Iron is Required for Life

Tired?
You may be iron deficient. Headaches, pale skin, cold extremities and dark under-eye circles may be signs that your iron levels are too low. From the ages of 15 to 55 the cycle of menstruation, pregnancy and lactation increases the need for iron.

You need iron during pregnancy for:
• Proper placental development
• Oxygen delivery to the baby
• Prevention of iron deficiency in infants

Why choose Floradix?
The iron in Floradix® is already dissolved, which allows maximum absorption. That’s why you can take smaller dosages while satisfying your daily iron requirements.
• Clinically proven to normalize low iron levels
• Naturopath and midwife recommended
• Non-constipating formula
• B and C vitamins for enhanced absorption
• Additive and preservative free

Iron is Required for Life

When low in iron, choose Floradix® for a safe, easily digestible iron supplement your body will absorb.

SALE
SALE PRICE
500 ml / 250 ml
46.99

Prices in effect from
Sept. 28 to Oct. 31, 2009
Flora products are available exclusively at specialty natural health food retailers. Specials cannot be combined with any other promotion. While quantities last.
1.888.436.6697 | www.florahealth.com
Includes three 500 ml bottles plus a FREE Nutritional Guide for optimal cleansing. Take 30 ml twice a day for 25 days and you'll feel GREAT!

**Flor•Essence® 25-Day Cleanse Program**

**SALE PRICE**

3 x 500 ml

69.99

---

**Flor•Essence® Rejuvenating Cream**

Rejuvenate your skin with the 8 herbs from Flor•Essence® – famous for their antiaging and hydrating qualities. Use daily to stimulate cellular regeneration and to minimize wrinkles, fine lines, scars, and spider veins.

**SALE PRICE**

50 ml

29.99

---

**Flor•Essence® Dry Herbal Tea Blend**

Easy to prepare at home and very affordable. Dried herbal blend makes 3 litres of Flor•Essence® herbal tea. It’s as easy as a cup of tea.

**SALE PRICE**

63 g

34.99

---

The 8 cleansing and rejuvenating herbs in Flor•Essence® work in harmony with your body to clear away toxins from cells, tissues and organs – leaving you feeling beautiful inside and out.

More energy, a brighter complexion, deeper sleep, better digestion and a greater sense of well-being. This is Flor•Essence®. This is what radiance feels like.
Ladies: Celebrate your freedom!

96.7% of women are satisfied with Femal®

Femal® provides hundreds of micro-nutrients: vitamins • carotenoids • flavonoids • minerals • amino acids • fatty acids • enzymes • phytosterols • RNA and DNA factors • prostaglandins • antioxidants needed by the human body. These tiny nutrients nourish the body back to a balanced and harmonious equilibrium. Studies show that most women experience a reduction in PMS and menopause symptoms after two to three months of using Femal®.

You’ll love it!
• Clinically proven to reduce menopause and PMS symptoms
• #1 selling natural product for relief of PMS and menopausal symptoms in Scandinavia.
• A natural alternative to HRT – without hormones, phytoestrogens, or soy.

Benefits:

<table>
<thead>
<tr>
<th>Benefit</th>
<th>Satisfaction (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Improved mood</td>
<td>53%</td>
</tr>
<tr>
<td>Decreased hot flashes</td>
<td>57%</td>
</tr>
<tr>
<td>Decreased night sweats</td>
<td>56%</td>
</tr>
</tbody>
</table>

Free yourself from:
• Hot flashes
• PMS
• Mood swings
• Irritability
• Night sweats
• Joint pain

CLINICALLY PROVEN RESULTS!

2 MONTHS SUPPLY!

EFFAMOL®

SALE PRICE

46.99

2 x 60 veg cap

CLINICALLY PROVEN RESULTS!

EFAMOL®

SALE PRICE

28.49

180 softgels

Beautiful skin

Improve the health of your skin. Use EFAMOL® Pure Evening Primrose Oil to give your skin a smooth, natural glow. One study revealed significant improvement in the appearance and texture of women’s skin*:

- Less skin fatigue 12%
- Smoother skin 18%
- Improved skin moisture 18%
- Firmer skin 16%
- Better elasticity 7%


Free yourself from:
• Clinically proven to decrease the symptoms of eczema and improve appearance of skin
• Each softgel capsule provides up to 33% more omega-6 GLA than other EPO products

EFAMOL®

SALE PRICE

46.99

2 x 60 veg cap

2 MONTHS SUPPLY!

FEMAL®

SALE PRICE

28.49

180 softgels

www.florahealth.com | 1.888.436.6697
After 20 years of research and 2 studies measuring the effect of Udo’s Oil™ on human performance, we know the body, like most machines, needs oil to run its best. People around the world are experiencing greater strength, improved stamina, and faster recovery using Udo’s Oil. Now it’s your turn.

