



FIRST NATION GOODS

HEALTH & WELLNESS

NATURAL WELLNESS CONTENTS

DOSEOLOGY

MEDICINAL MUSHROOM BLENDS _____ PAGE 3

FEED THAT BRAIN

HEALTH & WELLNESS GUMMIES _____ PAGE 5

HIMALAYA HERBAL

AYURVEDIC HERBAL HEALTHCARE _____ PAGE 14

PURE-LE

ORGANIC VITAMINS & SUPPLEMENTS _____ PAGE 21

REVIVE MD

PHYSICIAN FORMULATED VITAMINS & SUPPLEMENTS — PAGE 33

SCHINOUSSA

HIGHLY NUTRITIOUS SUPERFOODS & SUPPLEMENTS — PAGE 38

YOUNITED

TOP-QUALITY NATURAL HEALTH SUPPLEMENTS — PAGE 41





PartySmart[®]

One capsule for a **Better Morning**[®]



ABOUT

FAST-ACTING "ONE PILL"

- Supports the liver and a better morning
- Helps to prevent headaches and hangovers
- Clinically proven
- Safe and effective



Medicinal Ingredients per capsule Ingrédients médicinaux par capsule

Date Palm (Phoenix Dactylifera, fruit)	
Palmier-dattier (Phoenix Dactylifera, fruit) 1.35 : 1 QCE/QBE 63.51 mg.....	47 mg
Chicory (Cichorium intybus, seed)	
Chicory (chicorée sauvage, graines) 12.5 : 1 QCE/QBE 587.5 mg.....	47 mg
Grape (Vitis vinifera, fruit)	
Grape (vigne rouge, fruit) 1.43 : 1 QCE/QBE 67.14 mg.....	47 mg
Andrographis (Andrographis paniculata, whole plant)	
Andrographis (échinacée d'Inde, plante entière) 10 : 1 QCE/QBE 470 mg.....	47 mg
Phyllanthus amarus, whole plant	
Phyllanthus amarus, plante entière 7.69 : 1 QCE/QBE 238.46 mg.....	31 mg
Amla (Emblica officinalis, fruit)	
Amalaki, (Emblica officinalis, fruit) 2 : 1 QCE/QBE 62 mg.....	31 mg

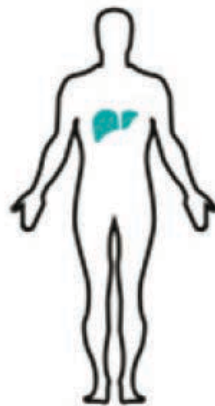
Non medicinal ingredients: Hypromellose
Ingrédients non médicinaux : Hypromellose



HOW IT WORKS



ALCOHOL BREAKS DOWN
INTO ACETALDEHYDE



ACETALDEHYDE
BUILDS UP IN THE LIVER



NOT SO GOOD
MORNING



ALCOHOL BREAKS DOWN
INTO ACETALDEHYDE



PARTYSMART PREVENTS
ACETALDEHYDE BUILD UP
IN THE LIVER



BETTER
MORNING

AVAILABLE SIZES



10CT

10-pack is ideal to share for a night out with friends, or take handy.



6CT

6-pack is ideal to share for a night out with friends.

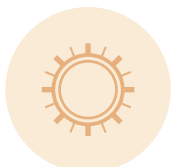




doseology



medicinal mushroom blends



Purity
tested



Gluten
free



Fruiting body
mushroom



Vegan
friendly



No added
sugar



Cruelty
free



product line

Doseology's line of medicinal mushroom extracts is carefully crafted with Reishi, Lion's Mane or Shiitake and blended with select adaptogenic herbs like ginger, chamomile, yerba mate and turmeric. Explore the benefits!



elevate

lion's mane, ginger & b3 tincture (100 ml)
NPN 80106102

mushroom: Lion's Mane
adaptogen: Ginger
vitamin: B3
UPC: 628011905024

benefits

- Elevates mood
- Enhances cognitive clarity
- Source of antioxidants

Medicinal Ingredients: Lion's Mane (Heridium erinaceus - Fruiting body) 220.5 mg; Ginger (Zingiber officinale - Root) 514.5 mg; Niacinamide (Saccharomyces cerevisiae - Whole) 8 mg. **Non-Medicinal Ingredients:** Ethyl alcohol, Purified water



wake

lion's mane & yerba mate tincture (100 ml)
NPN 80107850

mushroom: Lion's Mane
adaptogen: Yerba Mate
vitamins: B6 & B12
UPC: 628011905116

benefits

- Promotes wakefulness
- Supports cognitive performance
- Vitamin B6 & B12 supplement

Medicinal Ingredients: Lion's Mane (Heridium erinaceus - Fruiting body) 250 mg; Yerba Mate (Ilex paraguariensis - Leaf) 750 mg; Vitamin B6 (Pyridoxal hydrochloride) 1.625 mg; Vitamin B12 (Cyanocobalamin) 2.4 mcg. **Non-Medicinal Ingredients:** Ethyl alcohol, Purified water



sleep

reishi, melatonin & chamomile tincture (100 ml)
NPN 80110235

mushroom: Reishi
adaptogen: Chamomile
hormone: Melatonin
UPC: 628011905086

benefits

- A calmativ and/or sleep aid
- Reduces the time it takes to fall asleep
- Helps increase total sleep time

Medicinal Ingredients: Reishi (Ganoderma lucidum - Fruiting body) 500 mg; Melatonin (N-Acetyl-5-methoxytryptamine) 1 mg; Chamomile (Matricaria chamomilla - Flower) 150 mg. **Non-Medicinal Ingredients:** Ethyl alcohol, Purified water



boost

shiitake & turmeric tincture (100 ml)
NPN 80108743

mushroom: Shiitake
adaptogen: Turmeric
UPC: 628011905093

benefits

- Boost of antioxidants
- Strengthens immunity
- Immunomodulating properties

Medicinal Ingredients: Shiitake (Lentinula edodes - Fruiting body) 250 mg; Turmeric (Curcuma longa - Rhizome) 250 mg. **Non-Medicinal Ingredients:** Ethyl alcohol, Purified water



think

(100 ml)
NPN 80106110

mushroom: lion's mane, reishi, shiitake, chaga
adaptogen: yerba mate, rhodiola, choline
UPC: 628011905079

benefits

- Enhances cognitive function
- Supports mental focus and mental stamina
- Helps to promote alertness

Medicinal Ingredients: Yerba mate (Ilex paraguariensis - Leaf) 750 mg; Lion's Mane (Heridium erinaceus - Fruiting body) 100 mg; Reishi (Ganoderma lucidum - Fruiting body) 100 mg; Shiitake (Lentinula edodes - Fruiting body) 100 mg; Chaga (Inonotus obliquus - Fruiting body) 100 mg; Rhodiola (Rhodiola rosea - Root) 29 mg; Choline (Choline, Choline bitartrate) 28 mg. **Non-Medicinal Ingredients:** Organic cocoa powder, Monk fruit extract



feed that brain™

Wellness Boost Vegan Gummies



Forget taking chews, pills and powders filled with suspect fillers and ingredients. These 100% vegan gummies feed your body with essential vitamins and minerals with amazing taste! So good, you won't believe they're healthy.



anti-stress gummy™

gluten
free

non
GMO

0g
artificial
sugar

vegan

natural
flavour

made in
canada

feed that brain for better calm



Containing a unique combination of **L-Theanine**, a natural derivative of Green Tea and **Magnesium Citrate**, an essential mineral for overall health including our nervous system, **CALM** gummies promote a feeling of soothing relaxation.

Free of artificial sweeteners, they are safe to take daily - plus their **Banana Blueberry Smoothie** flavour is beyond delicious, providing just the right amount of 'sweet-relief'!



boost gummy™

gluten
free

non
GMO

0g
artificial
sugar

vegan

natural
flavour

made in
canada

Feed that brain for better immunity

Containing **Vitamin C with Zinc, and Elderberry**, IMMUNE gummies contain a powerful combination of nature's purest immune-boosting nutrients to better support the body's natural defense system and reduce risk for illness.

Free of artificial sweeteners, they're easy on the stomach, safe to take daily and bursting with super tasting **Super Elderberry flavour!**



energy gummy™

gluten
free

non
GMO

0g
artificial
sugar

vegan

natural
flavour

made in
canada

feed that brain for better energy

Containing **Vitamin B12** with **Green Tea Extract** and **MCT**, **ENERGY** gummies feed the brain and body with a superior combination of energy-supporting nutrients and no caffeine or crash-effects.

Free of artificial sweeteners and bursting with delicious **Strawberry Swirl flavour**, **ENERGY** gummies can be enjoyed daily for optimum results.



sleep smart gummy™

gluten
free

non
GMO

0g
artificial
sugar

vegan

natural
flavour

made in
canada



feed that brain for better sleep



Containing **Melatonin, Magnesium and L-Threonine**, **SLEEP** gummies help the body naturally relax and de-stress for a better, deeper sleep – with no hangover effects.

Free of artificial sweeteners and in a **Soothing Citrus flavour**, they're what every body (and brain!) needs for a restful night and refreshed morning ahead.



Himalaya[®]
SINCE 1930



UNLOCK THE WISDOM OF HERBS.





Available Size: 60ct

COMFORTCLEANSE

- Gives you reliable, consistent and gentle bowel movements with no Senna or Cascara
- Supports your bile production and the normal alkaline environment in your intestines
- Provides gentle, non-habit-forming and non-irritating digestive support

Medicinal Ingredients per capsule: Ingrédients médicinaux par capsule:

Chicory / chicorée (Cichorium intybus, seed / racine, 12.5:1 extract / extrait).....	40 mg
Vidanga (Embelia ribes, fruit, 10:1 extract / extrait).....	2 mg
Licorice / réglisse (Glycyrrhiza glabra, root / racine, 10:1 extract / extrait).....	32 mg
Indian jalap (Operculina turpethum / Ipomoea turpethum, root / racine, 10:1 extract / extrait).....	56 mg
Coffee senna / café senna (Senna occidentalis, seed / grains, 14.28:1 extract / extrait).....	40 mg
Black nightshade / morelle douce-amère (Solanum nigrum, whole plant / plante entière, 25:1 extract / extrait).....	32 mg
Chebulic myrobalan / myrobolan chébule (Terminalia chebula, fruit rind / chair de fruits, 2.5:1 extract / extrait).....	40 mg
Ginger / gingembre (Zingiber officinale, rhizome, 33.33:1 extract / extrait).....	8 mg



Available Size: 90ct

FLORAVANI

- Get effective relief for occasional gas, belching, bloating, fullness, nausea and heartburn
- Improve your body's intestinal balance, the good bacteria unique to your own gut microbiome

Medicinal Ingredients per capsule: Ingrédients médicinaux par capsule:

Aconitum bisma (Aconitum bisma root/racine, 4.170:1 extract / extrait).....	4.04 mg
Papaya / papayer (Carica papaya, fruit, 6.67:1 extract / extrait).....	1.39 mg
Chicory / chicorée (Cichorium intybus, root / racine, 3:1 extract / extrait).....	159 mg
Lemon / citron (Citrus limon, fruit / fruit, 6.67:1 extract / extrait).....	1.39 mg
Vidanga (Embelia ribes, fruit, 11.11:1 extract / extrait).....	5.55 mg
Com mint / menthe des champs (Mentha arvensis, whole plant, 10:1 extract / extrait).....	1.39 mg
Indian gooseberry / groseillier de ceylan (Phyllanthus emblica, fruit, 2:1 extract / extrait).....	30.51 mg
Black pepper / poivre noir (Piper nigrum, fruit, 16.67:1 extract / extrait).....	1.14 mg
Belleric Myrobalan / Myrobolan bellerique (Terminalia bellirica, fruit flesh / chair de fruits, 2:1 extract / extrait).....	30.52 mg
Harad (Terminalia chebula, fruit flesh / chair de fruits, 2.85:1, extract / extrait).....	30.52 mg
Ginger (Zingiber officinale, rhizome, 10:1 extract/extrait).....	5.55 mg





Available Sizes: 90ct, 180ct

GLUCOCARE

- Supports your blood sugar & cholesterol levels already within normal range
- Supports the beta cells of the pancreas that help you store and release sugar
- Supports Heart Health

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 90

Amount Per Serving

Proprietary herbal blend 612 mg*

Indian kino tree (wood), boerhavia (root), Casearia esculenta (stem), gymnema (leaf), gymnema (leaf), Indian kino tree (wood), Indian sphaeranthus (flower), jambolan (seed), Casearia esculenta (stem), jambolan (seed), levant cotton (seed), licorice (root), shatavari (root), boerhavia (root), licorice (root), tribulus (fruit), Indian tinospora (stem), Phyllanthus amarus (whole plant), Indian sphaeranthus (flower), Indian tinospora (stem), tribulus (fruit), Phyllanthus amarus (whole plant), Malay bush beech (bark), levant cotton (seed), bitter melon (fruit), Malay bush beech (bark), shatavari (root), guggul (oleo-gum-resin), Shilajeet (mineral pitch), pepper (fruit), bitter melon (fruit), holy basil (leaf), aloe vera (leaf), Indian abutilon (root), Shilajeet (mineral pitch), aloe vera (leaf), turmeric (rhizome), pepper (fruit), holy basil (leaf), Indian abutilon (root), turmeric (rhizome), guggul (oleo-gum-resin), Rumex maritimus (seed), Rumex maritimus (seed)

Triphala herbal blend 8.84 mg*

amla (fruit), belleric myrobalan (fruit rind), chebulic myrobalan (fruit rind), amla (fruit), belleric myrobalan (fruit rind), chebulic myrobalan (fruit rind)

Trikatu herbal blend 5.14 mg*

pepper (fruit), long pepper (fruit), ginger (rhizome), pepper (fruit), long pepper (fruit), ginger (rhizome)

*Daily Value not established

*extract



Available Size: 120ct

HEARTCARE

- HeartCare supports your blood pressure and cholesterol levels already within normal range
- Supports your peripheral circulation, heart rate, and gives you support during physical exertion

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 60

Amount Per Serving

Proprietary herbal blend 605.6 mg*

Indian catnip (whole plant), arjuna (bark) arjuna (bark), ashwagandha (root), Indian tinospora (stem), ashwagandha (root), Indian catnip (whole plant), boerhavia (root), guggul (oleo-gum-resin), eclipta (whole plant), boerhavia (root), Indian tinospora (stem), amla (fruit), chebulic myrobalan (fruit rind), eclipta (whole plant), licorice (root), shatavari (root), licorice (root), guggul (oleo-gum-resin), celestus (fruit), cassia (bark), shatavari (root), long pepper (fruit), amla (fruit), gotu kola (whole plant), holy basil (whole plant), gotu kola (whole plant), Convolvulus pluricaulis (whole plant), chebulic myrobalan (fruit rind), ginger (rhizome), shilajeet (mineral pitch), celestus (fruit), vidanga (fruit), clove (flower bud), cardamom (fruit), ajowan (seed), cyperus (tuber), Convolvulus pluricaulis (whole plant), holy basil (whole plant), long pepper (fruit), ajowan (seed), ginger (rhizome), saffron (style & stigma), shilajeet (mineral pitch), cyperus (tuber), vidanga (fruit), clove (flower bud), cardamom (fruit), fennel (seed), cabbage rose (flower), cassia (bark), fennel (seed), cabbage rose (flower), saffron (style & stigma)

Dashamoola herbal blend 114.4 mg*

bael tree (stem bark), Malay bush beech (stem bark), Clerodendrum phlomidis (stem bark), sarivan (whole plant), Uraria picta (whole plant), Solanum angulv (whole plant), yellow-fruit nightshade (whole plant), tribulus (whole plant), oxoxylum (stem bark), sarivan (whole plant), Uraria picta (whole plant), Solanum angulv (whole plant), yellow-fruit nightshade (whole plant), tribulus (whole plant), bael tree (stem bark), Clerodendrum phlomidis (stem bark), oxoxylum (stem bark), Malay bush beech (stem bark), fragrant padri tree (stem bark), fragrant padri tree (stem bark)

*Daily Value not established

*extract





Available Size: 120ct

IMMUNOCARE

- ImmunoCare supports your body's key immunological functions in the ear, nose and throat
- Support your lymph and spleen with plant-based support

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 120

Amount Per Serving

Maharasnadi quath (polyherbal blend) 541.6 mg*

deodar cedar (heart wood), castor (aerial parts), Indian fagonia (whole plant), long pepper (fruit), spiked ginger lily (rhizome), finger-leaf-morning glory (tuber), heart-leaf sida (whole plant), Indian tinospora (stem), ginger (rhizome), Javanese long pepper (stem), boerhavia (root), barleria (whole plant), yellow-fruit nightshade (whole plant), solanum anguivi (whole plant), cyperus (tuber), dill (seed), tribulus (fruit), ashwagandha (root), belleric myrobalan (fruit rind), chebulic myrobalan (fruit rind), Indian fagonia (whole plant), heart-leaf sida (whole plant), castor (aerial parts), deodar cedar (heart wood), spiked ginger lily (rhizome), Malabar nut tree (leaf), ginger (rhizome), Javanese long pepper (stem), cyperus (tuber), boerhavia (root), finger-leaf-morning-glory (tuber), dill (seed), tribulus (fruit), ashwagandha (root), Indian laburnum (fruit pulp), shatavari (root), long pepper (fruit), barleria (whole plant), coriander (whole plant), yellow-fruit nightshade (whole plant), Solanum anguivi (whole plant), amla (fruit), Indian tinospora (stem), coriander (whole plant), malabar nut tree (leaf), belleric myrobalan (fruit rind), Indian laburnum (fruit pulp), shatavari (root), amla (fruit), chebulic myrobalan (fruit rind).

