

Click on item number to go to product online.



Prices in effect:
Sept. 1-Oct. 1, 2023

THE CanadianVitaminShop.com™, the online division of

THE VITAMIN SHOP®

Healthy Solutions Since 1984!

1212 Broad St.
(between Yates St.
and The Bay Centre),
Victoria, BC, V8W 2A5
Phone 250-386-1212

COMPLETE SELECTION AND LOW PRICES ON BRAND-NAME SUPPLEMENTS

THE VITAMIN SHOP®

ACIDOPHILUS & BIFIDUS
5 Billion Active Cells

• to crowd out unwanted bacteria, viruses and yeast

• contains rhamnosus, acidophilus & bifidum to maintain normal intestinal health

VITAMIN C
Calcium Ascorbate 1000mg

- buffered with calcium to eliminate gastrointestinal discomfort
- take at higher daily doses without side effects
- replenishes calcium excreted in the urine
- calcium allows vitamin C to remain in the cells longer

THE VITAMIN SHOP
Acidophilus & Bifidus
PROBIOTIC FORMULA
5 Billion Active Cells

60 Caps \$4.48

Item#86634

Vitamin C
Calcium Ascorbate 1000 mg

75 Caps \$4.48

Item#86643

NATURAL FACTORS
Echinamide ANTI-VIRAL

- clinically-proven Echinamide with well-researched herbs
- helps shorten duration & severity of cold & flu
- for sore, irritated throats
- antifungal & antibacterial

natural Factors

Send the flu bug packing!

50ml Liquid \$11.38 Item#1318

100ml Liquid \$21.08 Item#1319

60 Softgels \$16.58 Item#1320

120 Softgels \$31.18 Item#1329

GENUINE HEALTH
OMEGA3

- omega-3 fatty acids are integral to health and well being
- omega-3 from wild fish oils provide the best source of EPA and DHA
- strictly tested to ensure purity and safety
- no fishy taste, repeat or odour

GENUINE HEALTH IS POSSIBLE

omega3

120 Softgels \$11.38 Item#6174

240 Softgels \$11.38 Item#6181

\$2 coupon will be applied

NATTOKINASE 100mg 2000FU

Cardiovascular Health

- nattokinase will help break down blood clots (thrombosis), cleanse arteries, improve varicose veins, blood circulation, nasal inflammation & blood pressure
- from fermented non-GMO soy beans in a highly stable form ensuring optimal activity

Naka Professional

BONUS SIZE
60+15 Vcaps \$27.98 Item#6131

BONUS SIZE
120+30 Vcaps \$45.88 Item#6135

SISU ESTER-C 600mg

- patented, non-acidic form of Vitamin C
- enters the blood stream two-six times faster than regular vitamin C
- cells retain benefits up to four times longer
- a powerful antioxidant essential for boosting immune function, balancing cholesterol, assisting the absorption of iron & necessary for the maintenance of healthy bones, teeth, gums, skin & blood vessels

SISU

Ester-C
240 Vegcaps \$11.38 Item#5652

\$3 coupon will be applied

PREFERRED NUTRITION
BERBERINE 500mg

Helps maintain healthy glucose metabolism & cardiovascular health

- a naturally occurring compound from barberry, goldenseal and Oregon grape
- clinical studies show 500mg of Berberine supports weight management by lowering blood sugar and minimizing the production of insulin, the fat-storing hormone

PREFERRED NUTRITION
Berberine

500 mg
120 Vegcaps \$11.38 Item#5891

180 Vegcaps \$11.38 Item#5892

\$3 coupon will be applied

CanadianVitaminShop.com™

While quantities last.
We reserve the right
to limit quantities.



Free Delivery
Mon-Fri with
minimum \$70 order
within radius.



Shop By Phone
250-386-1252
Fax: 250-386-1299



Toll Free
1-888-386-1211
Fax: 1-877-386-1211



Free Shipping
anywhere in Canada
with minimum \$79 order.

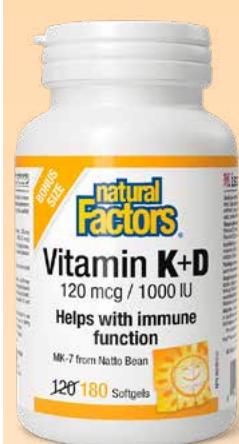


STORE HOURS: Mon-Fri: 9am-5:30pm • Saturday: 9:30am- 5:30pm • Sunday: 11am- 5pm



Click on item number to go to product online.

2 THE VITAMIN SHOP® OUT OF TOWN: Call Toll Free: 1-888-386-1211 (fax: 1-877-386-1211) • Free Shipping anywhere in Canada with minimum \$79 order.