**Energy in a capsule**
- Increases cellular energy production
- Protects the heart and brain from oxidative stress in aging populations
- Each capsule provides 50 mg of ubiquinol (QH) in a base of unrefined, organic Udo’s Oil™ for increased absorption

**UDO’S QH™ PLUS**
- **SALE PRICE** 29.99
- 60 softgels

**Forgetting things?**
- **Proven!** Studies show that omega-3 DHA is needed for proper brain and eye function
- **Convenient.** Each capsule provides a therapeutic amount (250 mg) of unrefined DHA from plants
- **Undamaged.** No chemicals, bleaching, high temperatures or heavy metals

**UDO’S UNREFINED ALGAE DHA**
- **SALE PRICE** 37.99
- 90 veg softgels

**SALE**

**oilthemachine.com**

ORGANIC >> SUSTAINABLE >> VEGETARIAN
Advanced Adult’s Probiotic
- Designed specifically for seniors to reduce gas, bloating, constipation and diarrhea
- 9 powerful strains correct digestion and elimination
- For best results, take after meals

**FOR AGES 65+**

SALE PRICE
4999
60 veg caps

You need probiotics!
Many people believe that all bacteria are harmful and avoid them for fear of illness. However, “good” and “bad” bacteria exist everywhere, even within our own bodies, particularly the digestive system. Factors such as poor diet, stress and antibiotics reduce friendly bacteria and increase harmful bacteria, giving rise to gas, bloating, diarrhea and constipation. Udo’s Choice® Probiotic formulas provide beneficial bacteria to restore the natural balance within your intestines for better digestion and elimination.

Adult’s Blend Probiotic
- Balances digestion in adults for less gas, bloating and better elimination
- Each vegetarian capsule provides 12 billion viable cells (at time of manufacturing)
- For best results, take after meals

**FOR AGES 16-65**

SALE PRICE
4999
120 veg caps

Turn an average meal into a brain-booster
DHA is required for the proper function of the brain and eyes and all the nerves connecting the two organs together. Udo’s Oil™ DHA 3•6•9 Blend provides plant-sourced DHA – plus omega-3 and -6 from freshly pressed organic seed oils.
- **Food for thought:** School-age children, busy adults and aging seniors can benefit from DHA and essential fats
- **Serving amount:** 1 tablespoon gives you the recommended daily amount of DHA to support cognitive health and brain function
- **It’s easy!** Drizzle it over your daily salads, smoothies or meals

**SUITABLE FOR VEGETARIANS**

**UDO’S OIL™ DHA 3•6•9 BLEND**

<table>
<thead>
<tr>
<th>250 ml DHA</th>
<th>500 ml DHA</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SALE PRICE</strong></td>
<td><strong>SALE PRICE</strong></td>
</tr>
<tr>
<td>1699</td>
<td>2999</td>
</tr>
</tbody>
</table>
IMMUNE FORMULAS THAT PACK A POWERFUL PUNCH

WILD GROWN • ADDITIVE FREE • NON-GMO • GLUTEN FREE
ALCOHOL FREE • BOTTLED IN GLASS

When illness threatens your family this season, help your children to keep their defenses up this winter. Sambu® Guard for Kids should be taken at the first signs of sore throat, sniffles or cough to boost your child’s immune system and relieve symptoms fast.

Did you know? Coughs are more persistent in younger children due to smaller, undeveloped respiratory systems.

Improve your prostate health

87% of men taking the patented blend in Prostal+ experienced an improvement in symptoms after 3 months1


Improved!

Libido 75%
Voiding symptoms 73%
Erectile dysfunction 70%

BIJA® Cold Stop Herbal Tea

*Pure indulgence.* Enjoy the warmth and relaxation of BIJA, inspired by ancient healing traditions around the world. Feel your spirit lift and your body unwind with every sip.

