, improving my GI health better than it's been in a decade. Initially concerned about its taste and smell, I found it easier to take by thinking of parmesan cheese, and even my family who struggle with pills managed it well. As I was impressed by the results, I bought several bottles for my family, who also experienced great improvements.



"As an employee of Natural Factors, I wanted to share an experience with butyric acid. Even before it hit the market, I was hearing incredible testimonials from people who had tried it and were noticing results within days. While hiking with some friends, I mentioned some of these, and one of them went straight to a store to purchase a box to give to another friend whose husband suffers from IBS. Two weeks later, I ran into that friend, and she shared that it changed her husband's life within days of taking it. When he ran out, he immediately noticed a difference and asked her to go get more." – C.S.

"I'm in my 30s and have struggled with daily diarrhea for years. Someone recommended I try butyric acid, and by the second day of taking it, I noticed a significant change. Now, four months later, while I still experience some issues after eating spicy foods, my problem has virtually disappeared." – M.G.

"I recently started taking Butyric Acid capsules for my digestive health, and I've been thrilled with the results! Although these capsules have a strong smell, I found that it was much less noticeable when they were individually packaged in cello packs, making them easy to take. Not only have I experienced improvements in my gut health, but the packaging made the experience more pleasant." – C.G.

BUTYRATE: the tiny molecule with big benefits for every body

Butyrate (butyric acid) is a short-chain fatty acid naturally made when your gut bacteria ferment fibre. It's the primary fuel for your colon cells and plays a powerful role in keeping the gut barrier strong, inflammation low, and the microbiome in balance.

The Gut–Brain Connection

Your gut and brain communicate constantly. Butyrate helps support this connection by:

- Reducing neuroinflammatory signals
- Supporting the blood–brain barrier
- Influencing mood-related pathways like serotonin, dopamine, and GABA
- Helping maintain a calmer, more resilient gut–brain loop

The Hormone–Gut Loop (Men and Women)

Butyrate helps maintain the healthy gut environment needed for smooth hormone metabolism: Better microbiome → more butyrate → stronger gut → healthier hormone balance.

“I had colon cancer 13 years ago. The cancer's gone, but ever since treatment, I've had recurring digestive issues. I recently took butyric acid for about 3 weeks and my stomach cramps went away! It has been a very positive outcome! Thank you so much!” – C.G.

Butyric Acid works by strengthening the gut barrier:

- Maintains the integrity of the gut lining
- Promotes a balanced gut microbiome
- Helps regulate the immune system and intestinal tract inflammation

500 mg
2 softgels
per packet

27⁹⁷

30 packets



1000 mg
4 softgels
per packet

49⁹⁷

30 packets



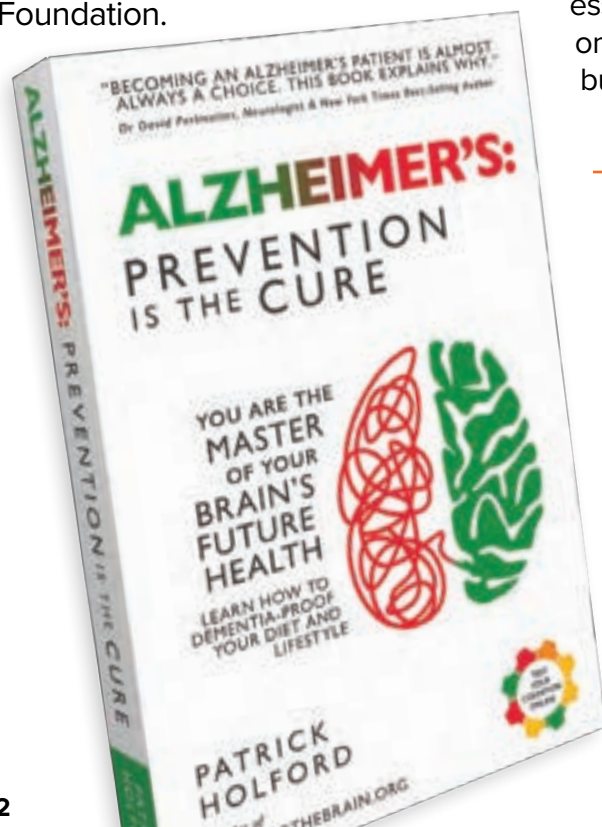
“I have suffered with IBS for decades. Nothing helped until I tried Regenerlife Butyric Acid. Wow is all I can say ... just wow! Within just a few days, I felt normal. I didn't know what normal was. All my symptoms were gone. No side effects at all. Amazing product.” – R.C.