NATURAL FACTORS

VITAMIN K+D K2 120mcg & D3 1000IU

Provides two synergistic major fat-soluble vitamins for bone and vascular health: bioactive and highly bioavailable D3 (cholecalciferol), and menaquinone-7 (MK-7) from natto beans

BONUS SIZE

120+60 Softgels

\$19.78

Item#2173

BONUS SIZE

240+120 Softgels

\$36.48

Item#2170



NATURAL FACTORS

COENZYME Q10 200mg

- ensure you maintain optimal levels of this "spark plug" for all human cells
- CoQ10 exists in all cells in the body, and is mandatory for their health and vitality
- excellent supplement for athletes
- important nutrient for arresting and reversing degenerative diseases

120 Softgels

\$42.88

Item#1333



NATURAL FACTORS

UBIQUINOL Active CoQ10 100mg

- more absorbable than the standard ubiquinone form previously used as a nutritional supplement
- more effective at supporting heart health, increasing energy, providing antioxidant protection & maintaining health as we age

120 Softgels

\$60.98

Item#5748



Chewable

NATURAL FACTORS

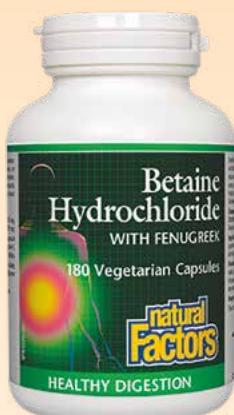
DGL Deglycrrhizinated Licorice Root Extract

- can help relieve ulcers in the stomach and upper intestinal tract
- promotes healthy stomach and intestinal lining rather than inhibiting release of stomach acids (which reduces the ability to properly digest food)
- convenient chewable tablets

180 Chewtabs

\$17.58

Item#1439



NATURAL FACTORS

BETAINE HYDROCHLORIDE 500mg

- important in the breakdown & use of proteins, calcium & iron
- helps break down fibrous meats and vegetables
- deficiency can lead to hyper-acidity, heartburn, pernicious anemia and food allergies
- betaine hydrochloride is the best supplemental form

180 Vegcaps

\$13.78

Item#1283



NATURAL FACTORS

L-TRYPTOPHAN 220mg

- free-form amino acid to support muscle repair
- must come from diet or supplementation
- helps build lean muscle mass
- helps maintain a healthy immune system, produce hormones, supply energy and synthesize serotonin & melatonin

90 Vegcaps

\$12.88

Item#4730



NATURAL FACTORS

Echinamide ECHINACEA & Goldenseal Tincture

- a combination of BC-grown echinacea with goldenseal
- to fight a broad spectrum of viruses, bacteria, fungi and yeasts
- patented Echinamide extract has been proven consistently to enhance immune system function
- may stop a cold from developing, ease symptoms and accelerate healing

100ml Liquid

\$21.88

Item#2188



NATURAL FACTORS

Echinamide QUICK-BLAST

Get ready for cold season

30 Softchews

\$6.98

Item#2194



NATURAL FACTORS

LUTEIN 20mg

- an anti-oxidant carotenoid that provides protection from free-radical cells to the eyes, heart, and lungs
- protects the retina by filtering out blue light and providing a thick macular pigment inhibiting macular degeneration and cataracts
- a powerful anti-oxidant

BONUS SIZE

120+30 Softgels

\$24.98

Item#2164



NATURAL FACTORS

NAC 1000mg

- a free form amino acid and a powerful antioxidant that is an effective detoxifier and a natural strengthener of the immune system
- supplementing with NAC is a more reliable way to increase glutathione levels than supplementing directly with glutathione, which breaks down in the digestive tract

90 Tabs

\$22.58

Item#2286



NATURAL FACTORS

Extra Strength RXOMEGA-3 600mg

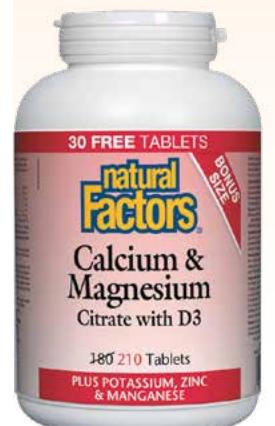
- highly concentrated form of omega-3 fatty acids
- optimal 2:1 ratio of EPA to DHA
- supports cardiovascular system, brain function & can reduce symptoms of rheumatoid arthritis
- pharmaceutical-grade fish oil extracted from safe, pure sources
- free from lipid peroxides, heavy metals, pesticides, dioxins & PCBs
- no fishy aftertaste

BONUS SIZE

120+30 Softgels

\$21.58

Item#2034



NATURAL FACTORS

CALCIUM & MAGNESIUM Citrate with D3

- essential for healthy bones and teeth, especially for women prone to osteoporosis
- highly bio-available: easy to assimilate
- 1:1 combination of calcium & magnesium with vitamin D3, potassium, zinc, & manganese in citrate form
- calcium works better with magnesium

BONUS SIZE

180+30 Tabs

\$17.98

Item#2224

Click on item number to go to product online.

VICTORIA: Shop by Phone: 250-386-1252 (fax: 250-386-1299) • Free Delivery Mon-Fri with minimum \$70 order within radius.