Proprietary herbal extract* blend 298.4 mg*

Indian tinospora (stem bark), Indian tinospora (stem bark), guggul (oleo-gum-resin), Indian madder (root), Indian madder (root), amla (fruit), horseradish tree (leaf), guggul (oleo-gum-resin) Horseradish tree (leaf), licorice (root), amla (fruit), licorice (root).

*Daily Value not established



Available Size: 60ct

LIV52 NITRO+

- Enhances muscle strength by 67%
- Increases nitrogen retention by 26%
- Decreases cortisol by 28%
- Increases testosterone
- Decreases body fat

Medicinal Ingredients per capsule Ingrédients médicinaux par capsule:

Caper Bush / Câprier (Capparis spinosa, root / racine, 8:33:1 extract / extrait).....	49 mg
Chicory / Chicorée (Cichorium intybus, seed / grains, 12.5:1 extract / extrait).....	49 mg
Black Nightshade / Morelle douce-amère (Solanum nigrum, whole plant / plante entière, 5:55:1 extract / extrait).....	25 mg
Arjuna (Terminalia arjuna, stem bark / écorce de tige, 10:1 extract / extrait).....	25 mg
Yarrow / Achillée millefeuille (Achillea millefolium, herb top / sommet, 25:1 extract / extrait).....	13 mg
Coffee senna / Café senna (Senna occidentalis, seed / grains, 7.69:1 extract / extrait).....	13 mg
Tamarisk / Tamaris (Tamarix gallica, whole plant / plante entière, 6.6:1 extract / extrait).....	13 mg





Available Sizes: 42ct, 90ct, 180ct

LIVERCARE

- Empowers the metabolic capacity of your liver and supports toxin-eliminating bile production
- Addresses free radical damage in your body and promotes your cellular lifespan
- Increases your body's nitrogen retention

Medicinal Ingredients per capsule: Ingrédients médicinaux par capsule:

Caper Bush / Cáprier (Capparis spinosa root / racine, 8:33:1 extract / extrait).....	49 mg
Caper Bush / Cáprier (Capparis spinosa)	
(Capparis spinosa root powder / racine en poudre).....	39 mg
Chicory / Chicorée (Cichorium intybus seed / grains, 12.5:1 extract / extrait).....	49 mg
Chicory / Chicorée (Cichorium intybus seed powder / graines en poudre).....	62 mg
Black Nightshade / Morelle douce-amère	
(Solanum nigrum whole plant / plante entière, 5:55:1 extract / extrait).....	25 mg
Black Nightshade / Morelle douce-amère	
(Solanum nigrum whole plant powder / plante entière en poudre).....	12 mg
Arjuna (Terminalia arjuna bark / écorce, 10:1 extract / extrait).....	25 mg
Arjuna (Terminalia arjuna bark powder / écorce en poudre).....	24 mg
Yarrow / Achillée millefeuille	
(Achillea millefolium aerial parts / parties aériennes, 25:1 extract / extrait).....	13 mg
Yarrow / Achillée millefeuille	
(Achillea millefolium aerial parts powder / parties aériennes en poudre).....	34 mg
Negro Coffee / Café-nègre	
(Cassia occidentalis seed / grains, 7.69:1 extract / extrait).....	13 mg
Negro Coffee / Café-nègre (Cassia occidentalis seed powder / graines en poudre).....	9 mg
Tamarisk / Tamaris (Tamarix gallica whole plant / plante entière, 6.6:1 extract/extrait).....	13 mg
Tamarisk / Tamaris (Tamarix gallica whole plant powder / plante entière en poudre).....	8 mg

MENOCARE

- Get support for menopausal symptoms
- MenoCare supports the nervous system, supports reproductive health and eases your transition
- Find support for irritability, mood swings, vaginal dryness and occasional sleeplessness

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 60

Amount Per Serving

Proprietary herbal blend **800 mg***

asoka tree (bark), heart-leaf sida (root), asoka tree° (bark), shatavari° (root), chebulic myrobalan° (fruit rind), heart-leaf sida° (root), licorice (root), licorice° (root), shatavari (root), gotu kola (whole plant), gotu kola° (whole plant), chebulic myrobalan (fruit rind).

*Daily Value not established

°extract



Available Size: 120ct



Supplements



Available Size: 120ct

MENSTRICARE

- Supports proper hormone utilization and balance
- Provides physical and emotional support during your menstrual cycle
- Helps women cope with the discomforts and natural stresses placed on the body

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 60

Amount Per Serving

Proprietary herbal extract[°] blend 628.8 mg*

ashoka tree (bark), ashoka tree[°] (bark), boerhavia (root), Indian tinospora (stem bark), boerhavia[°] (root), lodh tree (bark), black nightshade (whole plant), lodh tree[°] (bark), Indian tinospora[°] (stem bark), black nightshade[°] (whole plant), shatavari[°] (root), cyperus (tuber), aloe vera[°] (leaf), cyperus[°] (tuber), Malabar nut tree[°] (leaf), aloe vera (leaf), bombax (exudate), bombax[°] (exudate), Malabar nut tree (leaf), shatavari (root).

Dashamoola herbal blend 89.6 mg*

bael tree (stem bark), Malay bush beech (stem bark), Clerodendrum phlomidis (stem bark), sarivan (whole plant), Uraria picta (whole plant), Solanum angulvi (whole plant), yellow-fruit nightshade (whole plant), sarivan[°] (whole plant), Uraria picta[°] (whole plant), Solanum angulvi[°] (whole plant), yellow-fruit nightshade[°] (whole plant), tribulus[°] (whole plant), bael tree[°] (stem bark), Clerodendrum phlomidis[°] (stem bark), oroxylum[°] (stem bark), Malay bush beech[°] (stem bark), fragrant padri tree[°] (stem bark), tribulus (whole plant), oroxylum (stem bark), fragrant padri tree (stem bark).

Trikatu herbal blend 49.6 mg*

pepper (fruit), long pepper (fruit), Ginger (rhizome), pepper[°] (fruit), long pepper[°] (fruit), ginger[°] (rhizome).

Triphala herbal blend 32 mg*

amla[°] (fruit), belleric myrobalan[°] (fruit rind), chebulic myrobalan[°] (fruit rind), belleric myrobalan (fruit rind), amla (fruit), chebulic myrobalan (fruit rind).

*Daily Value not established

[°]extract



Available Size: 120ct

PROSTACARE

- ProstaCare supports the health of your prostate
- Helps support complete urinary elimination
- Supports the age-related changes of the male reproductive system

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 120

Amount Per Serving

Proprietary herbal blend 590 mg*

bonduc (seed), tribulus[°] (fruit), three-leaf caper (bark), betelnut palm (nut), bonduc[°] (seed), tribulus (fruit), betelnut palm[°] (nut), shatavari[°] (root), three-leaf caper[°] (bark), shatavari (root).

*Daily Value not established

[°]extract



Supplements



Available Sizes: 120ct, 240ct

STRESSCARE

- Upgrades your energy and lowers your stress level, relaxing the mind and body
- Preserves your adrenal function and supports normal levels of the stress hormone cortisol
- Supports your central nervous system

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 60

Amount Per Serving

Proprietary herbal blend 444 mg*

chicory (seed), caper bush (root), yarrow (aerial parts), teri pod (root), caper bush* (root), chicory* (seed), black nightshade (whole plant), arjuna (bark), mace (rind), black nightshade* (whole plant), arjuna* (bark), ashwagandha (root), gotu kola (whole plant), coffee sesam (seed), Malabar nut tree (leaf), tamarisk (whole plant), shatavari* (root), gotu kola* (whole plant), Malabar nut tree* (leaf), nutmeg (fruit), long pepper (fruit), elephant vine (stem), ashwagandha* (root), coffee sesam* (seed), yarrow* (aerial parts), tamarisk* (whole plant), licence root, shatavari* (root), kottar* (root), shilajeet* (mineral pitch), vedrita (whole plant), shilajeet (mineral pitch), chebulic myrobolan* (fruit rind), curculigo (root), dove (flower bud), celestus (fruit), cardamom (fruit), velvet bean (seed), curculigo* (root), teri pod* (root), velvet bean* (seed), nutmeg* (fruit), long pepper* (fruit), mace* (rind), vidip* (whole plant), elephant vine* (stem), tumeric (rhizome), apona (seed), saffron* (style & stigma), chebulic myrobolan (fruit rind), dove* (flower bud), cardamom* (fruit), apona* (seed), tumeric* (rhizome), celestus* (fruit), saffron (style & stigma).

Chyavanprash concentrate 276 mg

amla* (fruit), amla (fruit), cinnamon bark, baobab (stem), lepidaria (whole plant), Malay bush beech (stem), Cissampelos (rhizome), Indian (whole plant), velvet (root), blue wies (whole plant), long pepper (fruit), Urena piza (whole plant), holy basil (aerial parts), spiked ginger lily (rhizome), heart-leaf side (whole plant), Indian (rhizome), air potato (tuber), Indian cassia (leaf), Solanum anguivi (whole plant), yellow-fruit nightshade (whole plant), boerhaavia (whole plant), cardamom (fruit), three-lobed leaf (whole plant), opuntia (tuber), mesua (flower), Phyllanthus amarus (whole plant), oroxylum (stem), tribulus (whole plant), ashwagandha (root), Peritropis capensis (leaf), Indian elecampane (root), Indian kudzu (tuber), waterlily (flower), Malabar nut tree (aerial parts), Indian kudzu (tuber), heart-leaf side* (whole plant), baobab* (stem), Cissampelos* (rhizome), oroxylum* (stem), Malay bush beech* (stem), fragrant patchi tree* (stem), sariva* (whole plant), Urena piza* (whole plant), three-lobed leaf (whole plant), blue wies* (whole plant), long pepper* (fruit), tribulus* (whole plant), Solanum anguivi* (whole plant), yellow-fruit nightshade* (whole plant), Chinese pistachio (gall), Phyllanthus amarus* (whole plant), grape* (seed), lepidaria* (whole plant), Indian elecampane* (root), cinnamon* (bark), chebulic myrobolan* (fruit), Indian (rhizome), spiked ginger lily* (rhizome), opuntia* (tuber), boerhaavia* (whole plant), shatavari* (root), cardamom* (fruit), velvet* (root), waterlily (flower), Malabar nut tree* (aerial parts), ashwagandha* (root), Indian cassia* (leaf), mesua* (flower), air potato* (tuber), holy basil* (aerial parts), bamboo* (bamboo), Peritropis capensis* (aerial parts), fragrant patchi tree (stem), bamboo (bamboo), Chinese pistachio (gall), shatavari (root), chebulic myrobolan (pericarp), grape (seed).

*Daily Value not established

Other Ingredients: Plant based cellulose (capsule)



Available Sizes: 120ct, 240ct

URICARE

- Supports your normal kidney & bladder performance
- Promotes the normal composition and release of urine, and supports normal flow parameters

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 60

Amount Per Serving

Proprietary herbal blend 840 mg*

didymocarpus (leaf), didymocarpus* (leaf), winter begonia (root), cyperus (rhizome), Onosma bracteatum (aerial parts), winter begonia* (root), Indian madder (stem), prickly chaff flower (seed), little ironweed (whole plant), Indian madder* (stem), cyperus* (rhizome), prickly chaff flower* (seed), Onosma bracteatum* (aerial parts), little ironweed* (whole plant), shilajeet* (mineral pitch), shilajeet (mineral pitch)

*Daily Value not established

*extract



Hello Energy[®]



Available Size: 60ct

- Formulated with time-honoured herbs like Ashwagandha, Amla, Haritaki and Licorice
- Supports metabolism and adrenals while relieving stress
- Reduces mental fatigue and restores energy levels while promoting a normal metabolic response
- Daily plant-based supplement

Medicinal Ingredients per capsule: Ingrédients médicinaux par capsule :

Spreading Hogweed / Boerhaavie diffuse (Boerhavia diffusa root / racine)	
10 :1 extract / extrait.....	15 mg
Deglycyrrhizinated licorice / Réglisse déglycyrrhizinée (Glycyrrhiza glabra root / racine)	
6 :1 extract / extrait.....	45 mg
Amla (Phyllanthus emblica fruit / fruit) 10 :1 extract / extrait.....	110 mg
Harad (Terminalia chebula fruit peel / zeste de fruits) 4 :1 extract / extrait.....	82 mg
Ashwagandha (Withania somnifera root / racine) 12 :1 extract / extrait.....	48 mg

Hello Joy[®]



Available Size: 60ct

- Includes time-honoured herbs like Ashwagandha, Amla, Bacopa, and Holy Basil
- Supports your adrenals to provide mood support and motivation
- Daily plant-based supplement

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 60

Amount Per Serving

Proprietary herbal blend	300 mg*
amla extract (fruit), ashwagandha extract (root), Convolvulus pluricaulis choisy extract (whole plant), bacopa extract (whole plant), holy basil extract (aerial parts).	

*Daily Value not established

Other Ingredients: Tapioca starch, Plant-based cellulose (Capsule).





