

12 Days of Christmas

Supplement FLYER

Helping You...Help Yourself...With Your Health

While Quantities Last	Sale December 1 - 12, 2020	Gift Ballot with Every Purchase
VITAMIN D <p>Vitamin D is essential for a healthy immune system, cardiovascular health and bone health. The 'sunshine vitamin' is helpful for the winter blues</p> <p>ONLY \$17.60</p>	MEMORY & COGNITION <p>MEMORY BOOST is a blend of 7 brain-boosting nutrients to help memory and cognitive function. It supports oxygen and energy supply to the brain, reduces oxidative stress and helps neurotransmitter levels.</p> <p>ONLY \$25.47</p>	STRESS & ANXIETY <p>Ashwagandha: an adaptogen that promotes balance. Benefits are:</p> <ul style="list-style-type: none"> •helps resist stress & anxiety •improves athletic performance •enhances memory •improves sleep •helps male testosterone levels <p>60 cap \$18.49 120 cap \$30.99</p>
PROTEIN & MORE <p>New Zealand grass fed cattle are grown without steroids or hormones. Whey helps maintain good health, proper muscle function & tissue repair. Collagen helps joints, skin, hair and nails. MCT oil is a good source of energy</p> <p>SALE \$64.15 FREE Melatonin with Purchase</p>	PROBIOTICS <p>Now 36% stronger Broad spectrum promotes gut health Proven daily care formula</p> <p>High-potency, extra daily-care formula 18 strains for intestinal diversity Colostrum helps probiotics thrive</p> <p>Extra potency 50 billion Re-establishes a strong, healthy gut flora Facilitates nutrient absorption & immune function</p> <p>all sizes 25% OFF</p>	DETOK + + <p>The great-8 herbs of Flor•Essence synergistically support multiple detoxification pathways through the body. +Turkey tail mushroom for immune support +Tumeric to support a healthy inflammation response.</p> <p>SAVE 25% NEW PRODUCT 2 Sizes</p>
JOINT PAIN RELIEF <p>A double-action support to relieve pain and discomfort of osteoarthritis symptoms. Glucosamine is used to make cartilage for joint repair. Chondroitin actively fights the enzymes that breakdown joint tissue and helps maintain the nutrients and fluid in the joint</p> <p>ONLY \$32.97</p>	BLOOD PRESSURE <p>Nitric Oxide is called the 'miracle molecule' and earned a Nobel Prize for its effect on the cardiovascular system.</p> <ul style="list-style-type: none"> •supports healthy endothelial function •supports healthy circulation •improves blood pressure <p>SALE \$51.00</p>	HOLIDAY GIFT IDEA <p>Enjoy the therapeutic benefits of essential oils Used with either a carrier oil or aromatherapy</p> <p>\$45.15</p> <p>100% pure</p> <p>Enjoy The Best Of Both Worlds</p>
CARDIO & IMMUNE <ul style="list-style-type: none"> •Helps lower cholesterol •Supports cardiovascular health •Increases blood flow & circulation •2K mg vit.C supports immune function <p>SAVE 25% Original Powder Formulas</p>	ACV GUMMIES <p>The benefits of Apple Cider Vinegar without the taste!</p> <p>ACV can be helpful:</p> <ul style="list-style-type: none"> •Improve digestion •Lower blood sugar •Improve insulin sensitivity •Lose weight •Lower cholesterol <p>200 mg/gummy no added sugar</p> <p>SAVE \$5.</p>	DIGESTIVE HEALTH <p>GUT FX is formulated for those with chronic intestinal & digestive issues, such as:</p> <ul style="list-style-type: none"> •Leaky gut •Good sensitivities •IBS •IBD •Celiac •Chrohn's Disease <p>GUT FX: works to repair reduce inflammation, repairs gut lining & rebuilds gut flora</p> <p>SALE \$33.35</p>
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<p>TheHealthyHabit.ca 451 St. Clair St., Chatham (519) 436 6260</p>		<p>GIFT CERTIFICATES Available</p>