THE VITAMIN SHOP® 3



NATURAL FACTORS

L-TAURINE 1000mg

- a conditionally essential amino acid used to support cardiovascular function
- the most abundant amino acid in the heart and also found in the brain, nervous system and muscles
- Supplementation assists fat metabolism and regulates ion levels
- as a free-form amino acid, L-taurine is more effective than the form in food

120 Vegcaps

\$16.58

Item#2251



NATURAL FACTORS

REAL EASY with PGX VEGAN Meal Replacement

- to help you feel full longer, normalize blood sugar levels and help reduce cholesterol
- combines PGX with plant-based protein, vitamins, minerals, lecithin, and medium-chain triglycerides
- to help manage cravings and lower cholesterol levels naturally

Powder

Chocolate 855g: #2210
Vanilla 830g: #2209

\$2 coupon will be applied



NATURAL FACTORS

REAL EASY with PGX WHEY Meal Replacement

- supports weight reduction as part of an energy-reduced diet
- reduces appetite to help you feel full longer & manage food cravings
- brings blood sugar to normal levels
- lowers total cholesterol levels
- a healthy and nutritious meal replacement

Powder

Chocolate 940g: #2203
Vanilla 870g: #2204
Strawberry 885g: #2212

\$2 coupon will be applied



WHOLE EARTH & SEA MULTIVITAMIN & MINERAL

- bioenergetic formula
- over 20 vitamins & minerals, including iron plus enzymes, antioxidants and polyphenols
- highest quality organic ingredients
- sustainably sourced
- no gluten or GMOs

"SEED OF NUTRITION"

Feel the Difference

Suitable for

60 Tabs

\$29.98

Item#1229

Women

60 Tabs

\$57.98

Item#2327

Women

120 Tabs

\$29.98

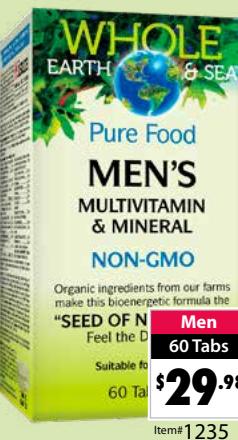
Item#1230

Women 50+

60 Tabs

\$29.98

Item#2345



WHOLE EARTH & SEA MULTIVITAMIN & MINERAL 50+

- bioenergetic formula
- over 20 vitamins & minerals, including iron plus enzymes, antioxidants and polyphenols
- highest quality organic ingredients
- sustainably sourced
- no gluten or GM

"SEED OF NUTRITION"

Feel the Difference

Suitable for

60 Tabs

\$29.98

Item#1235

Men

120 Tabs

\$57.98

Item#2409

Men 50+

60 Tabs

\$29.98

Item#1238

Men 50+

120 Tabs

\$57.98

Item#2415



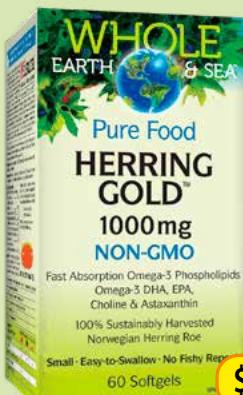
WHOLE EARTH & SEA Women's PRENATAL Multivitamin

- whole food-based support for mother and growing baby
- provides essential nutrients to help reduce risk of neural tube defects & prevent iron deficiency anemia
- two easy-to-swallow tablets/day
- non-GMO • 100% vegan

60 Tabs

\$29.98

Item#1264



WHOLE EARTH & SEA HERRING GOLD 1000mg

- fast-absorption phospholipids, DHA, EPA, choline & astaxanthin
- sustainably harvested
- supports cognitive and cardiovascular health
- richer in DHA & EPA phospholipids than krill oil
- more easily absorbed
- no fish repeat • non-GMO

60 Softgels

Item#1247

\$3 coupon will be applied



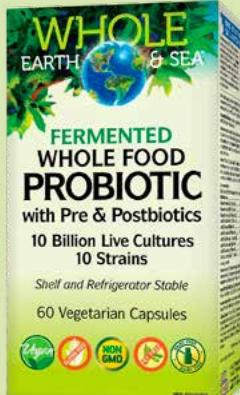
WHOLE EARTH & SEA SUPER MUSHROOM Blend

- combines six organic mushrooms, beta glucan and nutrient-dense Farm Fresh Factors to create a bioenergetic immune & energy support
- a source of fungal polysaccharides
- to support resistance to mental and physical fatigue-related to stress

60 Vegcaps

Item#1277

\$3 coupon will be applied



WHOLE EARTH & SEA Fermented Whole Food PROBIOTIC

- 10 billion active cells of 10 strains of beneficial bacteria per capsule
- made through natural fermentation with an organic prebiotic blend
- vegan-friendly, one-a-day synergistic formula supports gastrointestinal health and wellness