Available Size: 60ct

ARJUNA

- Supports cardiac wellness and helps support blood pressure already within normal range
- Supports cholesterol levels already within normal range
- Promotes your emotional and physical wellness during times of occasional stress and overexertion

Medicinal Ingredients per caplet: Ingrédients médicinaux par comprimé:

Organic / biologique Arjuna (Terminalia arjuna, bark powder / écorce en poudre).....	300 mg
Organic / biologique Arjuna (Terminalia arjuna, bark (dry) / écorce (aride), 5.88:1 extract / extrait).....	240 mg
Organic / biologique Arjuna (Terminalia arjuna, leaf powder / poudre de feuilles).....	150 mg
Organic / biologique Arjuna (Terminalia arjuna, bark (soft) / écorce (douce), 150:1 super critical extract / extrait super critique).....	10 mg



Available Sizes: 60ct, 90ct

ASHWAGANDHA

- Gives you stress relief and greater, sustained energy levels without stimulating your heart
- Provides stress relief by supporting your adrenal glands for normal levels of the stress hormone cortisol
- Promotes deeper levels of relaxation for occasional sleeplessness

Medicinal Ingredients per caplet: Ingrédients médicinaux par comprimé:

Organic/ biologique Ashwagandha (Withania somnifera root powder / poudre de racine).....	380 mg
Organic/ biologique Ashwagandha (Withania somnifera root / racine, 6.67:1 extract / extrait	280 mg
Organic/ biologique Ashwagandha (Withania somnifera root / racine, 100:1 extract / extrait.....	10 mg



Available Sizes: 30ct, 60ct

BACOPA

- Supports the physiological processes involved in relaxing your mind
- Helps minimize occasional lapses of forgetfulness and promotes normal mental acuity
- Better promotes alert daytime learning and problem-solving abilities

Medicinal Ingredients per caplet: Ingrédients médicinaux par comprimé:

Organic / biologique Bacopa (Bacopa monnieri whole plant powder / poudre de plante entière).....	500 mg
Organic / biologique Bacopa (Bacopa monnieri whole plant / plante entière, 6.66:1 extract / extrait) (24% bacosides / de bacosides).....	250 mg



Available Size: 60ct

BITTERMELON

- Supports your body's blood sugar and cholesterol levels already within normal range
- Supports the normal health and lifespan of the hormone-producing beta cells in your pancreas
- Supports your body's built-in response to sugar, and how it's stored in your muscles and liver

Medicinal Ingredients per caplet: Ingrédients médicinaux par comprimé:

Organic bitter melon / Margose amère biologique (momordica charantia stem powder / poudre de tige) (Providing / Furissant 3% Bitters).....	410mg
Organic bitter melon / Margose amère biologique (momordica charantia fruit / extrait de fruit, 10:1 extract/extrait)	250mg





BOSWELLIA

- Supports joint flexibility and range of motion
- Promotes normal joint function and movement
- Supports muscle relaxation

Medicinal Ingredients per capsule: Ingrédients médicinaux par capsule:

Indian frankincense / oliban indien
(boswellia serrata gum oleoresin / gomme oléorésine, 4:1- extract / extrait)
(60% boswellic acids / acides boswelliques).....250mg

Available Size: 60ct



GARCINIA

- Garcinia helps you feel satiated and full on your diet to reduce occasions of overeating
- Hydroxycitric acid (HCA) for normal carbohydrate metabolism and maintenance
- Helps support the conversion of stored fat into energy

Medicinal Ingredients per caplet: Ingrédients médicinaux par comprimé:

Organic / biologique Garcinia
(Garcinia cambogia fruit rind / écorce de fruit, 4:1 extract / extrait)
(66% hydroxycitric acid/ d'acide hydroxycitrique).....250 mg

Organic / biologique Garcinia
(Garcinia cambogia fruit rind and leaf powder / poudre de feuille et d'écorce de fruit).....350 mg

Available Size: 60ct





Available Size: 60ct

GUGGUL

- Supports thyroid function linked to weight management and energy
- Provides you with normal immune system support and support of your connective tissues
- Supports the liver's ability to detox by supporting normal bile production

Medicinal Ingredients per capsule: Ingrédients médicinaux par capsule:

Guggul / guggulu (Commiphora wightii gum / gomme, 1:89:1 extract / extrait).....	205 mg
Guggul / guggulu (Commiphora wightii stem powder / poudre de tige).....	105 mg
Guggul / guggulu (Commiphora wightii gum / gomme, 15:1 supercritical extract / extrait supercritique).....	50 mg



Available Size: 60ct

HOLY BASIL

- Supports tranquility, relaxation and adrenal wellness
- Stay calm, rested and relaxed with herbal support for stress and energy levels
- Holy Basil also gives you support for occasional sleeplessness

Medicinal Ingredients per caplet: Ingrédients médicinaux par comprimé:

Organic holy basil / basilic sacré biologique (ocimum sanctum leaf / feuille, 40:1 extract / extrait).....	60 mg
Organic holy basil / basilic sacré biologique (ocimum sanctum leaf / feuille, 7.69:1 supercritical extract / extrait supercritique).....	160 mg
Organic holy basil / basilic sacré biologique (ocimum sanctum leaf powder / poudre de.....)	500 mg



Available Size: 60ct

NEEM

- Addresses mild occasional acne & skin blemishes so you enjoy clear skin
- Purifies and cleanses your skin and is considered an unparalleled cleansing plant in India
- Supports your body's normal detox process

Medicinal Ingredients per caplet: Ingrédients médicinaux par comprimé:

Organic / biologique Neem (Azadirachta indica stem powder / poudre de tige).....	320 mg
Organic / biologique Neem (Azadirachta indica leaf / feuille, 5.26:1 extract / extrait).....	200 mg
Organic / biologique Neem (Azadirachta indica leaf / feuille, 20:1 supercritical extract / extrait).....	80 mg



Available Size: 60ct

TRIKATU

- Supports the body's natural cleansing process
- Supports gastric function and digestion
- Supporting normal absorption through the gastrointestinal tract

Medicinal Ingredients per capsule: Ingrédients médicinaux par capsule:

Organic ginger / Gingembre biologique (Zingiber officinale, rhizome powder / poudre, 25 : 1 super critical extract / super critical extract).....	16 mg
Organic black pepper / Poivre noir biologique (piper nigrum stem / tige, 16 : 1 super critical extract / super critical extract).....	4 mg
Organic Trikatu extract / Extrait de trikatu biologique	
Organic long pepper / Poivre long biologique (piper longum fruit, 14.29 : 1 extract / extrait).....	70 mg
Organic black pepper / Poivre noir biologique (piper nigrum fruit, 16.67 : 1 extract / extrait).....	60 mg
Organic ginger / Gingembre biologique (Zingiber officinale, rhizome powder / poudre, 10 : 1 extract / extrait).....	150 mg
Organic Trikatu powder / poudre de trikatu biologique	
Organic long pepper / Poivre long biologique (piper longum, fruit powder / poudre).....	130 mg
Organic black pepper / Poivre noir biologique (piper nigrum, fruit powder / poudre).....	130 mg
Organic ginger / Gingembre biologique (Zingiber officinale, rhizome powder / poudre).....	130 mg





Available Sizes: 30ct, 60ct

TRIPHALA

- Triphala provides a gentle colon cleanse and detox action
- Himalaya Organic Triphala tones your intestines to remove stagnant waste
- Helps with occasional bloating, helps you cleanse and provides digestive regularity

Medicinal Ingredients per caplet: Ingrédients médicinaux par comprimé:

Organic Chebulic Myrobalan / Haritaki biologique (Terminalia chebula, leaf powder / poudre de feuille).....	438 mg
Organic amla / Amlaki biologique (Embllica officinalis, fruit, 2:1 extract / extrait).....	83.34 mg
Organic Chebulic Myrobalan / Haritaki biologique (Terminalia chebula, fruit rind / écorce du fruit, 1.67:1 extract / extrait).....	83.33 mg
Organic Belleric Myrobalan / Bibhitaki biologique (Terminalia bellerica, fruit rind / écorce du fruit, 2.85:1 extract / extrait).....	83.33 mg



Available Sizes: 30ct, 60ct

TURMERIC 95

- Supports cellular health and addresses inflammation caused by overexertion due to strenuous exercise
- Promotes circulation & immune activity around your joints and muscles
- Has a stabilizing effect on your lysosomal membranes to support normal flexibility and movement

Medicinal Ingredients per capsule: Ingrédients médicinaux par capsule:

Organic Turmeric / Curcuma (curcuma longa rhizome, 8.33:1 extract / extrait) (Providing / Fournit 95% curcuminoids).....	250mg
Organic Turmeric / Curcuma (curcuma longa rhizome powder / poudre.....)	350mg





GYMNEMA

- Provides blood sugar and pancreatic function support.
- Combines organic Gymnema stem powder and organic Gymnema leaf extract with no binders or fillers.
- Promotes digestion and blood sugar metabolism.
- Reinforces the efforts of the pancreas to store sugar in the muscles for later use as energy.
- Supports intestinal health and sugar absorption.
- Vegan, gluten-free and additive free.

Available Size: 60ct

Supplement Facts

Serving Size: 1 Caplet

Servings Per Container: 60

Amount Per Serving

Organic gymnema powder (stem)	400 mg*
-------------------------------	---------

Organic gymnema extract (leaf)	300 mg*
--------------------------------	---------

(*Gymnema sylvestre*)

(25% Gymnemic acids, 75 mg)

*Daily Value not established



ORGANIC ASHWAGANDHA ROOT POWDER



Available Size: 45 Servings

- Keeps you going on busy days
- Relaxes you during nights of occasional sleeplessness
- Easy-to-mix powder
- Provides extra balance and rejuvenation
- Daily stress and energy support without caffeine and without feeling jittery

Suggested Use: Mix 1/2 teaspoon (2.5 g) in your favourite smoothie or drink.

Medicinal Ingredients/Ingrédients Médicinaux		
Serving Size: 1/2 teaspoon (2.5 g)		
Portion : 1/2 cuillère à café (2,5 g)		
Servings Per Container: 45/Portions par conteneur : 45		
Calories 10	% Daily Value*	
	% Valeur quotidienne*	
Carbohydrate / Glucides 2 g		1 %
Fiber / Fibres 1 g		1 %
Protein / Protéines 1 g		
Organic Ashwagandha root powder.....	2.5 g	
Biologique Ashwagandha poudre de racine.....	2.5 g	
(Withania somnifera)		
*5% of less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup		



Available Size: 30ct

- Provides active support for joint movement, mobility and flexibility
- Enjoy the benefits of turmeric in a convenient and delicious chew
- Supports circulation and immune activity around joints and muscles
- Provides 95% Curcuminoids including Curcumin in a plant-based chew with tropical fruit flavour
- Made from standardized Turmeric extract and not just simple crushed powder and gelatin

TURMERIC SOFT CHEWS

Supplement Facts		
Serving Size: 2 Chews		
Servings Per Container: 15		
	Amount Per Serving	%DV
Calories	20	
Total Carbohydrate	5g	2%†
Total Sugars	4g	**
Includes 4g Added Sugars		8%†
Sodium	10 mg	<1%
turmeric extract (rhizome)	300 mg	**
(Curcuma longa)		
(95% Curcuminoids, 285 mg)		
† Percent Daily Values (DV) are based on a 2,000 calorie diet.		
** Daily Value not established.		
Other Ingredients: Organic Brown Sugar, Organic Brown Rice Syrup, Pectin, Citric Acid, Natural Tropical Flavor, Sodium Citrate.		

KOFLET LOZENGE®



- Warms and lubricates your mouth and throat
- Soothes and comforts, seasonally and situationally
- Individually wrapped to provide warm and soothing comfort whenever you need it
- Balances the intense coldness of long winter months



ORANGE CARDAMOM

Supplement Facts		
Serving Size: One Lozenge Servings per container: 20		
	Amount per serving	%DV
Calories	10	
Total Carbohydrate	3 g	1%*
Total Sugars	3 g	†
Includes 3g Added Sugars		6%*
Proprietary Herbal Blend	85 mg	†
cutch tree (heartwood), chebulic myrobalan (pericarp), clove (flower bud), cinnamon (bark), cardamom (fruit)		
Trikatu Herbal Blend	40 mg	†
pepper (fruit), long pepper (fruit), ginger (rhizome)		
* Percent Daily Values (DV) are based on a 2,000 calorie diet. † Daily Value not established.		

Other Ingredients: Sugar, Liquid Glucose, Natural Orange Cardamom Flavour, Menthol Crystal.

MENTHOL

Supplement Facts		
Serving Size: One Lozenge Servings per container: 20		
	Amount per serving	%DV
Calories	10	
Total Carbohydrate	3 g	1%*
Total Sugars	3 g	†
Includes 3g Added Sugars		6%*
Proprietary Herbal Blend	85 mg	†
cutch tree (heartwood), chebulic myrobalan (pericarp), clove (flower bud), cinnamon (bark), cardamom (fruit)		
Trikatu Herbal Blend	40 mg	†
pepper (fruit), long pepper (fruit), ginger (rhizome)		
* Percent Daily Values (DV) are based on a 2,000 calorie diet. † Daily Value not established.		

Other Ingredients: Sugar, Liquid Glucose, Menthol Flavour.

VANILLA CHAI

Supplement Facts		
Serving Size: One Lozenge Servings per container: 20		
	Amount per serving	%DV
Calories	10	
Total Carbohydrate	3 g	1%*
Total Sugars	3 g	†
Includes 3g Added Sugars		6%*
Proprietary Herbal Blend	85 mg	†
cutch tree (heartwood), chebulic myrobalan (pericarp), clove (flower bud), cinnamon (bark), cardamom (fruit)		
Trikatu Herbal Blend	40 mg	†
pepper (fruit), long pepper (fruit), ginger (rhizome)		
* Percent Daily Values (DV) are based on a 2,000 calorie diet. † Daily Value not established.		

Other Ingredients: Sugar, Liquid Glucose, Natural Vanilla Chai Flavour.





KIDS TOOTHPASTES

- Kid-friendly flavours just right for young brushers
- Fluoride-free
- Gentle on teeth with no harsh abrasives
- Carefully formulated to gently clean teeth and maintain great oral health
- Free from SLS, carrageenan, triclosan and parabens, with no artificial colours or flavours

Flavours: Bubble Gum, Cool Mint, Orange

Available Size: 113g



**NO ANIMAL
TESTING**



**SODIUM LAURYL SULFATE
(SLS) FREE**



**FLUORIDE
FREE**

NATURAL WHITENING TOOTHPASTES



TURMERIC & COCONUT OIL

- Turmeric + Coconut Oil is the new addition to the Whitening Antiplaque range. Bursting with foam & flavour and available in a new 4oz size.
- Himalaya's Turmeric + Coconut Oil toothpaste contains real turmeric, which delivers excellent whitening results with less mess than a turmeric powder or DIY option.

Available Size: 113g



CHARCOAL & BLACK SEED OIL

- The superstar ingredient Charcoal has traditionally been used for a wide variety of conditions, including teeth cleaning, where it gently scrubs away surface stains.
- Anti-bacterial and therapeutic benefits.
- Delivers a fresh, clean brushing experience and bright smile.
- Gentle on tooth enamel (<70 RDA) and – unlike competition – bursting with foam and flavour! (No charcoal flatness here!).

Available Size: 113g



BAMBOO & SEA SALT

- Bamboo is famous for its strong fibers and silica and in this toothpaste, these fibers, combined with purified Sea Salt, gently scrub teeth for a clean, bright smile.
- Bamboo powder replaces silica as the abrasive agent in this formulation, leading to a gentle whitening experience (<70 RDA). Bamboo is an ingredient with a rich heritage in oral care and an emerging e-commerce presence, but no representation in brick & mortar stores yet. This unique product offers an opportunity for incremental category growth.

Available Size: 113g



XYLITOL

- Xylitol, a naturally-sourced sweetener also known as 'wood sugar' is found in birch trees and has historically been used for oral health and helping break down biofilm.
- Combines enzymes from papaya and pineapple to help whiten teeth and remove surface stains, with the plaque fighting power of Xylitol for a sweet clean smile.