Can you reduce the risk of Alzheimer's & dementia?



Patrick Holford

Nutritionist, researcher, and author Patrick Holford represents 16 of the world's leading professors in brain health. He's the founder of the Food for the Brain Foundation.



Prevention is the best for retention

Researcher Patrick Holford says these are the most evidence-based nutrients to help prevent Alzheimer's and dementia:

- **OMEGA-3:** A lack of omega-3 predicts your risk for dementia. The more omega-3 you have, the better your brain health and cognitive abilities.
- **PHOSPHOLIPIDS:** Phospholipids (including phosphatidylserine and phosphatidylcholine) are a brain essential. They get attached to an omega-3 fat, for example DHA, to build brain-cell membranes.
- **B VITAMINS:** The higher your homocysteine, the greater the rate of brain shrinkage. Homocysteine is only produced in the body if you lack B vitamins. These nutrients are required for a vital process called "methylation," which, among other things, is essential to build brain cells.
- **REDUCE SUGAR:** New studies show that too much glucose, and especially fructose, over time starves the brain of energy, leading to both memory loss and brain shrinkage.
- **ANTIOXIDANTS:** The brain needs antioxidants. If you have a higher intake of antioxidants, you can more or less halve your risk of Alzheimer's.

The cognitive test helps determine the things you're doing right, what to improve, and your biggest risk factors for memory loss and dementia.

TEST YOUR COGNITIVE FUNCTION NOW!



It's completely free.

Watch Patrick Holford's three-minute video and take the simple cognitive function test.

If you don't look after yourself, who will?

PREVENTION is the answer!

Alzheimer's: Prevention Is the Cure

Discover Dr. Holford's powerful approach to preventing Alzheimer's. Learn how nutrition, lifestyle, and targeted supplements can dramatically reduce your risk and support a sharper, healthier brain for life. Clear, practical, and science-based – this book gives you the tools to protect your memory and take control of your long-term brain health.

Three Brains Plus

In this revised edition by Dr. Karen Jensen, learn more about how brain disorders like anxiety, depression, insomnia, learning issues, and dementia are increasingly common. Understanding their causes and risks can guide prevention and treatment. Research shows we have three interconnected brains – the head, heart, and gut – whose interactions shape mental health, cognition, and many physical conditions in important and measurable ways for humans.

Women's Health Matters

Most medical protocols for treating women are based on clinical studies done on men. As a woman, do you want to be medically treated like a man? In this book, Dr. Karen Jensen and other practising physicians share their experiences in treating women's health conditions.

Stress, Anxiety, and Insomnia

Dr. Michael T. Murray presents a fresh and compelling insight into the many-faceted causes of unhealthy stress, and he lays out a holistic plan to harness the positive power of stress to make it an important ally in personal growth and the achievement of success.

Mental Health Crisis in Children and Teens

"There is hope. Raising awareness of the mental health challenges our kids face in today's world is crucial. In addition, understanding the importance of parent-child relationships, prioritizing a nutritious diet and lifestyle, and recognizing the benefits of natural supplements can significantly contribute to the prevention and treatment of various mental health disorders." – Karen Jensen, ND



CHILDREN'S WINTER GIFT BOX

Get our high-quality
Chewable Multi-vitamin & Minerals
and Vitamin D3
along with some other fun surprises



14⁹⁷
box



BigFriends for Kids

Give your children **delicious, meaningful amounts** of **vitamins and minerals**.

Kids love the taste.

You'll love that they're all-natural and sugar-free.