60 Vegcaps

\$24.98

Item#1222



NATURAL FACTORS

BIG FRIENDS

Vitamin D3 Gummies 600 IU

- a great-tasting, natural source of the "sunshine vitamin"
- for building strong, healthy bones and teeth
- ideal for children three and up
- natural strawberry flavour

DUO PACK

60+60 Gummies

\$9.98

Item#2085



NATURAL FACTORS

SUNVITAMIN D3

- helps body absorb calcium and phosphorus
- the natural form of D and the most effective at raising blood levels of active vitamin D
- convenient daily dose

1000 IU

DUO PACK

500+500 gels

\$22.98

Item#2004

2500 IU

DUO PACK

500+500 gels

\$29.98

Item#2006



NATURAL FACTORS

MAGNESIUM

BISGLYCINATE 200mg

- relieves muscle cramping
- helps muscle function, including the heart
- helps metabolize nutrients
- supports bones and teeth
- easy on the stomach, doesn't cause diarrhea

DUO PACK

250+120 vcaps

\$39.98

Item#2040

Click on item number to go to product online.

4 THE VITAMIN SHOP® OUT OF TOWN: Call Toll Free: 1-888-386-1211 (fax: 1-877-386-1211) • Free Shipping anywhere in Canada with minimum \$79 order.



BIOSIL

- contains the only form of silicon absorbed directly through the stomach wall and gastro-intestinal tract
- silicon is a trace mineral required for healthy connective tissue, bone, skin, hair & nails
- silicon is essential for collagen formation, healthy arteries and helps regulate calcium deposition in bones

\$2 coupon will be applied

DUO-PACK
30ml+30ml
Item#3000



MEDI-C-PLUS

VITAMIN K2+A+D3 Drops

- a convenient combination to maintain immune function, skin, bones, teeth, eyesight & night vision
- can help prevent macular degeneration and eczema
- high dose vitamin A can prevent acne
- vitamin K and D work together to increase bone mineral density

DUO-PACK
30ml+30ml
Item#5566

\$2 coupon will be applied

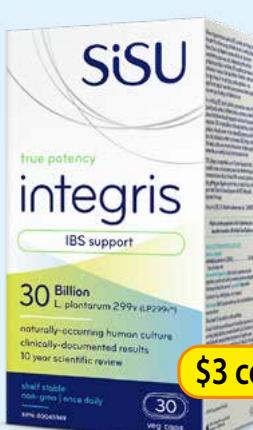


ULTIMATE

100% High Alpha WHEY ISOLATE

- low-heat, cross flow micro-filtration method filters out all impurities and guarantees a completely bioavailable, high performance functional protein coming from 100% whey isolate (no inexpensive, less bioavailable concentrate)
- helps lower stress hormones, balance moods, reduce cravings, aid in deep restorative sleep and boost energy levels during the day
- ensures your protein needs are met
- sourced from grass fed cows

\$4 coupon will be applied



SISU

INTEGRIS

Probiotic Support

- unique, patented probiotic: Lactobacillus plantarum (LP299v)
- helps repopulate & rejuvenate the intestinal ecosystem

20 Billion
30 Vegcaps
Item#5669
30 Billion
30 Vegcaps
Item#5845

\$3 coupon will be applied



SISU

B CALM with Rhodiola

- B-complex supplementation to help you deal with prolonged stress
- with rhodiola, an adaptogen that helps the body normalize during times of chemical imbalance and provides energy to help cope with physical stressors

120 Vegcaps Item#5712

\$3 coupon will be applied



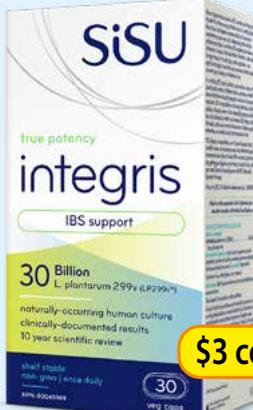
SISU

Full Spectrum CURCUMIN

185 times greater bioavailability
Patented process reduces particle size of curcumin to create a bio-available liquid that allows curcumin to readily pass into the blood stream and stay in the body for 24 hours

60 Liq Sgels Item#2304

\$3 coupon will be applied



SISU

INTEGRIS

IBS support

30 Billion
naturally-occurring human culture
clinically-documented results
10 year scientific review

30 Veg caps
Item#5669
30 Billion
30 Vegcaps
Item#5845

\$3 coupon will be applied



SISU

CINNAMAX 150mg Hi-Potency

- supports healthy blood-glucose metabolism & insulin sensitivity
- 150 mg of potent 20:1 extract of cinnamomum cassia per cap
 - equivalent to 3,000 mg of cinnamon powder and standardized to 12% polyphenols
- two caps daily

120 Vegcaps Item#5565

\$2 coupon will be applied



SISU

CALCIUM & MAGNESIUM with Vitamin D

- a convenient way to complement your diet with these essential minerals plus vitamin D
- can prevent bone loss & improve bone density