Available Size: 113g



**NO ANIMAL
TESTING**



**SODIUM LAURYL SULFATE
(SLS) FREE**



**FLUORIDE
FREE**

Personal Care



COMPLETE CARE TOOTHPASTE

- Helps fight plaque, whitens teeth and leaves your mouth feeling clean and refreshed
- A clean toothpaste with no compromise on foam and flavour

Flavours: Cinnamon, Spearmint, Peppermint, Mint

Available Size: 150g



WHITENING TOOTHPASTE

- Enzymes from papaya and pineapple help whiten your teeth and remove surface stains.
- Helps fight plaque and leaves your mouth feeling clean and refreshed

Flavours: Peppermint, Mint

Available Size: 150g



NEEM & POMEGRANATE TOOTHPASTE

- Neem & Pomegranate are two of history's most famous traditional choices for cleaning
- A clean toothpaste with no compromise on foam and flavour

Available Sizes: 21g, 150g



**NO ANIMAL
TESTING**



**SODIUM LAURYL SULFATE
(SLS) FREE**



**FLUORIDE
FREE**

BODY BALMS



Available Size: 50g

WARMING BODY BALM

- Soothing Rosemary and Eucalyptus combine to make this an ideal soothing balm
- Light and gentle oils leave soothing and moisturizing properties behind



Available Size: 50g

CHEST BALM P.M

- The familiar comfort of Eucalyptus and the warmth of Turmeric make this an ideal chest rub

BODY BARS



Available Size: 125g

PURIFYING NEEM & TURMERIC

- Comforting Turmeric reawakens tired skin leaving it invigorated and healthy-looking
- History's original cleansing and detox plant, Neem, cleans and purifies your skin



Available Size: 125g

REFRESHING LAVENDER & ROSEMARY

- Perfect for your morning shower, with Rosemary Oil to awaken your senses
- Ideal for a relaxing evening bath, with Lavender Oil to relax and calm you



Available Size: 150g

EXFOLIATING WALNUT & WOOD APPLE FACE SCRUB

- Removes dead skin cells with mild exfoliating action
- Invigorates your skin, leaving it feeling warm, comfortable and healthy-looking



Available Size: 150g

BALANCING NEEM & TURMERIC FACE WASH

- A gentle daily face wash for oily skin, combination skin and occasional acne
- Cleanses deeply and cleans your pores



Available Size: 150g

INVIGORATING FACE WASH

- Invigorates your skin and leaves your face feeling fresh and revitalized
- Gently cleanses, and softens and refines tired, dull skin



Available Size: 150g

HYDRATING FACE WASH

- A gentle, soap-free daily face wash to soothe and refresh your skin
- Helps maintain your skin's moisture with cooling, calming, plant-based ingredients



NATREVE

PROTEIN POWDERS & WELLNESS SUPPLEMENTS



vegan



gluten free



probiotics



non-GMO



THE WORLD'S FIRST PLASTIC AND
CARBON NEUTRAL WELLNESS COMPANY



NATREVE

WELLNESS SERIES

IMMUNE STRENGTH



- Helps Maintain/Support Immune Function
- Used In Herbal Medicine To Help Maintain A Healthy Immune System
- Activates Key Immune Cells And Immune Responses That Maintain Health And Wellness
- Helps Reduce The Incidence Of Upper Respiratory Tract Infection (Urti) Symptoms By Supporting Immune Function
- Clinically Proven To Help Maintain Healthy Energy, Vigor, And Mental Clarity During Times Of Stress

Medicinal Ingredients/Ingrédients médicinaux : Serving Size: 1 Packet (4.5g)/Portion : 1 sachet (4,5g)

Astragalus/Astragale (<i>Astragalus membranaceus</i> , root/racine).....	200 mg
10:1 QCE/QBE 2000 mg	
Echinacea/Échinacée (<i>Echinacea purpurea</i> , herb top/sommités).....	400 mg
Reishi (<i>Ganoderma lucidum</i> , fruiting body/ corps fructifère).....	500 mg
L-Lysine (L-Lysine monohydrochloride/ monochlorhydrate de L-lysine).....	160 mg
WELLMUNE® Baker's Yeast/Levure de boulangerie (<i>Saccharomyces cerevisiae</i> , yeast cell wall/ parois cellulaires de levure).....	250 mg
Providing 75 % beta-1,3/1,6-glucan/ Fournissant 75% de bêta-1,3/1,6-glucane	
Eldercraft™ Black Elder/Sureau noir (<i>Sambucus nigra</i> , fruit) Extract/extrait.....	200 mg
64:1 QCE/QBE 12800 mg, Providing 13% Anthocyanins/ Fournissant 13% d'anthocyanines	
Vitamin A/Vitamine A.....	300 mcg RAE/ÉAR (1000 IU/UI)
(Palmitate/palmitate)	
Vitamin C/Vitamine C (Ascorbic acid/acide ascorbique).....	1000 mg
Vitamin D3/Vitamine D3.....	25 mcg (1000 IU/UI)
(Cholecalciferol/cholécalciférol)	
Zinc/Zinc [Hydrolyzed Vegetable Protein (HVP) Chelate/chélate de protéine végétale hydrolysée (PVH)].....	25 mg

Non-Medicinal Ingredients: DL-Malic acid, Natural flavours, Steviol glycosides, Citric acid, Silicon dioxide, Monk fruit extract, *Spirulina plantensis* extract (Colour), Black cumin (*Nigella sativa*) seed extract.



NATREVE

WELLNESS SERIES

SLEEP PEACEFUL



Medicinal Ingredients/Ingrédients médicinaux : Serving Size: 1 Packet (3g)/Portion : 1 sachet (3g)

L-5-HTP/L-5-HTP (<i>Griffonia simplicifolia</i> , seed/graine).....	150 mg
L-Theanine (Synthetic/synthétique).....	235 mg
L-Tyrosine (Synthetic/synthétique).....	500 mg
Chamomile/Camomille (<i>Matricaria chamomilla</i> , flower/fleur) Extract/extrait.....	50 mg
10:1 QCE/QBE 500 mg	
Lemon Balm/Citronnelle (<i>Melissa officinalis</i> , herb top/sommités) Extract/extrait.....	120 mg
10:1 QCE/QBE 1200 mg	
Melatonin/Mélatonine (Synthetic/synthétique).....	3 mg

Non-Medicinal Ingredients: Citric acid, Natural flavours, Steviol glycosides, Lavender (*Lavandula angustifolia*) extract, Monk fruit extract.

- Helps To Increase Total Sleep Time & Improve Sleep Quality
- Helps To Prevent And/Or Reduce The Effects Of Jet Lag
- Helps To Speed Up/Reduce The Time It Takes To Fall Asleep
- Helps To Reset The Body's Sleep-Wake Cycle
- Helps To Promote Healthy Mood Balance



NATREVE

WELLNESS SERIES

STRESS LESS



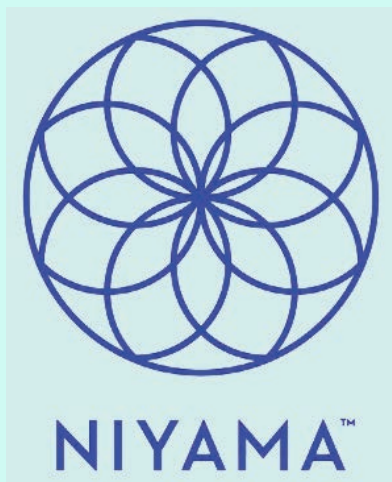
Medicinal Ingredients/Ingrédients médicinaux : Serving Size: 1 Packet (5g)/Portion : 1 sachet (5g)

Lions Mane/Crinière de lion (<i>Hericium erinaceus</i> , fruiting body/corps fructifère).....	500 mg
L-5-HTP/L-5-HTP (<i>Griffonia simplicifolia</i> , seed/graine).....	200 mg
L-Arginine/L-arginine (Synthetic/synthétique).....	500 mg
Magnesium/Magnésium (Citrate/citrate).....	150 mg
Chamomile/Camomille (<i>Matricaria chamomilla</i> , flower/fleur).....	25 mg
Lemon Balm/Citronnelle (<i>Melissa officinalis</i> , herb top/sommités) Extract/extrait.....	300 mg
10:1 QCE/QBE 3000 mg	
N-Acetyl-L-cysteine/N-acétyl-L-cystéine.....	100 mg
Rhodiola/Rhodiola (<i>Rhodiola rosea</i> , root/racine).....	144 mg
Providing 3% Salidroside and 1% Rosavins/ Fournissant 3% de salidroside et 1% de rosavins	
Schisandra/Schisandra (<i>Schisandra chinensis</i> , fruit) Extract/extrait.....	200 mg
4:1 QCE/QBE 800 mg, Providing 2% Schisandrins/ Fournissant 2% de schisandrines	
Ashwagandha/Ashwagandha (<i>Withania somnifera</i> , root/racine) Extract/extrait.....	300 mg
12:1 QCE/QBE 3600 mg, Providing 5% Withanolides/Fournissant 5% de withanolides	

Non-Medicinal Ingredients: Citric acid, Natural flavours, Monk fruit extract, Steviol glycosides, Beet root powder, Rose hip (*Rosa canina*) extract, Lavender (*Lavandula angustifolia*) flower powder.

- Helps To Increase Resistance To Stress In Individuals With A History Of Chronic Stress
- Used In Herbal Medicine As An Adaptogen To Temporarily Relieve Symptoms Of Stress Such As Mental Fatigue And Sensation Of Weakness
- Helps To Relieve Symptoms Of Fibromyalgia
- Helps To Maintain Normal Electrolyte Balance





Clean, Plant-Based Supplements



Move Better, Sleep Better, Live Better



No Gluten



No Dairy



Non-GMO



No Soy



No Artificial
Colours, Flavours,
or Preservatives



Vegan



Made in
Canada





Replenish & Repair

All 6
Hydrating
Electrolytes



Supports
Muscle
Repair

Take hydration to the next level with Niyama's no sugar natural electrolyte rehydrator! Adding a scoop of After Practice Replenish and Repair to your post-practice water not only helps quench your thirst by replacing and rebalancing all 6 electrolytes lost during a sweaty practice or workout; it supports muscle repair reducing soreness and stiffness. In our natural pineapple coconut flavour, it makes rehydrating a luscious experience. Zero calories, zero sugars, nothing artificial.

- All 6 hydrating electrolytes plus supportive trace minerals
- Featuring Coconut water, amino acids, and buffered vitamin C
- Refreshing natural pineapple-coconut flavour
- Zero calories, zero sugar - keto, paleo, intermittent fasting-friendly
- Zero artificial colours, flavours, sweeteners, or preservatives

Ingredients:

Fermented Vegan L-Glutamine	1.5 g	1.5g
Coconut water (Cocos nucifera, Fruit)	1 g	1g
Fermented Vegan L-Leucine	500 mg	500mg
Vitamin C (Calcium ascorbate)	250 mg	250mg
Potassium (Phosphate)	200mg	200mg
Magnesium (Oxide)	125 mg	125mg
Phosphorus (Amino acid chelate)	65 mg	65mg
Calcium (Gluconate)	60 mg	60mg
Zinc (Gluconate)	1mg	1mg
Selenium (L-Selenomethione)	2 mcg	2mcg
Copper (Chelate)	0.2mcg	0.2mcg

Non-Medicinal Ingredients:

Stevia leaf, monk fruit, citric acid, natural pineapple coconut flavour, sodium chloride





Sleep Like Buddha

**Melatonin-free natural
sleep aid for stress-related
sleep issues**



**With Passion Flower,
LTheanine, 5-HTP**

For those nights when you just know you aren't going to be able to turn your beautiful brain off and get to sleep. Fall asleep sooner, enjoy better quality sleep, and wake up reaping the benefits of a good night's rest. Melatonin-free. No groggy mornings.

- With three trusted natural ingredients for relaxation: passionflower, 5-HTP, L-theanine
- Traditionally used in herbal medicine as a sleep aid in cases of insomnia due to mental stress
- Melatonin-free
- One or two capsules 30 minutes before bedtime

Medicinal Ingredients

Each capsule contains:

Passionflower (Passiflora incarnata, Flower)

10:1 QSE 2500mg 250mg

L-Theanine (L-Theanine, Camellia sinensis, Leaf) 100mg

L-5-HTP (5-Hydroxy-L-tryptophan, Griffonia
simplicifolia, Seed) 100mg

Non-Medicinal Ingredients

Hypromellose (capsule shell)





Daytime Zen Stress Support

Adaptogen formula for
daily adrenal support and
stress reduction



With Ashwagandha,
Rhodiola, Bacopa,
LTheanine

This combination of natural adaptogens and nootropics helps your body deal with daily stresses, so that you can focus on what you need to, in a relaxed, yet attentive state of mind. Calming without being sedating, Daytime Zen helps temporarily manage feelings of stress and anxiety so you can shine all day!

- With L-theanine, Ashwagandha, Rhodiola and Bacopa
- Used in herbal medicine as an adaptogen to help relieve symptoms of stress
- Supports cognitive function
- One capsule daily upon waking

Medicinal Ingredients

Each capsule contains

Ashwagandha (<i>Withania somnifera</i> , Root) (5% Withanolides, 10:1, QCE 2500mg)	250mg
L-Theanine (<i>Camellia sinensis</i> , Leaf)	200mg
Rhodiola (<i>Rhodiola rosea</i> , Root) (3% Rosavins, 2% Salidroside, 10:1, QCE 1500mg)	150mg
Bacopa (<i>Bacopa monnieri</i> , Herb top) (50% Bacosides A and B, 30:1, QCE 3000mg)	100mg

Non-Medicinal Ingredients

Hypromellose (capsule shell)





Hey Relax Magnesium Bisglycinate Powder

**Delicious Fresh
Pineapple flavour**



**Vegan, Paleo,
Keto, Fasting
Friendly**

Ease into your evening with the deliciously fresh natural pineapple relaxation powder. Combining four proven ingredients in perfect harmony to promote relaxation, including: Magnesium bisglycinate to relax the mind and the muscles, Tart Cherry for a natural dose of antioxidants, tryptophan and melatonin, GABA to increase alpha wave activity in the brain giving you that zen feeling. And myo-inositol to support mood, hormones, and neurotransmitter activity. Though it's an ideal bedtime stress buster, Hey Relax can be taken any time of day.

- 100% Vegan, gluten-free, soy-free and non-GMO. Keto & Paleo friendly
- Delicious Fresh Pineapple flavour
- Zero sugar added, no artificial sweeteners, colours, or flavours
- The perfect pre-sleep tonic to unwind and calm the racing mind

Medicinal Ingredients (per 5 g scoop)

l'ingrédient médicinal (par cuillère de 5 g)

Magnesium (Magnesium bisglycinate)/Magnésium (bisglycinate de magnésium).....	200 mg
Inositol (Myo-Inositol).....	1000 mg
Tart cherry (Prunus cerasus - 4:1, 1000 mg Fruit)/Cerise acidulée (Prunus cerasus - 4: 1, 1000 mg Fruit).....	250 mg
GABA (4-Aminobutanoic acid)/(acide 4-aminobutanoïque).....	100 mg

Non-Medicinal Ingredients

Natural flavours, Citric acid, DL-Malic acid, Xanthan gum, Stevia leaf, Beta carotene (natural colour).





Immune Warrior

**Superior daily
immune support!**



**Vegan, Gluten-Free,
Soy-Free, Non-GMO**

This powerful all-in-one Immune formula provides advanced support for the immune system. Immune Warrior can be used daily & defensively, as well as when you are experiencing symptoms. Combining 4 immune boosting medicinal mushrooms, plus clinically studied Immudyne beta glucans, and proven immune enhancers NAC, Vitamin C, Vitamin D, Zinc and Glutamine, this product is the new standard in immune system health.