Product	Price	Quantity
Plant-Powered Kids All-In-One Daily Shake Mix (Vegan + Organic)	45 ⁹⁷	460 g powder
BigFriends Chewable Multi-Vitamin & Minerals (Jungle Berry)	13 ⁴⁷	60 chew tabs
BigFriends Liquid Echinacea (Natural Berry)	17 ⁹⁷	50 mL
BigFriends Chewable Vitamin C (Tropic Orange)	8 ⁴⁷	90 chew tabs
BigFriends Chewable Vitamin D3 (Berry Bunch)	9 ⁹⁷	250 chew tabs
BigFriends Liquid Vitamin D3 (Berry Bunch)	9 ⁴⁷	15 mL
BigFriends Powder Multi-Probiotic (Fruity Active Blend)	23 ⁴⁷	60 g powder
BigFriends Chewable Iron (Sour Peach)	11 ⁴⁷	60 chew tabs

PREFERRED gummies for children

Product	Price	Quantity
Preferred Nutrition Children's Multivitamin	19 ⁴⁷	180 gummies
Preferred Nutrition Vitamin C 125 mg	19 ⁴⁷	180 gummies
Preferred Nutrition Probiotic 1 Billion	19 ⁴⁷	50 gummies
Preferred Nutrition Vitamin D 600 IU	19 ⁴⁷	180 gummies

EXCLUSIVELY available in natural supplement stores. • Ask natural health food store employees for these flyer products.

FACTORS FARMS' 100-YEAR-OLD *willow*

35⁴⁷

any of the multis
60 sizes

66⁹⁷

any of the multis
120 sizes



Whole Earth & Sea



18⁹⁷

30 vegetarian softgels



NEW!

16⁹⁷

30 softgels

39⁴⁷

90 softgels

19⁴⁷

6 bars

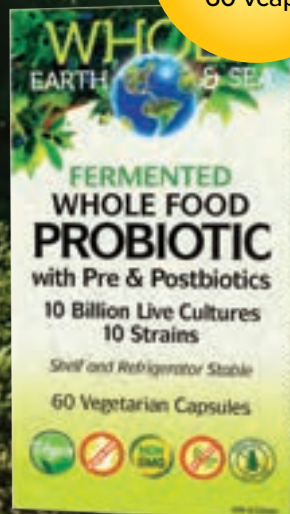


AVAILABLE IN
Organic Chocolate,
Organic Tropical,
and Unflavoured

AVAILABLE IN
Organic Chocolate,
Organic Tropical,
Vanilla Chai, and Unflavoured

25⁴⁷

60 vcaps



31⁴⁷

60 tablets



62⁹⁷

powder



54⁹⁷

powder



EXCLUSIVELY available in natural supplement stores. • Ask natural health food store employees for these flyer products.

Super Hot DEALS



25⁹⁷
60 tablets

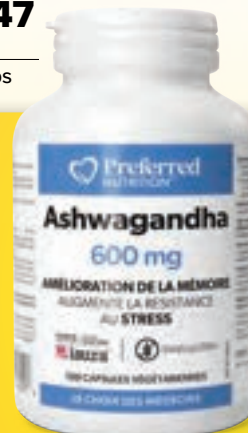


41⁹⁷
500 g

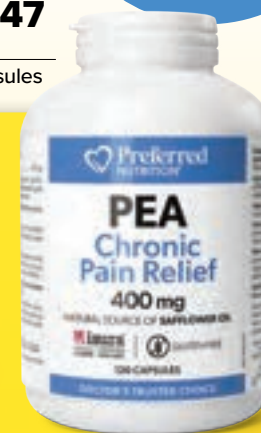


62⁹⁷
1 kg

22⁴⁷
120 vcaps



31⁴⁷
120 capsules



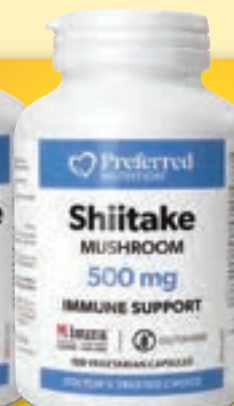
HOT DEAL
24⁹⁷
60 gummies



43⁹⁷
120 vcaps



HOT DEAL
14⁹⁷
150 vcaps



36⁴⁷
120 vcaps

NEW!
12⁹⁷
100 mL



NEW!
23⁴⁷
60 dr caps



NEW!
37⁴⁷
120 softgels



21⁴⁷
120 softgels



23⁴⁷
400 g powder



Europe's clean skincare phenomenon is now in Canada



24⁹⁷

150 mL

GEL CLEANSER

For a deep but gentle cleanse

- Lightweight deep cleansing
- Soothes and softens
- Gentle and non-sensitizing



24⁹⁷

150 mL

MILK CLEANSER

For a creamy, nourishing cleanse

- Ultra-rich texture
- Smooth and creamy
- Softens and nourishes



29⁹⁷

50 mL

LIGHTWEIGHT MOISTURIZER

Best for all skin types and oily, acneic skin

For light, sheer hydration

- Sheer, long-lasting hydration
- Helps protect the skin's barrier
- Reduces shine and sensitivity