1:1
300 Caps
Item#5675
2:1
180 Tabs
Item#5670

\$2 coupon will be applied



SISU

MAGNESIUM 250mg

- magnesium oxide with magnesium malate
- proven useful in treating fibromyalgia and improving endurance and stamina
- aids the absorption of calcium, osteoporosis, kidney and gall stones & oxygen deficiency to the muscles

200 Vegcaps Item#5677

\$2 coupon will be applied



BACH

RESUCE REMEDY

- a combination of five Bach flower remedies
- internal or external use for humans or animals
- use to address stress, shock, fear, grief or physical pain

Spray 20 ml \$16.88
Drops 20 ml \$16.88
Night Spray 20 ml \$16.88
Item#9157 Item#9158 Item#9400

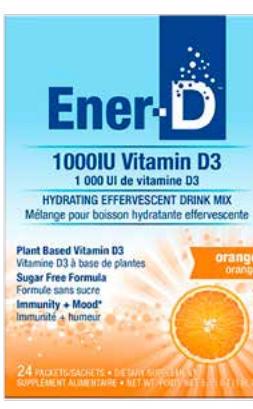


NORDIC NATURALS

Omega-3 DHA for Youngsters!

Everyone needs omega fatty acids—especially young, developing minds. These products provide a full spectrum of omega fatty acids necessary for brain and eye development and maintenance, as well as mood, focus, learning ability, and overall well-being. Taste-tested by kids and teens.

Omega Jr. 90 Softgels Item#5046	Children's DHA 180 Chews Item#5041	Children's DHA 237 ml Item#5008
\$24.78	\$33.48	\$38.88



ENER-LIFE

ENER-D

- powdered vitamin D drink mix
- 1000iu of plant-based D3 sourced from organic lichen and sprayed with MCT oil for optimum absorption
- with added vitamins & minerals
- sugar-free

24-Pack
Orange #3200
Raspberry #3201
\$14.38

Click on item number to go to product online.

VICTORIA: Shop by Phone: 250-386-1252 (fax: 250-386-1299) • Free Delivery Mon-Fri with minimum \$70 order within radius.

THE VITAMIN SHOP® 5



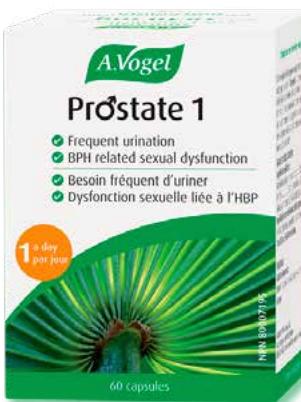
A. VOGEL MENOFORCE (formerly MENOPAUSE) Natural Remedy

- 100% organic sage
- promotes a good night's rest
- natural, safe and effective
- reduces frequency & severity of hot flashes & sweats
- clinically tested
- gluten and lactose-free

90 Tabs

\$58.98

Item#7310



A. VOGEL SABALASAN PROSTATE 1 320mg Saw Palmetto

Recommended at the first sign of urologic disorders such as urgent need to urinate, difficult & scanty urination, as well as frequent need to urinate, especially at night

60 Caps

\$51.88

Item#7003



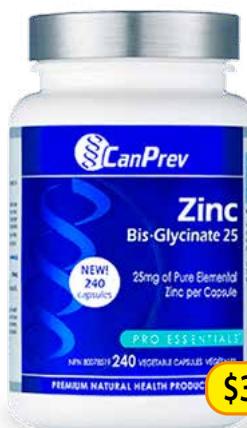
ALLIMAX 100% Allicin 180mg

- allicin quickly forms beneficial sulfur compounds that aid health & well-being
- this family is needed in order to get real measurable benefits from a garlic supplement
- ideal for helping treat a multitude of human conditions

180 Vegcaps

\$80.98

Item#2913



CANPREV

ZINC BIS-GLYCINATE 25mg

- helps blood sugar level & thyroid
- may prevent the common cold from multiplying in the upper respiratory system

120 Vegcaps

Item#6383

240 Vegcaps

Item#6393



CANPREV ROCKET T

- to promote healthy testosterone levels, enhance athletic performance and support muscle growth and sex drive
- with Testofen, a patented form of fenugreek clinically proven to support testosterone production
- plus KSM-66 ashwagandha, vitamins & minerals for resistance to stress and anabolic hormone production

90 Vegcaps

Item#7140



NATURAL BALANCE SEACAL PLUS

- a plant sourced calcium with vital bone-building minerals such as magnesium, boron, silica & more
- all derived from red mineral algae harvested off the coast of Ireland and Iceland
- enhanced with D3 and K2

90 Caps

\$24.48

Item#2342



HUMAN NEO 40

30 Lozenges

\$54.98

Item#2563

- the leading nitric oxide product in Canada
- supports healthy blood pressure, overall arterial health and healthy arterial function
- may help support sexual performance