- Delicious natural Orange Pineapple flavour
- Zero sugar, no artificial sweeteners, colours, or flavours
- 1 scoop daily in water, juice, or in a smoothie
- No pills to swallow

Medicinal Ingredients (per 6 g scoop)

L-Glutamine	1500 mg
Vitamin C (Calcium ascorbate)	1000 mg
N-Acetyl-L-cysteine	300 mg
Ganoderma lucidum (Reishi) (Fruiting body).....	125 mg
Inonotus obliquus (Chaga) (Fruiting body)	125 mg
Ophiocordyceps sinensis (Cordyceps) (Stroma)	125 mg
Trametes versicolor (Turkey Tail) (Fruiting body)	125 mg
Immudyne Nutritional NQ Saccharomyces cerevisiae (Baker's Yeast (Saccharomyces cerevisiae - whole).....	30 mg
Zinc (Zinc bisglycinate)	25 mg
Stem bromelain (Bromelain) (Ananas comosus var. comosus - Stem)	25 mg
Papain (Carica papaya - fruit)	25 mg
Copper (Copper (II) bisglycinate)	0.5 mg

Non-Medicinal Ingredients

Citric acid, DL-malic acid, Flavour, Stevia leaf, Xanthan gum, Beet root powder, Monk fruit extract.





Green Goddess & Superfoods

**Daily delicious
wellness!**



**Vegan, Paleo, Keto,
Made in Canada**

Not all greens powders are created equal. Niyama packed 53 organically grown land & sea veggies, fruits, medicinal mushrooms, and herbs into each scoop. This nutrient powerhouse formula delivers the antioxidant equivalent of 6-8 servings of fruits and vegetables, plus over 50% of the recommended daily value of vitamins and minerals – all from food sources.

- Made from 53 organically grown fruits and veggies
- Provides the nutrients of 6-8 servings of fruits and veggies in one scoop
- Food sourced multivitamin – provides 50% or more of the RDV of 20 vitamins & minerals
- Delicious natural raspberry lemonade flavour
- Zero added sugar, NO artificial colours, flavours, sweeteners, or preservatives





Bath Soaks

pH neutral
& sensitive
skin-friendly



Pure Essential
Oils

Luxury bath salts with Dead Sea Salts and Magnesium Flakes for real muscle relaxation benefits. pH balanced so as not to cause irritation even with the most delicate skin and membranes.

- pH balanced - no citric acid or sodium bicarbonate
- Magnesium flakes+ Dead Sea Salts to relax and soothe muscles and tension
 - o Achy Achy: With organic copaiba, arnica and peppermint essential oils to relax and relieve sore, fatigued muscles.
 - o Sleep Like Buddha: Soothing and relaxing lavender, chamomile, and juniper essential oils

Sleep Like Buddha Bedtime Bath Soak Bath Soak Ingredients:
Magnesium Sulfate (Epsom Salt), Maris Sel (Dead Sea Salts), Magnesium Chloride (Magnesium flakes), Lavandula Angustifolia (Lavender) Flower Oil, Chamomilla Recutita (Chamomile) Oil, Juniperus Communis Fruit (Juniper Berry) Oil

Achy Achy Sore Muscles Bath Soak Ingredients:
Magnesium sulphate (Epsom Salt), Maris Sel (Dead Sea Salts), Magnesium Chloride (Magnesium flakes), Arnica Montana Oil, Copaiba Oil, Mentha Piperita (Peppermint) Oil





PURE-LÈ

ORGANIC



Quality, Natural Vitamins & Supplements



Organic D3 + K2 Drops



Pure-le Organic's Vitamin D3 + K2 couples the synergistic power of patented (and soy-free) K2Vital Menaquinone-7 (MK-7) vitamin K2, clinically shown to be highly bioavailable, and stable. Vitamin K2 in the form of MK-7 has been shown in numerous clinical trials to aid bone mineral density & strength as well as improving cardiovascular health. It does both of these (and much much more) by guiding calcium to where it belongs, with vitamin D3, essential for proper calcium absorption. When taken together, these two potent and extensively researched nutrients, work harmoniously to maximize and enhance the health of your bones, teeth, heart, and immunity (to name just a few of their numerous benefits) so you can live well.

NPN 80103215

● USDA Certified Organic	
● Clean & Preservative-free	
● High Potency - using highly bio-available K2 MK-7	
● Vegetarian	● Kosher
● Gluten-free	● GMO-free
● Made in Canada	● Soy-free
● Virtually Taste-free	● 900+ drops / bottle



INGREDIENTS

Per drop 250IU (6.25mcg) Vitamin D3 (Cholecalciferol), 15mcg vegan Vitamin K2 (MK-7), MCT, Safflower and Organic Sunflower Oils.



Organic K2 Drops



Pure-le Organic's Vegan Vitamin K2 harnesses the power of patented, soy-free K2Vital Menaquinone-7 (MK-7) vitamin K2, clinically shown to be highly bioavailable and stable. Vitamin K2 in the form of MK-7 has been shown in numerous clinical trials to aid bone mineral density and strength, as well as improving cardiovascular health. It does both of these, and much more by, in concert with Vitamin D, guiding calcium to where it belongs, essential for proper calcium absorption. **Pure-le Organic Vegan Vitamin K2** is pure, clean and organic.

NPN 80107922

● USDA Certified Organic	
● Clean & Preservative-free	
● High Potency - using highly bio-available K2 MK-7	
● Vegan	● Kosher
● Gluten-free	● GMO-free
● Made in Canada	● Soy-free
● Virtually Taste-free	● 900+ drops / bottle



INGREDIENTS

Per drop 15mcg Vegan Vitamin K2 (MK-7), and Organic Sunflower Oil.



Organic Vegan D + K2 Drops



Pure-le Organic's Vegan Vitamin D + K2 couples the synergistic power of patented, soy-free K2Vital Menaquinone-7 (MK-7) vitamin K2, clinically shown to be highly bioavailable and stable. Vitamin K2 in the form of MK-7 has been shown in numerous clinical trials to aid bone mineral density and strength as well as improving cardiovascular health. It does both of these (and much much more) by guiding calcium to where it belongs, with vegan vitamin D, an essential combination for proper calcium absorption. When taken together, these two potent and extensively researched nutrients work harmoniously to maximize and enhance the health of your bones, teeth, heart, and immunity so you can live well.

NPN 80105993

● USDA Certified Organic	
● Clean & Preservative-free	
● High Potency - using highly bio-available K2 MK-7	
● Vegan	● Kosher
● Gluten-free	● GMO-free
● Made in Canada	● Soy-free
● Virtually Taste-free	● 900+ drops / bottle



INGREDIENTS

Per drop 250IU (6.25mcg) Vegan Vitamin D (Ergocalciferol), 15mcg Vegan Vitamin K2 (MK-7), MCT, Safflower and Organic Sunflower Oils.



Organic Active B-12 Drops



Many people supplement their vitamin B-12, but there's a catch: The common form of vitamin B12 is Cyanocobalamin (passive B-12). It is inexpensive, lab-made and contains cyanide to reduce its cost to 1% of the cost of better forms of B-12. Most importantly, Cyanocobalamin cannot be used by your body without dramatically reducing its potency and releasing the cyanide.

Conversely, **Methylcobalamin (active B-12)** is found widely in nature and is absorbed and used instantly by your body without loss of potency. Pure-le Organic uses only premium **Active Vitamin B-12** without flavours, colours or sweeteners.

NPN 80034360

- | | |
|--|---------------------------|
| ● USDA Certified Organic | |
| ● Clean & Flavour-free | |
| ● High Potency - highly bio-available Active B-12 | |
| ● Vegan | ● Kosher |
| ● Gluten-free | ● GMO-free |
| ● Made in Canada | ● Soy-free |
| ● Great tasting | ● 50 days / bottle |



INGREDIENTS

Active Vegan Vitamin B12 (Methylcobalamin), Pure Organic Vegetable Glycerine, Water, Citric Acid.



Organic Chaga Organicaps



THE KING OF MUSHROOMS

Chaga, the “King of Mushrooms” High in antioxidant properties and beta-glucans, **Chaga** is traditionally used to stimulate the immune system, balance energy, and reduce inflammation. **Chaga** is also known to reduce fatigue and increase mental sharpness. **Chaga** is a key component in the herbal traditions of many cultures including in China, Japan, Siberia, Scandanavia and right here in Canada.

Research identified over 200 active compounds in **chaga**. It is exceptionally rich in a wide variety of nutrients including vitamins, minerals, fiber, sterols and a variety of amino acids. It is the unique combination of these nutrients working together that gives **chaga** its immense therapeutic prowess.

NPN 80066206

- **USDA Certified Organic**
- **Clean & Preservative-free**
- **High Potency**
- **Gluten-free**
- **Nut-free**
- **Therapeutic grade**
- **Made in Canada**



INGREDIENTS

Organic CHAGA mushroom extract 1:1 (Inonotus obliquus) 400 mg,
Organic brown rice, Organic capsule from gelatin or pullulan. (may contain fish).



Organic Cranberry Organicaps



It takes over 37g of organic dried cranberries (no added water weight) to make every gram of **Pure-le Organic Cranberry Concentrate**.

Cranberries have been the subject of over 1000 clinical trials. They have been found to be rich in many nutrients including: fiber (soluble and insoluble), calcium, magnesium, phosphorus, potassium, vitamin C, folate, vitamin A, vitamin E, vitamin K, and the B vitamins (B1, B2, B3 & B6), as well as multiple antioxidants and other phytonutrients. The research has linked the nutrients in cranberries to a lower risk of urinary tract infection (UTI), the prevention of certain types of cancer, improved immune function and decreased blood pressure.

NPN 80057988

- **USDA Certified Organic**
- **Clean & Preservative-free**
- **High Potency**
- **Gluten-free**
- **Nut-free**
- **Therapeutic grade**
- **Made in Canada**



INGREDIENTS

Medicinal Ingredients: Organic Raw Cranberry Concentrate (Vaccinium macrocarpon) 10,000mg (275mg 37:1 Concentrate). Non Medicinal: Organic rice, Organic capsule from gelatin or pullulan (may contain fish).



Organic Elderberry Organicaps



As one of the most widely researched winter support herbs, ideal for cold and flu season, elderberry has stood the test of time with a rich long history of both traditional use and scientific confirmation (over 1200 published papers). Elderberry has been used around the world for over 4000 years to sustain and improve immune health. With **Pure-le Organic Elderberry**, you get a clean, high purity, modern take on a wonderful ancient remedy.

Elderberry has been used as both a food and healer. It is a unique superfood in its own right containing a bioavailable, therapeutically active blend of potent anthocyanins, polysaccharides and berry micronutrients. Together they give Elderberry the power to prevent and resolve infections.

NPN 80057985

- **USDA Certified Organic**
- **Clean & Preservative-free**
- **High Potency**
- **Gluten-free**
- **Nut-free**
- **Therapeutic grade**
- **Made in Canada**



INGREDIENTS

Medicinal Ingredients: Organic Elder Berries (*Sambucus nigra*) 485mg.
Non Medicinal: Organic rice, Organic capsule from gelatin or pullulan (may contain fish).



Organic Horny Goat Weed Organicaps



Horny Goat Weed (the herb with the funny name) boasts more than 2000 years of use in Traditional Chinese Medicine (TCM). It is a safe, healthy, all-natural stimulant that can support a more active life, including love life, for both men and women. Called “yin yan huo” in China because of its medicinal qualities for both the female (yin) and the male (yang), Horny Goat Weed has been used as a sexual enhancer and stimulant for centuries. **Pure-le Organic Horny Goat Weed** is made with carefully selected high potency concentrated organic horny goat weed for maximum effectiveness.

NPN 80086030

- **USDA Certified Organic**
- **Clean & Preservative-free**
- **High Potency**
- **Gluten-free**
- **Nut-free**
- **Therapeutic grade**
- **Made in Canada**



INGREDIENTS

Medicinal Ingredients: Organic Horny Goat Weed (20% Incariin) (Epimedium brevicornu) 450mg. Non Medicinal: Organic rice, Organic capsule from gelatin or pullulan (may contain fish).



Organic Imperial Ginseng Organicaps



Traditionally used throughout many cultures for a variety of wellness purposes, Imperial Ginseng has been shown to provide a holistic approach to supporting immunity, mental and physical stress, a healthy memory, cognitive function, energy, endurance, and more.

Imperial Ginseng is the perfect choice for people who feel run down, weak or tired. It effectively stimulates physical and mental activity, especially if taken continuously, for people of all ages, even for elderly people, providing them with healthy cognition and healthy aging. Imperial Ginseng may also benefit the desire for men and women, normalizing overall body system functioning.

NPN 80012098

- **USDA Certified Organic**
- **Clean & Preservative-free**
- **High Potency**
- **Gluten-free**
- **Nut-free**
- **Therapeutic grade**
- **Made in Canada**



INGREDIENTS

Organic Imperial Ginseng (Panax ginseng) 250 mg, Organic rice, Organic capsule from gelatin or pullulan (may contain fish).



Organic Milk Thistle Organicaps



Numerous clinical studies have confirmed Milk Thistle's ability to detoxify, cleanse and regenerate the liver and its tissue. Milk Thistle has been used by Herbalists for thousands of years to strengthen the liver, helping to protect against alcohol and pollutants. This herb assists the body in two ways; it aids liver cell membranes to inhibit the penetration of toxins into cells, and provides nutritional support for the production and maintenance of healthy liver cells.

Pure-le Organic Milk Thistle is the only clean choice for liver health. Made exclusively from ultra pure Certified Organic Milk Thistle seeds, it is guaranteed to be the cleanest Milk Thistle available. We use a high potency extract (80% Silymarin) ensuring that you can receive optimal potency from the smallest dose, only 2 small Organicap capsules daily.

NPN 80075859

- **USDA Certified Organic**
- **Clean & Preservative-free**
- **High Potency**
- **Gluten-free**
- **Nut-free**
- **Therapeutic grade**
- **Made in Canada**



INGREDIENTS

Medicinal Ingredients: Organic Milk Thistle (80% Silymarin) 250mg.
Non Medicinal: Organic rice, Organic capsule from gelatin or pullulan (may contain fish).



Organic Siberian Ginseng Organicaps



Also known as Eleuthero, Siberian Ginseng has been used for thousands of years across Asia and Russia. It has been used as an adaptogen (aiding the body handle and recover from stress) for aiding the immune system, helping mental performance and mental health and increasing energy, endurance, vitality, longevity and libido. Siberian ginseng has also been found to lower blood sugar, helping weight loss and preventing or recovering from diabetes. As it is a cool ginseng, **Pure-le Organic's Siberian Ginseng** is an excellent choice for both women and men alike and a valuable tool for dealing with physical and emotional stress (work, school, exercise, injury, etc.)

NPN 80012030

- **USDA Certified Organic**
- **Clean & Preservative-free**
- **High Potency**
- **Gluten-free**
- **Nut-free**
- **Therapeutic grade**
- **Made in Canada**



INGREDIENTS

Organic Siberian Ginseng (Eleutherococcus senticosus) 350mg.
Organic rice, Organic capsule from gelatin or pullulan (may contain fish).



Organic Turmeric Organicaps



As our society has aged and turned its attention to pain relief, Turmeric has come under extreme scrutiny. It is now one of the most studied herbs with over 4500 clinical studies and papers. Overall, Turmeric has been shown to be safe and used for arthritis, heartburn (dyspepsia), joint pain, stomach pain, Crohn's disease and colitis, diarrhea, intestinal gas, stomach bloating, loss of appetite, jaundice, liver problems, H. pylori, stomach ulcers, IBS, high cholesterol, fatigue, headaches, bronchitis, colds, hay fever, itchy skin, and worms.

Pure-le Organic Turmeric is the only clean choice for anti-inflammatory health. Made exclusively from ultra pure Certified Organic Turmeric roots, it is guaranteed to be the cleanest Turmeric available..

NPN 80066242

- **USDA Certified Organic**
- **Clean & Preservative-free**
- **High Potency**
- **Gluten-free**
- **Nut-free**
- **Therapeutic grade**
- **Made in Canada**



INGREDIENTS

Organic Turmeric (*Curcuma longa*) 500 mg, Organic brown rice, Organic capsule from gelatin or pullulan (may contain fish).