29⁹⁷

50 mL

MIDDLEWEIGHT MOISTURIZER

Best for all skin types

Balanced, protective, all-day hydration

- Long-lasting, balanced hydration
- Environmental protection
- Helps with signs of an unbalanced microbiome



29⁹⁷

50 mL

HEAVYWEIGHT MOISTURIZER

Best for dry, very dry, damaged, or mature skin

Intense hydration without feeling heavy

- Deep hydration that lasts all day and night
- Strengthens the skin's barrier and fights free radicals
- Helps boost elastin and hyaluronic acid production



At the **2025 Beauty Awards Canada** – powered by *Chatelaine*, *HELLO! Canada*, and *FASHION* – KOOPE beat out over 1,000 entries to win two major awards.

"This cleanser is truly exceptional. I was blown away by how hydrated my skin felt after using it."

— **Beauty Awards Canada Judge**

A true Canadian health *pioneer*

The founder of Alpha Health Products continues to inspire



For over 50 years, Siegfried Gursche was a true force of nature in Canada's natural health industry.

He wrote health and

nutrition books, manufactured herbal remedies and supplements, advocated for consumers' rights to purchase health products, brought flax oil to Canada, and started *Alive* magazine to educate the public about natural health products.

Siegfried's last passion project was Alpha Health Products. At the time, the public was largely unaware of the health benefits of coconut oil. Not only did he embark on a mission to educate people about the value of the oil, but he also began a mission to teach them about the value of Fair Trade and getting products ethically sourced – a concept that was quite new at the time.

Today, Alpha preserves Siegfried's legacy by continuing to provide high-quality, sustainable, fair trade "good fats, from good sources."



34⁹⁷
250 mL

19⁹⁷
250 mL

12⁹⁷
250 mL

31⁴⁷
250 mL



21⁴⁷
500 mL

32⁴⁷
1 L

12⁴⁷
500 mL

21⁴⁷
475 mL

8⁴⁷
475 mL





“Regularly add
COLLAGEN
to your diet.” — JULIE REIL, MD
and Beauty Expert

Did you know?

Collagen supplements are designed to stimulate your own cells to start producing more COLLAGEN

But not all supplements are created equal! If you want a collagen supplement that actually works, here are a few things to look for.

○ **Look for clinically studied collagen, like VERISOL[®], because studies show it...**

- Helps reduce eye wrinkles in four weeks
- Helps increase skin elasticity
- Helps increase skin density

○ **Look for added nutrients that support collagen such as...**

- BIOTIN – helps maintain healthy hair, skin, and nails
- HYALURONIC ACID – helps increase skin hydration
- GLUTAMINE – assists muscle repair after exercise

- L-TRYPTOPHAN – an essential amino acid involved in muscle protein synthesis
- VITAMIN C – helps collagen formation
- **Look for these indicators of quality on the label**
- ISURA[®] tests supplements for over 800 contaminants, including pesticides, heavy metals, and solvents
- Non-GMO
- Grass-fed, pasture-raised, hormone-free (bovine)
- Wild-caught, sustainably sourced (marine)

40⁴⁷

99 g powder
Marine Collagen

46⁴⁷

135 g powder
Marine Collagen
Plus Hyaluronic Acid,
Glutamine & Biotin

**FREE collagen
booklet with purchase**

53⁴⁷

Available in Orange,
Pomegranate,
Chocolate, Salted
Vanilla, and
Unflavoured

49⁴⁷

180 tablets

36⁹⁷

267 g powder

67⁹⁷

534 g powder

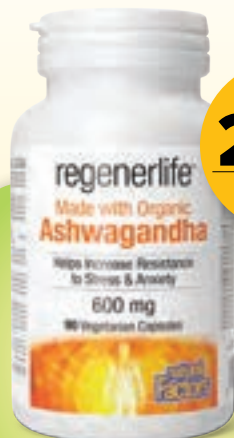
54⁹⁷

855 g powder



EXCLUSIVELY available in natural supplement stores. • Ask natural health food store employees for these flyer products.