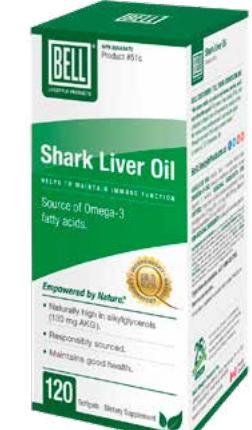
PROVITA ARTEMISININ PRO

- artemisia annua is known in western herbal medicine as sweet wormwood or Qing Hao
- to control fever and to boost the immune system
- may help with the common cold and influenza

30 Vegcaps

\$26.88

Item#7798



BELL

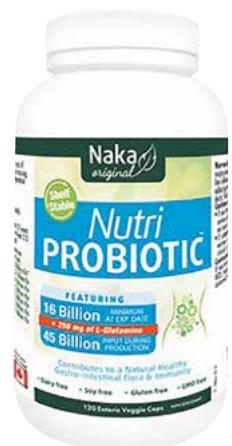
#51C SHARK LIVER OIL

- has a high content of 25%-27% AKG (Alkylglycerol) with high squalene and omega-3 fatty acids, which are important to make it work well
- helps inflammation type illnesses like allergies, asthma, arthritis pain (in combination with Bell shark cartilage), inflammation in the arteries, colds, flus

120 Softgels

\$28.78

Item#1975



NAKA NUTRI PROBIOTIC

- will help relieve digestion symptoms, from bloating & nausea to irritable bowel syndrome or leaky gut
- 16 billion CFU plus a 250mg dose of L-glutamine
- shelf stable

120 Vegcaps

\$42.48

Item#3718



HUBNER

SILICEA Liquid Gel

- provides 2.8g of silicic acid anhydride per 100ml
- quickly and easily absorbed
- for maintenance of skin, hair and nails
- use externally for wrinkles, acne and blemishes
- use internally to replenish collagen and encourage skin elasticity

500 ml

\$31.58

Item#6102



ENEREX SERRAPEPTASE 120,000 SU

- can reduce inflammation pain due to its ability to block release of pain-inducing amines from inflamed tissues
- breaks down byproducts of fibrin so may help dissolve atherosclerotic plaques without causing harm to the inside of the arteries

180 DR caps

Item#5939

\$2 coupon will be applied

Click on item number to go to product online.

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**AOR
ADVANCED B COMPLEX**

602mg

- designed to provide the most advanced forms of B vitamins in the most scientifically discerning ratios available
- helps metabolize carbohydrates, proteins & fats for energy & red blood cell formation

180 Vegcaps Item#7548

\$3 coupon will be applied



**NOW
NIACINAMIDE
(Vitamin B3) 500mg**

- B3 is essential and must be obtained from the diet
- does not cause the "flush" normally associated with niacin
- helps maintain normal functions of skin, nerves and digestive systems
- an effective blood vessel dilator
- can help treat dizziness and ringing in the ears
- can help prevent premenstrual headaches and pellagra

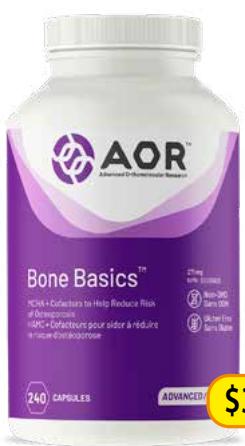
100 Caps
\$11.98
Item#7715



**TRUEHOPE
EMPOWER PLUS
Essential Mineral Power**

- 15 minerals, 14 vitamins, 3 amino acids, 3 antioxidants
- minerals are chelated for greater absorption
- reduces stress, anxiety & depression
- effective for ADHD and traumatic brain injuries

120 Vegcaps
\$54.68
Item#7762



AOR BONE BASICS

- nutrients to support bone health
- with MCHA, which retains the intact microcrystalline structure of whole bone
- derived from New Zealand pasture-fed, free-range livestock not subjected to routine antibiotics or rbGH
- guaranteed free of bovine spongiform encephalopathy

360 Caps Item#7697

\$3 coupon will be applied



**NOW
PSYLLIUM HUSK 500mg**

A convenient way to add dietary fibre to your diet. It has the ability to swell up to 50 times its initial volume when added to liquid. This bulking action can play an important role in maintaining regularity and gastrointestinal health.

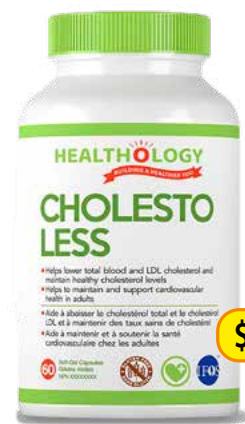
200 Caps
\$13.98
Item#7706



**ANDERSON'S
CONCENTRACE
Trace Mineral Drops**

Full-spectrum ionic and trace minerals necessary for vitality, energy, vitamin assimilation, muscle, bone, joint & internal organ health, enzyme function, emotional balance, peak sports performance, memory & concentration, nerve transformation, pH balancing, and elimination of waste