Organic Liquid Greens

The ONLY Organic Chlorophyll



Pure-le Organic Liquid Greens - Great taste meets great energy.

Chlorophyll is the green pigment naturally produced by plants and algae and gives them their characteristic dark green color. As a healer, the action of chlorophyll is remarkable: It is a potent antioxidant, neutralizing free radicals. It is a detoxifier, cleansing many toxins including aflatoxins (a class of carcinogens). It curbs hunger – sip it after lunch and before you know it, it will be quitting time and you'll head home for dinner, without craving snacks or energy in the afternoon.

Chlorophyll is also an energizer, helping to open up airways which increases oxygen to your cells. This action helps athletes train harder, go further and recover faster, but it also helps the rest of us go farther, all without any extra calories! Try it during your workout, you'll love the results.

NPN 80116536

AVAILABLE IN UNFLAVOURED & SPEARMINT FLAVOUR

- **Clean, all-natural ingredients**
 - **High Potency - certified organic grasses**
 - **Oatgrass, Wheatgrass, Barleygrass, Alfalfagrass**
 - **Unflavoured & Spearmint**
- | | |
|-------------------------|-------------------|
| ● Gluten-free | ● Vegan |
| ● Made in Canada | ● GMO-free |
| ● Great tasting | ● Soy-free |



INGREDIENTS

Medicinal Ingredients: Certified organic barleygrass (*Hordeum vulgare*) 75 mg, certified organic oatgrass (*Avena sativa*) 75 mg, certified organic wheatgrass (*Triticum aestivum*) 75 mg, certified organic alfalfagrass (*Medicago sativa*) 75 mg.

Non-Medicinal Ingredients: Pure filtered water, certified organic vegetable glycerine, rowanberry extract, sodium copper chlorophyllin, citric acid.



Organic Pre + Probiotic Organicaps



You have most likely heard about probiotics and their role in digestive and immune health. But what about prebiotics. Probiotics are the healthy bacteria that naturally live in your digestive system. They keep your digestive system running properly, and fight pathogenic (disease causing bad) bacteria. Certain probiotics have been linked to specific health benefits. Prebiotics are specific types of dietary fibers that are the “food” for probiotics. Prebiotics are needed to help probiotics grow and remain in your digestive system. Not all fibers are prebiotics. Without adequate prebiotics to feed them, taking probiotics may just be a waste of your time and money. **Pure-le Organic Pre + Probiotic** provides you with the optimal combination of organic prebiotics with probiotics. **Pure-le Organic Pre + Probiotic** is the ideal digestive protection and relief for everyone (teens, adults and seniors).

NPN 80062076

- | | |
|--|----------------------------|
| ● USDA Certified Organic | |
| ● Clean & Preservative-free | |
| ● High Potency | |
| ● Vegan | |
| ● Kosher | |
| ● Nut-free | ● Gluten-free |
| ● Made in Canada | ● Therapeutic grade |



INGREDIENTS

Vegan Probiotic Bacillus Coagulans 5 Billion CFU, Prebiotic Fiber (Guar Gum) 450 MG, Certified organic vegetable capsule.



Organic Fiberrific



NO MORE GRITTY GLOPPY FIBER DRINKS

Organic Fiberrific gives you all the benefits you want from a fiber supplement without the drawbacks. Just mix in water, your favorite (non-carbonated) hot or cold drinks, and soft foods. You won't even know it's there! With **Organic Fiberrific** get the fiber you need in a taste-free, all-natural powder you can add to any beverage* or soft food. Unlike other powdered fiber supplements, **Organic Fiberrific** will not thicken or alter the texture of your favorite foods. **Organic Fiberrific** dissolves completely in water and is easily added to the things you normally eat and drink. **Organic Fiberrific** helps you maintain regularity* and gives you the freedom to add fiber to your diet any way you choose.

NPN 80071622

● USDA Certified Organic	
● Clean & Preservative-free	
● 94% Pure Fiber	
● Vegan	● Grit-free
● Kosher	● Gluten-free
● Taste-free	● GMO-free
● Made in Canada	● Non-thickening



INGREDIENTS

Organic Agave Inulin (100% natural vegetable fiber). 3g fiber per rounded 1/2 tsp.



REVIVE

EXPERIENCE THE DIFFERENCE



YOUR HEALTH AS YOUR #1 PRIORITY

- ✓ Clinically Dosed Health Formulas
- ✓ Purity, Strength, and Composition You Can Trust
- ✓ Full Transparency Labeling



REVIVE

EXPERIENCE THE DIFFERENCE



30 Servings | NPN 80109303

PRODUCT BENEFITS

- ✓ Supports a state of calmness and relaxation
- ✓ Supports serotonin and GABA signaling in the brain
- ✓ Promotes stress management and mood
- ✓ Supports physical and mental performance

DAILY ESSENTIALS: CALM

Revive's Calm formula manages cortisol to optimize your performance, recovery, and life by regulating the body's stress-response system and supporting a strong nervous system.

MEDICINAL INGREDIENTS/INGRÉDIENTS MÉDICINAUX

Serving Size / Portion: 6 Capsules

Servings Per Container / Portions Par Contenant: 30

Amount Per Serving / Quantité Par Portion	% Daily Value / % Valeur quotidienne*
Vitamin C (as ascorbic acid) / Vitamine C (acide ascorbique)	100 mg 112%
Niacin (as Niacinamide, Vitamin B3) / Niacine (niacinamide, vitamine B3)	20 mg 125%
Vitamin B6 (as Pyridoxine HCl) / Vitamine B6 (pyridoxine HCl)	20 mg 1,176%
Vitamin B12 (as Methylcobalamin) / Vitamine B12 (méthylcobalamine)	400 mcg 16,667%
Folate (as Folic Acid) / (acide folique)	1000 mcg 250%
Magnesium (as Magnesium Malate) / Magnésium (malate de magnésium)	150 mg 36%
Zinc (from Zinc Bisglycinate Chelate as TRAACS®) / (à partir du chélate de bisglycinate de zinc comme TRAACS®)	10 mg 91%
Inositol / Inositol	650 mg **
L-Taurine / L-Taurine	600 mg **
L-Theanine / L-théanine	200 mg **
Gamma Aminobutyric Acid / Acide gamma-aminobutyrique	200 mg **
HTPurity™(5-hydroxytryptophan)(from Griffonia simplicifolia(Seed Extract)(Peak X Free) / HTPurity™ (5-hydroxytryptophane) (de Griffonia simplicifolia (extrait de graine) (Peak X Free)	150 mg **

*5% or less is a little, 15% or more is a lot.

*5% ou moins c'est peu, 15% ou plus c'est beaucoup.

Non-Medicinal Ingredients: Hydroxypropyl Methylcellulose (vegetable capsule) Magnesium Stearate, Silicon Dioxide. / **Ingrédients non médicinaux:** Hydroxypropylméthylcellulose (capsule végétale) Stéarate de magnésium, dioxyde de silicium.



REVIVE

EXPERIENCE THE DIFFERENCE



30 Servings | NPN 80110841

PRODUCT BENEFITS

- ✓ Supports cellular health
- ✓ Supports immune function
- ✓ Enhances antioxidant protection and activity
- ✓ Provides essential micro-nutrients to optimize daily nutritional intake

DAILY ESSENTIALS:

IMMUNE MULTI

Immune Multi is scientifically formulated to support energy production, energy reserves, and increase vitamin intake.

MEDICINAL INGREDIENTS / INGRÉDIENTS MÉDICINAUX

Serving Size/Portion: 4 Capsules / Capsules

Servings Per Container / Portions Par Contenant: 30 Servings / 30 Portions

Amount Per Serving / Quantité Par Portion		%DV*
Vitamin A (from Beta-Carotene) / Vitamine A (à partir de bêta-carotène)	1500 mcg RAE (5000IU)	167%
Vitamin C (as Ascorbic acid) / Vitamine C (acide ascorbique)	250 mg	278%
Vitamin D3 (as Cholecalciferol) / Vitamine D3 (cholecalciférol)	25 mcg (1000IU)	125%
Thiamine (Vitamin B1) (from thiamine HCl) / Thiamine (Vitamine B1) (de thiamine HCl)	15 mg	1250%
Riboflavin (Vitamin B2) / Riboflavine (Vitamine B2)	15 mg	1154%
Niacin (as Niacinamide) / Niacine (Niacinamide)	15 mg	94%
Vitamin B6 (Pyridoxine HCl) / Vitamine B6 (Pyridoxine HCl)	15 mg	882%
Quatrefolic® Folate (as L-5-Methyltetrahydrofolic acid, glucosamine salt) / Quatrefolic® Folate (sous forme d'acide L-5-méthyltétrahydrofolique, sel de glucosamine)	800 mcg	200%
Vitamin B12 (as Methylcobalamin) / Vitamine B12 (méthylcobalamine)	250 mcg	10 416%
Choline (as Choline bitartrate) / Choline (bitartrate de choline)	15 mg	3%
Biotin (as Vitamin B7) / Biotine (vitamine B7)	50 mcg	167%
Pantothenic Acid (as Calcium citrate) / Acide pantothénique (citrate de calcium)	15 mg	300%
Potassium (as Potassium citrate) / Potassium (citrate de potassium)	30 mg	<1%
Calcium (as Calcium citrate) / Calcium (citrate de calcium)	75 mg	6%
Iodine (from Potassium iodide) / Iode (de l'iode de potassium)	37 mcg	25%
Magnesium (as Magnesium malate) / Magnésium (malate de magnésium)	290 mg	69%
TRAACS® Zinc (as Zinc bisglycinate chelate) / TRAACS® Zinc (chélate de bisglycinate de zinc)	5 mg	45%
Selenium (as Selenium glycinate complex) / Sélénium (complexe de glycinate de sélénium)	75 mcg	136%
TRAACS® Manganese (as Manganese bisglycinate chelate) / TRAACS® Manganèse (chélate de bisglycinate de manganèse)	1 mg	43%
Chromium (as O-polynicotinate) / Chrome (O-polynicotinate)	50 mcg	143%
N-acetyl-L-cysteine (NAC) / N-acétyl-L-cystéine (NAC)	600 mg	**
Acetyl L-carnitine HCl / Acétyl L-carnitine HCl	500 mg	**
DL-alpha Lipoic Acid / Acide DL-alpha Lipoïque	200 mg	**
Mixed Tocopherol Concentrate / Concentré de tocophérol mixte	50 mg	**
Green Tea (Camellia sinensis - Leaf) Extract / Extrait de Thé Vert (Camellia sinensis - Feuille)	45 mg	**
HiActives® Organic broccoli (Brassica oleracea, sprout) powder (sulforaphane glucosinolate) / Poudre de brocoli biologique HiActives® (Brassica oleracea, germe) (glucosinolate de sulforaphane)	40 mg	**
Inositol NF	15 mg	**
Trans-resveratrol (from Polygonum cuspidatum (roots)) / Trans-resvératrol (de Polygonum cuspidatum (racines))	10 mg	**

*5% or less is a little, 15% or more is a lot. / *5% ou moins c'est peu, 15% ou plus c'est beaucoup.

**Daily Value Not Established. / **Valeur quotidienne non établie.

Non-medicinal ingredients: Natural Vegetable Capsules, Ascorbyl Palmitate, Magnesium Stearate, Magnesium Silicate and Silicon Dioxide. / **Ingrédients non médicinaux:** Capsules végétales naturelles, palmitate d'ascorbyle, stéarate de magnésium, silicate de magnésium et dioxyde de silicium.



REVIVE

EXPERIENCE THE DIFFERENCE



30 Servings | NPN 80120235

Flavours:
Chocolate,
Fresh Berry,
Espresso

PRODUCT BENEFITS

- ✓ Protects the body from cellular stress
- ✓ Improves fibre intake
- ✓ Promotes natural detoxification processes
- ✓ Supports energy levels

DAILY ESSENTIALS:

DAILY GREENS

Daily use of this formula provides all the beneficial nutrients from plant-based ingredients to support a healthy and balanced diet. Each scoop contains a superfood blend rich in antioxidants and powerful plant-based nutrients to help lower inflammation, support digestion and boost energy levels.

SUPPLEMENT FACTS

Serving size: 1 Scoop (17 grams)
Servings per container: 30

1 Scoop Contains	Amount Per Serving	% DV*
Inulin(FOS)(FructoOligoSaccharides)	3g	**
Ground Flaxseed Powder	1g	**
Chia Seed	1g	**
Organic Wheat Grass Powder	800mg	**
Organic Spirulina	800mg	**
Organic Alfalfa Grass	400mg	**
Organic Barley Grass	400mg	**
Fermented Turmeric Powder	200mg	**
Organic Astragalus	200mg	**
Tomato Powder	150mg	**
Organic Broccoli Powder	100mg	**
Organic Broccoli Sprout	100mg	**
Spinach Powder	100mg	**
Carrot Powder	100mg	**
Fermented Kale Powder	50mg	**
Organic Chlorella	50mg	**
Kelp Powder	50mg	**
Organic Apple Powder	50mg	**
Organic Strawberry Powder	50mg	**
Kiwi Powder	50mg	**
Raspberry Fruit Powder	50mg	**
Cherry Powder	50mg	**
Blackberry Powder	50mg	**
Pineapple Powder	50mg	**
Revive Probiotic Blend (from non-dairy mediums)(Vegan)	62.5mg(25 billion CFU)	**

Lactobacillus acidophilus, Lactobacillus plantarum, Lactobacillus gasseri, Lactobacillus paracasei, Lactobacillus fermentum, Lactobacillus casei, Lactobacillus rhamnosus, Lactobacillus salivarius, Streptococcus thermophilus, Bifidobacterium breve, Bifidobacterium infatis, Bifidobacterium longum, Bifidobacterium lactis, Bifidobacterium bifidum.

*(DV) Daily Value Based on a 2000 calorie diet.
**Daily Value (DV) not established

Other Ingredients (Chocolate): Cocoa (Processed with Alkali), Natural Flavours, Erythritol, Silicon Dioxide, Salt, Steviol Glycoside (95%).



REVIVE

EXPERIENCE THE DIFFERENCE



60 Servings | NPN 80111747

DAILY ESSENTIALS: KIDS GUMMIES

This gummies multivitamin provides a delicious source of essential vitamins and minerals, including vitamins A, C, D, E, Bs & Zinc to help kids reach their daily micronutrient needs.

PRODUCT BENEFITS

- ✓ Promotes healthy growth and development of children
- ✓ Supports nutrient balance in kids
- ✓ Contains no artificial flavouring

SUGGESTED USE:

For children 2-3 years of age, take one (1) gummy per day. For children 4+ years of age, take two (2) gummies per day, or as recommended by a healthcare practitioner. Instruct child to chew each gummy thoroughly before swallowing.

MEDICINAL INGREDIENTS/INGRÉDIENTS MÉDICINAUX

Serving Size / Portion: 1 Gummy

Servings Per Container / Portions Par Contenant: 60

Amount Per Serving / Quantité Par Portion	% Daily Value / % Valeur quotidienne*
Vitamin A (retinol acetate) / Vitamine A (acétate de rétinol)	375 mcg RAE 41.5%
Vitamin C (as ascorbic acid) / Vitamine C (acide ascorbique)	9 mg 10%
Vitamin D (as cholecalciferol) / Vitamine D (cholécalférol)	0.75 mcg (30 IU) 5%
Vitamin E (as DL-alpha-tocopherol-acetate) / Vitamine E (DL-alpha-tocophérol-acétate)	7.5 mg AT 50%
Vitamin B6 (as pyridoxine HCl) / Vitamine B6 (pyridoxine HCl)	350 mcg 27%
Folate (folic acid) (250 mcg DFE) / Folate (acide folique) (250 mcg DFE)	125 mcg 62.5%
Vitamin B12 (as cyanocobalamin) / Vitamine B12 (cyanocobalamine)	2 mcg 83.5%
Biotin / Biotine	30 mcg 100%
Vitamin B5 (as D-calcium pantothenate) / Vitamine B5 (pantothénate de D-calcium)	2.5 mg 50%
Iodine (as potassium iodide) / Iode (iodure de potassium)	18.5 mcg 25%
Zinc (as zinc citrate) / Zinc (citrate de zinc)	1.1 mg 12.5%
Choline (as choline bitartrate) / Choline (bitartrate de choline)	5 mcg <1%
Inositol	5 mcg **

*5% or less is **a little**, 15% or more is **a lot**.