- A blend of soothing and rejuvenating herbs and spices: organic peppermint, ginger, cardamom, thyme and eucalyptus
- BIJA tea bags are heavier by weight than any comparable formula
- Earth friendly filter bags are made from a blend of non-toxic, non-chlorine hemp and tree fibres

Why choose Efalex®?

- Formulated for school-age children; can be used by adults
- A unique combination of fish and evening primrose seed oils
- Available in convenient softgels and lemon-lime liquid

Proven relief for dyslexia and ADHD

Efalex® is a scientifically researched formula that has been clinically proven to relieve the symptoms of learning and behaviour disorders. Efalex® supports learning ability, concentration and nerve transmission. One study has confirmed that supplementing with the fatty acids DHA and AA can be helpful for*:

- Problem-solving abilities and mental development
- Visual acuity
- Manual dexterity, balance and coordination
- Concentration and focus


After 6 months, 92% of men experienced:

- More complete emptying of the bladder
- Reduced pain and discomfort in the entire lower pelvic region

Clinically proven to reduce men’s Lower Urinary Tract Symptoms (LUTS):

- Incomplete emptying
- Urgency
- Frequency
- Nocturia
- Pelvic pain

**EFAMOL®**

**EFALEX®**

**SALE PRICE**

<table>
<thead>
<tr>
<th>180 softgels</th>
<th>250 ml</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>34.99</strong></td>
<td><strong>33.49</strong></td>
</tr>
</tbody>
</table>

**CLINICALLY PROVEN RESULTS**

NPN 80002598 (liquid only)
Bone loss begins in your 30’s

Strengthen and protect your bones now

Thin, fragile bones: they’re not just a concern for the elderly. **Bone loss begins in your 30’s.** That’s why you should start strengthening your bones now.

**The problem with calcium supplements:** they are not all designed for optimal absorption so the calcium may deposit in soft tissue instead of bone, resulting in kidney and gallstones.

**Salus solutions are designed for maximum absorption to preserve and strengthen your bones:**
- Salus uses a higher ratio of magnesium to ensure the calcium is delivered to and laid down properly in the bones for optimum bone strength
- Salus minerals are already dissolved and ready for absorption allowing for maximum utilization of the calcium
- Salus uses Vitamin D₃, which is four times more active than D₂
- Salus uses zinc citrate for enhanced absorption

**What makes Salus Calcium and Magnesium unique?**
- Safe daily dose for long-term use
- Easy-to-digest liquid solution
- Easy to absorb at any age
- Free of gluten, wheat, yeast, dairy, lactose, alcohol, GMO, additives and preservatives

What makes Salus Calcium and Magnesium unique?
- Safe daily dose for long-term use
- Easy-to-digest liquid solution
- Easy to absorb at any age
- Free of gluten, wheat, yeast, dairy, lactose, alcohol, GMO, additives and preservatives

**Salus® Pure Natural Plant Juices**

**HARVESTED AT DAWN. BOTTLED BY NOON.**

Nourish your physical and emotional health with fresh echinacea and St. Johns wort juices. Drink for 3-6 months to replace missing nutrients for a more balanced, harmonious state of being.

**Salus® Echinacea Juice**

- Pressed from newly opened echinacea blooms
- Drink a few sips undiluted or with a little liquid twice daily before meals
- **Did you know?** It takes between 300 - 500 g of fresh plant to make one bottle of Salus plant juice. Imagine how many echinacea flowers that would be!

**Salus® Pure Natural Plant Juices**

**HARVESTED AT DAWN. BOTTLED BY NOON.**

Nourish your physical and emotional health with fresh echinacea and St. Johns wort juices. Drink for 3-6 months to replace missing nutrients for a more balanced, harmonious state of being.

**Salus® Echinacea Juice**

- Pressed from newly opened echinacea blooms
- Drink a few sips undiluted or with a little liquid twice daily before meals
- **Did you know?** It takes between 300 - 500 g of fresh plant to make one bottle of Salus plant juice. Imagine how many echinacea flowers that would be!

**Sale Price**

1199

200 ml

**Salus® St. John’s Wort**

- Pressed from fresh St. John’s wort blossoming herb.
- Drink a few sips undiluted or with a little liquid 2-3 times per day before meals.
- **Did you know?** It takes hundreds of St. John’s wort flowers to fill one bottle of Salus St. John’s Wort Juice!

**Sale Price**

1199

200 ml

**All Salus Natural Plant Juices are organic or wild-crafted. No additives, preservatives, sweeteners, alcohol or sugars.**