240 ml
\$18.98
Item#2363



**HEALTHOLOGY
CHOLESTO LESS**

- to lower total cholesterol and LDL 'bad' cholesterol
- to raise HDL good' cholesterol
- also supports overall cardiovascular health with ubiquinol

60 Softgels Item#5071

\$2 coupon will be applied



**HEALTHOLOGY
LUNG-FX Formula**

- can benefit people with chronic lung disease, asthma or those who smoke
- supports lungs' natural defense systems
- contains expectorant herbs to help you break down & expel mucus
- promotes detoxification of the lungs
- anti-inflammatory and antioxidants

90 Vegcaps to heal & soothe
Item#5017 damaged lung tissue

\$2 coupon will be applied



**HEALTHOLOGY
GUT-FX Formula**

The Ultimate Formula to Heal Inflammation & Restore Our Gut

- provides the building blocks your body needs to repair the lining of the intestinal tract
- reduces inflammation, aids digestion and supports healthy gut flora

180g Powder Item#5018

\$2 coupon will be applied



**PRAIRIE NATURALS
HAIR-FORCE
Vitamin & Mineral Supplement**

- with vitamin E, lecithin & selenium
- improves scalp circulation, maintains full-bodied hair, reduces irritating dry scalp & flaking & maintains hair colour & shine

BONUS SIZE
180+20 Softgels
\$54.48

Item#9452

Check out Prairie Naturals' complete selection of shampoos, conditioners, sprays, gels & more!



**PRAIRIE NATURALS
PROST FORCE**

- supports prostate health naturally
- a unique blend of herbs including saw palmetto (tonic for the male reproductive system), pygeum (contains phytosterols), lycopene (tomato extract) as well as other well-researched herbs shown to be helpful to the male reproductive system

BONUS SIZE
120+20 Softgels
\$47.88
Item#9493



**PRAIRIE NATURALS
ENZYME FORCE**

Promotes Healthy Digestion

- full spectrum of enzymes to digest protein, carbohydrates, and fats
- FibraZyme for digestion of plant fibre
- non-GMO
- suitable for vegans

BONUS SIZE
120+20 Vegcaps
\$42.48
Item#9466

Click on item number to go to product online.

VICTORIA: Shop by Phone: 250-386-1252 (fax: 250-386-1299) • Free Delivery Mon-Fri with minimum \$70 order within radius.

THE VITAMIN SHOP® 7



SILVER LINING PRE & PROBIOTICS

+ Digestive Enzymes

- promotes favourable gut flora
- 50+ billion active cells
- high stress, antibiotics, painkillers and poor nutrition can cause harmful intestinal bacteria to take over
- Silver Lining counteracts that – helps you properly digest food, break down and eliminate waste while building up the healthy microorganisms needed to maintain overall health and well-being

120 Vcaps

\$30.48

Item#2569



WAKUNAGA

KYOLIC Everyday-Support 1000mg Extra-Strength One-a-Day

- supports immune system
- promotes intestinal health
- three times the strength of regular Kyolic
- completely odourless
- no after-taste
- helps reduce cholesterol levels and blood pressure

60 Tabs

\$19.48

Item#3109



BIOSTEEL

HYDRATION MIX

Clean, Healthy Hydration

- formulated in the most natural way possible
- drinking too much water without consuming electrolytes can throw off electrolyte balance
- five essential electrolytes including sodium, potassium, chloride, magnesium and calcium
- no sugar, artificial flavour or colour
- added vitamins & minerals



ALLMAX ESSENTIALS

TAURINE

- non-essential amino acid
- can help improve exercise performance & body composition
- similar to glutamine
- during extreme physical exhaustion the body does not produce enough and supplementation is required

400g Powder

\$19.98

Item#9797



ALLMAX ESSENTIALS

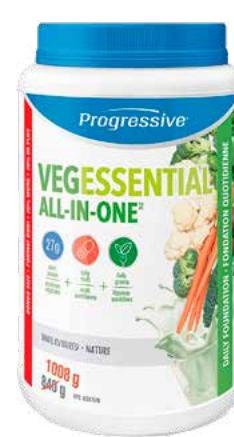
ARGININE HCl

- semi-essential amino acid
- natural food sources are peanuts & almonds, but for those looking to enhance athletic performance or increase lean muscle mass, it is difficult to derive the amount required by the body in optimal results from food sources

400g Powder

\$34.48

Item#9798



PROGRESSIVE

VegEssential ALL-IN-ONE

- the benefit of a cupboard full of supplements in a single smoothie
- simple all-in-one formula
- provides unmatched nutritional density convenience

Vanilla: #6266

BONUS SIZE

840+168g

\$54.98



PVL

100% PURE CREATINE Unflavoured

- helps the body produce the key muscle fuel ATP
- creatine is manufactured in the body from L-arginine, glycine, and L-methionine
- we deplete ATP from hard exercise and become fatigued
- half of stored creatine in the body originates from food (mainly meat)

410g Powder

\$34.78

Item#4320



KIDSTAR NUTRIENTS MODUCARE

- take daily to modulate an overactive immune system and strengthen a weakened one
- unique combination of sterols & sterolins in a clinically-proven ratio of 100:1
- suitable for vegetarians and vegans

Regular

\$53.48

Item#3939

Kids

\$25.98

Item#3938



NORTH COAST NATURALS

Ultimate DAILY GREENS

- complete antioxidants, electrolytes and minerals
- the chlorophyll of 25 servings of green vegetables, plus probiotics of five yogurts
- sea greens and phytoplankton
- soy and gluten-free
- bee pollen free

270g

Item#3880

540g

Item#3881

\$4 coupon will be applied

15% OFF RenewLife
supplements

Great health starts with gut health.