*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**.

Non-medicinal ingredients: Sugar, Glucose syrup, Glucose, Apple juice concentrate, Pectin, Citric acid, Natural strawberry flavour, Purple carrot juice concentrate, Sodium citrate. / **Ingrédients non médicinaux:** Sucre, Sirop de glucose, Glucose, Jus de pomme concentré, Pectine, Acide citrique, Arôme naturel de fraise, Jus de carotte violet concentré, Citrate de sodium.



REVIVE

EXPERIENCE THE DIFFERENCE



30 Servings | NPN 80111550

PRODUCT BENEFITS

- ✓ Supports overall liver health
- ✓ Protects the liver from cellular stress induced damage
- ✓ Supports the body's natural detoxification pathways

ORGAN HEALTH: LIVER

Revive's Liver's foundation is a comprehensive liver formula with 300mg of TUDCA per serving, 1000mg of Milk Thistle, 1000mg of the antioxidant NAC per serving, 50mg of astragin, and 10mg bioperine to help with the uptake and absorption of these ingredients.

MEDICINAL INGREDIENTS / INGRÉDIENTS MÉDICINAUX

Serving Size/Portion: 1 Capsule / Capsule

Servings Per Container / Portions Par Contenant: 120

Amount Per Serving / Quantité Par Portion

N-Acetyl-L-cysteine / N-acétyl-L-cystéine	250 mg
--	--------

Milk Thistle (Silybum marianum, Seed) Std. to 80% Silymarin / Chardon-Marie (Silybum marianum, graine) Std. à 80% de silymarine	250 mg
--	--------

TUDCA (Tauroursodeoxycholic acid)	75 mg
--	-------

AstraGin®	12.5 mg
[Astragalus (Astragalus membranaceus, Root) Extract (10:1) 6.25 mg / [Extrait d'astragale (Astragalus membranaceus, racine) (10:1) 6,25 mg Notoginseng (Panax notoginseng - Rhizome) Extract (50:1) 6.25 mg / Extrait de notoginseng (Panax notoginseng - Rhizome) (50:1) 6,25 mg	

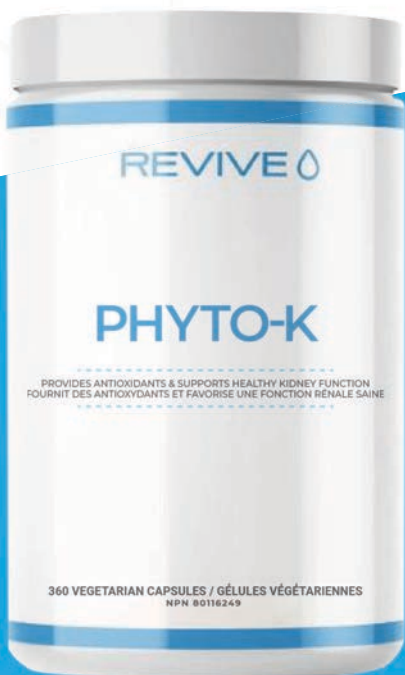
Bioperine® Piperine (Piper nigrum - Fruit)	2.37 mg
---	---------

Non-Medicinal Ingredients: Vegetable Capsule (Hypromellose), Magnesium stearate, Rice flour, Silicon dioxide. **Ingrédients non médicinaux:** Capsule végétale (hypromellose), stéarate de magnésium, farine de riz, dioxyde de silicium.



REVIVE

EXPERIENCE THE DIFFERENCE



30 Servings | NPN 80116249

PRODUCT BENEFITS

- ✓ Supports healthy kidney function
- ✓ Maintains already healthy blood pressure
- ✓ Reduces stress on the kidneys

ORGAN HEALTH: PHYTO-K

According to the National Kidney Foundation, 1 in 3 people are at risk for kidney disease. Often, kidney issues go unnoticed as they develop over time, which can be detrimental as kidneys are vital organs that filter toxins. Phyto-K was scientifically formulated to repair and regenerate kidneys and prevent short and long-term kidney issues.

MEDICINAL INGREDIENTS/INGRÉDIENTS MÉDICINAUX

Serving Size/Portion: 5 Capsules

Servings Per Container / Portions Par Contenant: 72

Amount Per Capsule / Quantité Par Capsule

Organic Astragalus (Astragalus membranaceus - Root) Powder / Poudre d'astragale organique (Astragalus membranaceus - racine)	333.33 mg
---	-----------

Organic Beta Root (Beta vulgaris - Root) Powder / Poudre de racine de bêta biologique (Beta vulgaris - racine)	250 mg
---	--------

Grape Seed (Vitis vinifera - Seed) Extract (95% Oligomeric Proanthocyanidins) / Extrait de pépins de raisin (Vitis vinifera - Graine) (95% de proanthocyanidines oligomères)	83.33 mg
---	----------

Pinus (Pinus pinaster - Stem bark) Extract (10:1) / Extrait de Pinus (Pinus pinaster - Écorce de tige) (10:1)	12.50 mg
--	----------

AstraGin®	4.16mg
------------------	--------

[Astragalus (Astragalus membranaceus, Root) Extract (10:1) 2.08 mg / [Extrait d'astragale (Astragalus membranaceus, racine) (10:1) 2.08 mg Notoginseng (Panax notoginseng - Rhizome) Extract (50:1) 2.08 mg / Extrait de notoginseng (Panax notoginseng - Rhizome) (50:1) 2.08 mg	
--	--

Bioperine® Piperine (Piper nigrum - Fruit)	0.79mg
---	--------

Non-Medicinal Ingredients: Vegetable Capsule (Hypromellose), Magnesium stearate, Rice flour, Silicon dioxide. **Ingrédients non médicinaux:** Capsule végétale (hypromellose), stéarate de magnésium, farine de riz, dioxyde de silicium.



REVIVE

EXPERIENCE THE DIFFERENCE



ORGAN HEALTH: GLUCOSE

Particularly helpful for bodybuilders and top athletes, Glucose Rx is a glucose disposal agent to help manage your glucose levels after meal intake. A proper-dosed GDA supports using carbohydrate intake as it becomes glucose and is stored as glycogen to optimize performance.

30 Servings | NPN 80109544

PRODUCT BENEFITS

- ✓ Maintains already-healthy post meal blood sugar levels
- ✓ Supports nutrient uptake
- ✓ Promotes healthy glucose metabolism and insulin response
- ✓ Promotes muscle glycogen storage

MEDICINAL INGREDIENTS/INGRÉDIENTS MÉDICINAUX

Serving Size / Portion: 6 Capsules

Servings Per Container / Portions Par Contenant: 30

Amount Per Serving / Quantité Par Portion	% Daily Value / % Valeur quotidienne*
Vitamin C (as ascorbic acid) / Vitamine C (acide ascorbique)	249.9 mg 278%
Vitamin D3 (as cholecalciferol) / Vitamine D3 (cholécalférol)	49.8 mcg 250%
Vitamin B1 (as thiamine mononitrate) / Vitamine B1 (mononitrate de thiamine)	9.99 mg 833%
Vitamin B3 (as niacinamide) / Vitamine B3 (niacinamide)	19.98 mg 125%
Vitamin B6 (as pyridoxine HCl) / Vitamine B6 (pyridoxine HCl)	9.99 mg 588%
Vitamin B12 (as methylcobalamin) / Vitamine B12 (méthylcobalamine)	249.9 mcg 10 413%
Chromium (as chromium picolinate) / Chrome (picolinate de chrome)	600 mcg 1714%
Berberine HCl (berberis aristata)(root) / Berbérine HCl (berberis aristata)(racine)	1500 mg **
Citrus Bergamia (bergamot, fruit, 4:1) Extract / Extrait de Citrus Bergamia (bergamote, fruit, 4:1)	499.8 mg **
Cinnamon (cinnamomum aromaticum, bark, 4:1) Extract / Extrait de Cannelle (cinnamomum aromaticum, écorce, 4:1)	300 mg **
Grape Seed (vitis vinifera, seed) Extract (50% polyphenols) / Extrait de pépins de raisin (vitis vinifera, pépins) (50% de polyphénols)	300 mg **
Fenugreek (trigonella foenum-graecum, seed) Powder / Fenugrec (trigonella foenum-graecum, graine) Poudre	199.8 mg **
R-Alpha Lipoic Acid (R-ALA) (Yielding 165 mg of Active R (+) ALA Isomer) / Acide R-alpha lipoïque (donnant 165 mg d'isomère actif R (+) ALA)	199.8 mg **
Gymnema (gymnema sylvestre, leaf) Extract (std. to 75% gymnemic acid) / Extrait de Gymnema (gymnema sylvestre, feuille) (titré à 75% d'acide gymnémique)	174.9 mg **
AstraGin® Panax (panax notoginseng, root, 50:1) Extract 12.5 mg / Extrait de Panax (panax notoginseng, racine, 50:1) 12.5 mg Astragalus (astragalus membranaceus, root, 10:1) Extract 12.5 mg / Extrait d'astragale (astragalus membranaceus, racine, 10:1) 12.5 mg	25 mg **
Black Pepper (piper nigrum, fruit) Extract (std to 95% piperine) / Extrait de poivre noir (piper nigrum, fruit) (std à 95% de pipérine)	4.8 mg **

*5% or less is a little, 15% or more is a lot.

*5% ou moins c'est peu, 15% ou plus c'est beaucoup.

Non-medicinal ingredients: Natural vegetable capsules, Magnesium stearate, Silicon dioxide. /

Ingrédients non médicinaux: Capsules végétales naturelles, Stéarate de magnésium, Dioxyde de silicium. dioxyde de silicium.



REVIVE

EXPERIENCE THE DIFFERENCE



30 Servings | NPN 80111766

PRODUCT BENEFITS

- ✓ Supports an already-healthy inflammatory response
- ✓ Supports cardiovascular health
- ✓ Promotes joint and organ health
- ✓ Promotes a healthy immune system
- ✓ Promotes antioxidant activity

RECOVERY: TURMERIC+

Turmeric + is one of the most complete inflammation management products in today's market. It promotes maintaining an already-healthy inflammatory response which includes joint, digestive, and cardiovascular health by preventing bodily inflammation.

MEDICINAL INGREDIENTS / INGRÉDIENTS MÉDICINAUX

Serving Size/Portion: 1 Capsule / Capsule

Servings Per Container / Portions Par Contenant: 120

Amount Per Serving / Quantité Par Portion	%DV*
Boswellia (Boswellia serrata, Stem Bark oleoresins) (Std. to 40% boswellic acid)	333.00 mg **
Boswellia (Boswellia serrata, oléorésines d'écorce de tige) (Std. à 40% d'acide boswellique)	
Curcumin C3 Complex® (Curcumin longa, Rhizome)	133.33 mg **
Curcumine C3 Complex® (Curcumine longa, Rhizome)	
Ginger (Zingiber officinale, Rhizome) Extract (Std. to 5% Total Gingerol)	83.33 mg **
Extrait de Gingembre (Zingiber officinale, Rhizome) (Std. à 5% de Gingerol Total)	
R-alpha-Lipoic acid / Acide R-alpha-lipoïque	66.66 mg **
BioPerine® (Black Pepper Fruit Extract) Piperine	3.33 mg **
BioPerine® (extrait de fruit de poivre noir) Pipérine	

**Daily Value Not Established. / **Valeur quotidienne non établie.

Non-medicinal ingredients: Hydroxypropyl Methylcellulose (Vegetable Capsule), Magnesium Stearate, Silicon Dioxide, Dextrin, Maltodextrin (Ginger Root and Black Pepper Seed Extracts). / **Ingrédients non médicinaux:** hydroxypropyl méthylcellulose (capsule végétale), stéarate de magnésium, dioxyde de silicium, dextrine, maltodextrine (extraits de racine de gingembre et de graines de poivre noir).



SCHINOUSSA™

SUPER FOODS



HIGHLY-NUTRITIOUS SUPERFOODS AND SUPPLEMENTS





SEA VEGETABLES

Sea Vegetables by Schinoussa is a weight loss formula that functions effectively by addressing any Iodine deficiency and fat metabolism occurring within the body. This formula contains extra Iodine from the added Bladderwrack and Kelp. Iodine is the mineral needed for the Thyroid to create T3 and T4. If there is Iodine deficiency in the diet, fat metabolism becomes an issue. In addition, an underactive Thyroid prevents fat metabolism, therefore allowing for extra fat cells to be stored within the body. Schinoussa's Sea Vegetables are 100% Canadian, vegan, and gluten free. Sea Vegetables are a great daily source of absorbable B vitamins, iron, calcium and magnesium. Ten servings of nutritional value from fruits and vegetables are present in just one teaspoon.

INCREASE ENERGY, PH BALANCE, IMMUNE SYSTEM SUPPORT

SIZES: 270g & 240g

FLAVOURS: Apple Cinnamon, Pure Gold, Pure Gold Vcaps, Berry Antioxidants, Original, Unflavoured Weight Loss

Nutrition Facts Valeur nutritive

Per 1 tsp.(4.5g) / par 1 c. a thé (4.5g)

Amount	% Daily Value
Teneur	% Valeur Quotidienne
Calories / Calories 20	
Fat/ Lipides 1 g	1 %
Sodium / Sodium 15 mg	1 %
Carbohydrate / Glucides 2 g	1 %
Fibre/Fibres 2 g	8 %
Protein / Protéines 2 g	
Vitamin A / Vitamine A	4 %
Vitamin B6 / Vitamine B6	2 %
Vitamin B12 / Vitamine B12	20 %
Iron/Fer	6 %
Folate/Folate	4 %
Vitamin C/Vitamine C	0 %
Calcium / Calcium	0 %

Not a significant source of saturated fat, trans fat, cholesterol or sugars.

Source négligeable de lipides saturés, lipides trans, cholestérol, sucres.





BRAINBOOST AFA++

Brainboost is known as a neuro-modulator that increase mental cognition through neurotransmission. This is a very important and key factor in brain health such as memory, mood, focus, ADHD, anxiety, and depression. The organic E3Live blue-green algae is a oxygen super food that fuels the brain with antioxidant properties. It's great for athletes seeking a more focused mental state, as well as students looking to retain more information easier.

**EFFECTIVE FOR MENTAL STRESS,
FOCUS, MOOD, & ANTI DEPRESSION**

SIZE: 60ct

FLAVOUR: Unflavoured



BEAUTIFUL MARINE COLLAGEN

Collagen is the glue that holds tissue together, rebuilds hair, skin, nails, arteries and joints. Schinoussa's source is from wild caught tilapia and is the most bio available and cleanest source of collagen. The tilapia is type 1 and 3 which are the types to build strong, flexible and durable connective tissue, which is great for hair, skin, and nails.