Super Hot DEALS



29⁹⁷
90 vcaps



51⁹⁷
90 liquid softgels



69⁹⁷
kit



The most clinically studied echinacea in Canada

19⁹⁷
150 mL

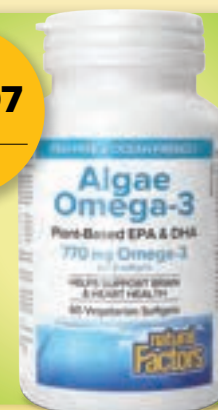
14⁹⁷
50 mL



9⁴⁷
30 chewable softgels



NEW!
27⁹⁷
60 vscls



16⁹⁷
90 softgels



19⁹⁷
60 subtabs



18⁴⁷
30 vcaps
32⁹⁷
60 vcaps



HOT DEAL
34⁹⁷
120 vcaps

The most clinically studied LIPOMICEL®

Over 20
published
clinical studies

Why bioavailability matters in supplements

Developed and manufactured in Canada, LipoMisel is a **breakthrough in nutrient delivery**. It tackles a major supplement problem: poor absorption of oil-based compounds. With conventional formulas, your body struggles to absorb what you swallow – leading to wasted nutrients, wasted money, and extra capsules.

LipoMisel changes that. Its advanced micellar technology

transforms hard-to-absorb ingredients into a highly bioavailable form, so your body gets more – with just one capsule.

And it's not just talk. **Backed by over 20 human clinical studies**, LipoMisel proves that better absorption means you don't need megadoses.

Fewer capsules. Less packaging. Less waste. That's **LipoMisel**.



**Up to 10x higher
blood concentration**

- 1 capsule of LipoMisel (250 mg) equals 5 capsules of standard quercetin (500 mg)

15⁹⁷
30 softgels

29⁹⁷
60 softgels

53⁹⁷
120 softgels

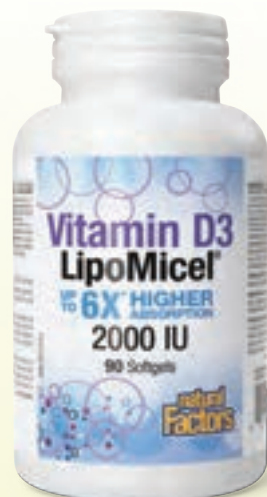


**Up to 6x
better absorption
than standard berberine**

- Clinically proven to be safe – even at a high-absorption dose (1000 mg/day)

36⁴⁷
60 softgels

67⁴⁷
120 softgels



15⁴⁷
180 softgels

25⁹⁷
360 softgels



29⁴⁷
60 liquid softgels

43⁴⁷
90 liquid softgels



**Omega-3
LipoMisel Matrix**

- Omega-3 LipoMisel delivers up to 10x more omega-3 absorption than standard fish oil
- More omega-3s reach your bloodstream from just one capsule

19⁴⁷
60 softgels

31⁹⁷
120 softgels

Super Hot DEALS

	HOT DEAL 11⁴⁷ 60 softgels 100 mg	HOT DEAL 21⁴⁷ 60 softgels 200 mg	 17⁹⁷ 300 g powder	 HOT DEAL 21⁴⁷ 180 capsules	HOT DEAL 24⁹⁷ 250 vcaps 29⁹⁷ 230 g 
	HOT DEAL 21⁴⁷ 120 softgels 100 mg	HOT DEAL 38⁴⁷ 120 softgels 200 mg			

Bonus Bottles HOT DEALS

 31⁴⁷ 360 vcaps	 HOT DEAL 19⁹⁷ 210 tablets	 HOT DEAL 14⁹⁷ 210 subtabs	 HOT DEAL 24⁹⁷ 180 vcaps
 HOT DEAL 13⁹⁷ 360 softgels 2500 IU HOT DEAL 18⁴⁷ 500 softgels 2500 IU	 HOT DEAL 11⁴⁷ 360 softgels 1000 IU HOT DEAL 14⁴⁷ 500 softgels 1000 IU	 HOT DEAL 37⁹⁷ 240 capsules HOT DEAL 35⁹⁷ 150 ep softgels	 HOT DEAL 19⁹⁷ 120 capsules 

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