10% OFF MegaFood
supplements

Fresh from Farm to Table



10% OFF these NutraSea
products

Great Tasting, Ultra-Pure Omega-3



CanadianVitaminShop.com™

Click on item number to go to product online.

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TOTAL BODY COLLAGEN™
Total Meal Replacement

COLLAGEN & WHEY PROTEIN with PGX®, Vitamins, Minerals & Other Nutrients

PGX® is useful in weight reduction only as part of an energy reduced diet.
HELPS YOU FEEL FULL LONGER
BRINGS BLOOD SUGAR TO NORMAL LEVELS
LOWERS CHOLESTEROL
Can be used as part of a 12-week program to reduce body weight by 5%
VANILLA FLAVOUR
22 g PROTEIN 22 g CARBS 855 g POWDER
855g Powder Item#2567



TOTAL BODY COLLAGEN™
100% COMPLETE AMINO ACIDS with Hyaluronic Acid, Glutamine, and Biotin

Antiaging · Hydrated Skin Muscle & Joint Recovery
ANTIBIOTIC FREE HORMONE FREE GLUTEN FREE
UNFLAVOURED
500g Powder Unflavoured: #2583 Orange: #2550 Pomegranate: #2524
180 Tabs Item#2584



TOTAL BODY MULTI COLLAGEN™ PROTEIN
Types I, II, III, V, X
ANTI-AGING, MUSCLE & JOINT SUPPORT
28 DAYS TO REDUCE DEEP WRINKLES
UNFLAVOURED
267g Powder Item#4718



TOTAL BODY MARINE COLLAGEN™
with Hyaluronic Acid, Glutamine, & Biotin

Antiaging · Hydrated Skin Muscle & Joint Recovery
REDUCES THE NUMBER OF WRINKLES IN 28 DAYS
UNFLAVOURED
135g Powder w/ Hyaluronic Acid Item#2598



TOTAL BODY MARINE COLLAGEN™
Antiaging · Hydrated Skin Muscle & Joint Recovery
REDUCES THE NUMBER OF WRINKLES IN 28 DAYS
UNFLAVOURED
99g Powder Unflavoured Item#2597

natural Factors **\$2 OFF**



FLORA
Organic
RED BEET CRYSTALS

- naturally sweet tasting
- instantly soluble
- carefully obtained from the juice of freshly harvested organic beets, pressed within 2-3 hours of harvest
- add to smoothies, soup, muesli and more

200g Crystals Item#4458

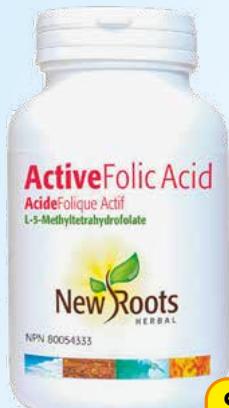
\$2 coupon will be applied



CANPREV ELECTROMAG
Magnesium Bis-Glycinate Effervescent Drink Mix

With Vitamin C & Electrolytes
Mélange à boire effervescente
With Vitamin C & Electrolytes
No artificial colours or flavours
Sugar-free with Xylitol
30 Packets Item#7133

\$3 coupon will be applied



NEW ROOTS
ACTIVE FOLIC ACID

can be assimilated by people lacking the enzyme to utilize regular folic acid

- includes cofactors methylcobalamin and pyridoxal-5-phosphate (P5P)
- helps reduce risk of neural tube defects when taken prior to conception & during early pregnancy

BONUS SIZE 60+21 Vcaps Item#2282

\$2 coupon will be applied



ST. FRANCIS
DEEP IMMUNE Astragalus Combo

- to naturally enhance the immune system
- used as a liver restorative to help in malabsorption & rebuild the liver after hepatitis or jaundice
- recognized as anti-viral & anti-allergic

50ml Liquid \$17.88 100ml Liquid \$27.38 90 Vegcaps \$31.28
Item#3771 Item#3984 Item#3986

\$2 coupon will be applied

10% OFF NutriStart products

Combining the Best of Science & Nature





NEW ROOTS HERBAL
VITAMIN E8 400iu

- has all eight active forms of vitamin E
- four mixed tocopherols and four mixed tocotrienols
- with squalenes for skin health and phytosterols to treat cholesterol
- non-GMO

120 Softgels Item#4037

\$2 coupon will be applied