**NON GMO, WILD TYPE 1,3 COLLAGEN
IS THE HIGHEST BIOAVAILABILITY**

SIZE: 90ct

FLAVOUR: Unflavoured

Nutrition Facts Valeur nutritive

Ingredients per capsule / Ingrédients par capsule

Blue-Green Algae (E3-Live)	90mg
/ L'algue bleue verte biologique (E3-Live)	

Nutrition Facts Valeur nutritive

Ingredients per capsule / Ingrédients par capsule

Marine collagen / Collagène marin	500mg
-----------------------------------	-------





Nutrition Facts Valeur nutritive

Ingredients per / Ingrédients par capsule

D-3-Hydroxybutyrate (beta-Hydroxybutyrate) /	600mg
D-3-Hydroxybutyrate (bêta-hydroxybutyrate)	

SN KETO600

Keto 600 is Schinoussa's #1 Ketogenic Weight Loss formula that combines key BHB salts to help you boost mental focus, and promote endurance. Keto 600 is a researched formula that achieves a needed support for weight loss efforts. BHB Salts (Beta Hydroxybutyrate), are able to help fuel your brain during low-carb dieting and support electrolytes, which may be depleted during a ketogenic diet. Being in ketosis may boost performance and allow fat to be used for fuel much easier.

100% PURE BHB SALTS, WEIGHT LOSS, FUEL, MENTAL FOCUS, ENDURANCE, STIMULANT FREE

SIZE: 75ct

FLAVOUR: Unflavoured





Nutrition Facts Valeur nutritive

Ingredients per 5g / Ingrédients pour 5g

Vitamin C / Vitamine C	200mg
Vitamine E / Vitamine E	56mg
Vitamin B1 / Vitamine B1	2mg
Niacin / Niacine	10mg
B6	5mg
Pantothenic acid / Acide pantothénique	26mg
Calcium	207mg
Phosphorus / Phosphore	198mg
Magnesium / Magnésium	495mg
Sodium	127mg
Potassium	190mg
Citric acid / Acide citrique	1000mg
Glutamine	200mg
Glycine	100mg

KETO BOOST ELECTROLYTES

Keto Boost is a 3 in 1 sport electrolyte supported by B vitamins and amino acids for intense muscle fatigue prevention. Calcium and magnesium work for muscle spasm prevention. Sodium and potassium work to keep muscles contractions stable. For keto diets, this formula supports continual fat loss and prevents dehydration and hunger.

OFFICIAL FORMULA FOR CANADIAN TENNIS STAR DANIEL NESTOR, 10 YEAR INDUSTRY SALES AND CONSUMER INTEGRITY

SIZE: 100g **FLAVOUR:** Unflavoured





Nutrition Facts Valeur nutritive

Servings per Container / Portions par contenant: 30

Prebiotic Fibre / Fibre prébiotique	500 mg
MCT	7 g
Hydrolyzed Collagen Peptides / Peptides de collagène hydrolysés	2 g
Sugar / Sucre	0 g
Vitamin C / Vitamine C	500 mg

KETO MCT

Keto MCT is your absolute choice for adding high-quality medium chain triglycerides (MCT) from sustainable coconut harvesting to your diet. 100% coconut oil powder is the one and only ingredient and is 100% good fats providing energy, mental, physical health and a keto edge in your diet.

SMOOTH, CLEAN, NATURAL FLAVOUR, 10G GOOD FAT, 0G SUGAR

SIZE: 300g (30 Servings) **FLAVOUR:** Unflavoured





PROBIOTIC L-GLUTAMINE

Glutamine is the most abundant amino acid in the human body. It provides key benefits such as immune support, muscle growth, HGH support and digestive healing for circulation which improves sexual organ arousal, vigour and sensitivity. This probiotic blend works to improve the overall benefits of glutamine due to its nutrient delivery and immune strengthening abilities.

PROTEIN SYNTHESIS, DIGESTIVE & IMMUNE SUPPORT

SIZE: 300g (60 Servings) **FLAVOUR:** Unflavoured

Nutrition Facts Valeur nutritive

Serving Size / Portion: 1 tsp / 1 cuillère à café (5g)
Servings per Container / Portions par contenant: 60
Amount Per Serving / Quantité par portion

L-Glutamine	5g
-------------	----

Bifidobacterium bifidum	312.5 Million CFU
Bifidobacterium breve	312.5 Million CFU
Bifidobacterium longum	312.5 Million CFU
Lactobacillus acidophilus	312.5 Million CFU
Lactobacillus casei	312.5 Million CFU
Lactobacillus plantarum	312.5 Million CFU
Lactobacillus rhamnusus	312.5 Million CFU

PROBIOTIC BCAA

BCAAs are key amino acids that not only aid in strenuous activity recovery, but assist in muscle growth, anti catabolic effects and assist in fat metabolism according to new studies. This probiotic blend works to improve the overall benefits of BCAA due to better nutrient delivery and muscle strength abilities.

MUSCLE BUILDING & RECOVERY

SIZE: 150g **FLAVOUR:** Natural Orange

Nutrition Facts Valeur nutritive

Amount Per Serving / Quantité par portion

Isoleucine	5g
Valine	9.6mg
Leucine	2.9g

Bifidobacterium bifidum	312.5 Million CFU
Bifidobacterium breve	312.5 Million CFU
Bifidobacterium longum	312.5 Million CFU
Lactobacillus acidophilus	312.5 Million CFU
Lactobacillus casei	312.5 Million CFU
Lactobacillus plantarum	312.5 Million CFU
Lactobacillus rhamnusus	312.5 Million CFU





Nutrition Facts Valeur nutritive

Ingredients per capsule / Ingrédients par capsule

Garcinia Cambogia 50% (HCA)	500mg
Calcium Citrate / Citrate de calcium	50mg
Potassium Chloride / Chlorure de potassium	25mg

GARCINIA

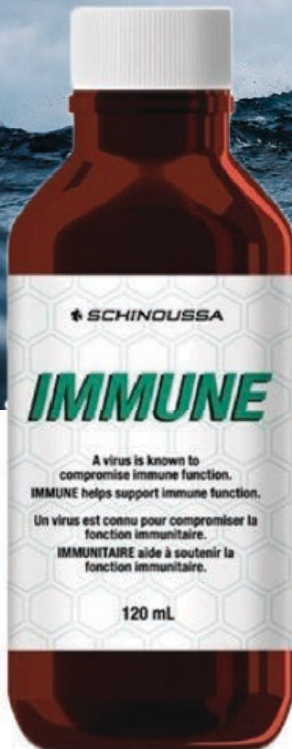
Garcinia is a small to medium-sized tree that grows in India and Southeast Asia. The fruit rind contains the chemical hydroxycitric acid (HCA) and is used to make medicine. Taking garcinia can contribute to maintaining healthy cholesterol levels by supporting carbohydrate metabolism. Further, digesting it can help you feel full to avoid overeating.

ENERGY, WEIGHT LOSS, MENTAL FOCUS, STIMULANT-FREE, ALL NATURAL

SIZE: 60ct

FLAVOUR: Unflavoured





MEDICINAL INGREDIENTS PER 1 TSP (5 mL)

INGRÉDIENTS MÉDICINAUX PAR CUILLÈRE À THÉ (5 mL)

Astragalus membranaceus (satragalus root/ rancine d'astragale).....	1000mg
Echinacea purpurea (Echenacea Herb Top/ feuille d'astragale).....	1000mg
Eleutherococcus senticosus (Siberian Ginseng Root / racine de ginseng sibérien).....	500mg
Ganoderma lucidum (Rishi Mushroom Fruited Body / organe de fructification de champignon reishi).....	1500mg
Uncariatomentosa (Cats Claw Stem Bark / écorce de la tige griffe de chat).....	1000mg
Withania somnifera (Ashwagandha Root / racine d'ashwagandha).....	1000mg

NON-MEDICINAL INGREDIENTS/INGRÉDIENTS NON MÉDICINAUX

Purified water, 20% ethanol./ Eau pure, 20% d'éthanol.

IMMUNE

Viruses are microscopic parasites, generally much smaller than bacteria. They lack the capacity to thrive and reproduce outside of a host body. Viruses are known to suppress immune function and recovery ranges from person to person. Made in Canada, Schinoussa's Immune is a safe and natural herbal product that supports a healthy immune function. Further, basic personal hygiene rules such as proper hand washing methods, coughing or sneezing in non-contaminating ways are good protocols to follow. Good nutrition, exercise, sleep, and stress management are great ways to maintain a healthy immune system. As a result, following safe, protective, and preventative methods are the best methods against viruses.

IMMUNE SUPPORT, GLUTEN FREE, WHEAT FREE, YEAST FREE

SIZE: 120mL

FLAVOUR: Unflavoured





FATBURNER B-COMPLEX

FATMETAB is formulated using ingredients that target specific metabolic pathways. This allows for targeted fat metabolism.

HELPS GLUCOSE CRAVINGS AND METABOLISM

SIZE: 90ct

FLAVOUR: Unflavoured

Nutrition Facts Valeur nutritive

Ingredients per capsule / Ingrédients par capsule

Guarana	250mg
Citrus Aurantium	125mg
Chromium Polinicotinate / Polinicotinate de chrome	333mcg
Bromelain / Bromélaïne	50mg
Folate	133mg
Niacin / Niacine	11mg
B6	33mg
B12	333mcg



FATMETAB PRE-WORKOUT

FATMETAB pre-workout liquid is a game changer! Burn fat and push hard through your workouts with energy and the ultimate finish.

WEIGHT LOSS, ENERGY

SIZE: 500ml

FLAVOURS: Fruit Punch, Pineapple

Nutrition Facts Valeur nutritive

Guarana	250mg
Citrus Aurantium	125mg
Chromium Polinicotinate / Polinicotinate de chrome	333mcg
Bromelain / Bromélaïne	50mg
Folate	133mg
Niacin / Niacine	11mg
B6	33mg
B12	333mcg





NPN 80023986

ENA KIDNEY

Herbal Diuretic & Kidney Support

Used in herbal medicine as a diuretic for the maintenance of kidney health, ENA Kidney supports water retention, reduces bloating and uric acid flash, and increases energy.

SIZE: 500ml

FLAVOUR: Unflavoured

WITH DANDELION ROOT, ALL NATURAL, WILD-CRAFTED

Medicinal Ingredients

INGREDIENTS PER 1 TABLESPOON (15 mL):

Arctostaphylos uva-ursi (Uva ursi Leaf).....	0.30 g
Cornus officinalis (Asiatic Cornelian Cherry Fruit)	0.27 g
Equisetum arvense (Horsetail Stem).....	0.15 g
Lysimachia christinae (Christina Loosestrife Herb).....	0.23 g
Polyporus umbellatus (Chuling Sclerotium).....	0.23 g
Schisandra chinensis (Chinese Magnoliavine Fruit.).....	0.15 g
Taraxacum officinale (Dandelion Root).....	12 g
Zea mays (Corn Silk).....	0.23 g

OTHER INGREDIENTS: Citric Acid, Potassium Sorbate, Sodium Benzoate.



NPN 80039596

ENA LIVER

Liver Restoration Complex

ENA Liver is used in herbal medicine to support liver function. It helps with cleansing, detox, reduced liver inflammation, and new liver cell regeneration.

SIZE: 500ml

FLAVOUR: Unflavoured

WITH MILK THISTLE, ALL NATURAL, WILD-CRAFTED

Medicinal Ingredients

INGREDIENTS PER 2 TABLESPOONS (30 ml):

Silbum marianum (Milk Thistle Seed).....	3100 mg
Arctium lappa (Burdock Root).....	2160 mg
Artemisia capillaris	2160 mg
Gardenia jasminoides (Cape JasminFruit).....	2160 mg
Lycium barbarum (Goji Fruit).....	2160 mg
Taraxacum officinale (Dandelion Root).....	2160 mg
Reynoutria multiflora, Syn. Polygonum multiflorum	1680 mg
Curcuma longa (Turmeric Rhizome).....	1140 mg

OTHER INGREDIENTS: Purified Water, Citric Acid, Potassium Sorbate, Sodium Benzoate.





NPN 80058921

4 HER HEALTH

Women's Hormonal Formula

4 Her Health is a plant-based hormonal balance formula that helps regulate PMS, promote fertility, reduce hot flashes, and support sexual function.

ALL NATURAL, WILD-CRAFTED, ONLY HAS 4 INGREDIENTS, PLEASANT TASTE, EASY TO TAKE

SIZE: 500ml **FLAVOUR:** Unflavoured

Medicinal Ingredients

INGREDIENTS PER 1 TABLESPOON (15 ml):

Angelica sinensis (Chinese Angelica Root) (Dong Quai).....	225 mg
Rehmannia glutinosa (Rehmannia Root) (Di Huang).....	135 mg
Paeonia lactiflora (White Peony Root) (Bai Shao Yao).....	112.5 mg
Ligusticum sinense cv. chuanxiong (Szechwan Lovage Rhizome)(Chuan Xiong).....	90 mg

OTHER INGREDIENTS: Purified Water, Potassium Sorbate, Sodium Benzoate, Apple Flavour.



YOUNITED

Nutrition with Purpose



All-In Superfood

Don't forget to drink your greens! This whole food, 100% organic superfood powder combines 53 alkalizing veggies, fruits, mushrooms, sea veggies, and herbs to create the ultimate green food supplement. Loaded with phytonutrients, this vegan superfood powder provides the antioxidant equivalent of 6-8 servings of organically grown fruits and vegetables and over 50% of your essential vitamin and mineral intake - all in just one scoop.



- ✓ 53 organic food ingredients
- ✓ 3 products in 1: Greens, Fruits, & Multivitamin
- ✓ Supports energy production & immune function
- ✓ Provides antioxidant protection
- ✓ Naturally alkaline, boosts detoxification
- ✓ Sweetened with organic stevia
- ✓ No artificial anything

30 SERVINGS

Flavours: Fresh Citrus Mint, Pineapple Mango,
Elderberry Acai, Unflavoured



PALEO



KETO



VEGAN



Energy Activator

Kickstart your day and stay energized with the Energy Activator! Formulated with clinically researched Peak O2® and Spectra™, to enhance energy production, improve strength and endurance, while supporting mitochondrial function. This natural energy drink improves overall cellular energy production while neutralizing free radicals and increasing blood flow to muscles and organs for better cardiovascular and lung function.



- ✓ Increase energy
- ✓ Immune maintenance
- ✓ Naturally sweetened and flavoured
- ✓ Sugar and dairy free



PALEO



KETO



VEGAN



MADE IN
CANADA



Health
Canada
Approved

30 SERVINGS

Flavours: Pineapple Mango, Raspberry Lemonade



High Performance Multivitamin

Introducing Canada's most advanced multivitamin. Made with the highest-quality ingredients, this multivitamin uses premium nutrient forms with full-spectrum antioxidant support and digestive enzymes, to ensure you get maximum performance from your multi intake. With a unique customizable dosage system, take what you need depending on your personal lifestyle, activity, and stress levels, and build up strong immune support with antioxidants that promote longevity, health and wellness.



120 SERVINGS

- ✓ Potent, synergistic blend of antioxidant vitamins
- ✓ Methylated B vitamins for immediate use
- ✓ Highly absorbable mineral forms
- ✓ Longevity promoting phytonutrient antioxidant blend
- ✓ Botanical extracts to support cognitive, immune & adrenal function
- ✓ Botanical digestive support to ensure maximum absorption



**MADE IN
CANADA**



**Health
Canada
Approved**





FIRST NATION GOODS

1-877 838-5398 | Firstnationgoods@gmail.com

All orders are processed to ship Monday through Friday. They are shipped via Canada Post. Once you receive your tracking information, it can take up to 24 business hours for the tracking to update.

We strive to uphold the highest levels of quality customer service. It is our ultimate goal at First Nation Goods is to create life-long customers and we will do everything in our power to ensure that your experience with us is one that makes you want to shop with us again and again.

ORDER PROCESSING

Our standard processing time is one to two business days for all items that are in stock. Processing times are not calculated into the estimated delivery times. Depending on the amount of orders that we receive over the weekend will also possibly delay your processing time.

Orders are not processed on weekends or Canadian Holidays. Extra time maybe required for larger orders, orders requiring additional customer information, or out of stock items.