

the
Healthy Habit 

September 30 - October 31, 2019
Visit In-store for more details
While quantities last.

Affordable
Natural Health Solutions

Fall
Supplement
SALE

IN-STORE DEMOS

OCT. 3rd - JILL KALMACOFF 11-3
ASK ABOUT MCT OIL / BIOSIL / MEDI C

OCT. 10th - ALLIE HEFKEY 11-3
PREVENT & ELIMINATE UTI'S

OCT. 17th - SHANNON GENTLE 11-3
THE BENEFITS OF TOTAL BODY COLLAGEN

OCT. 24th - MELISSA SOMERVILLE 11-2
THE BENEFITS OF VEGE GREENS

OCT. 31st JAMIE GRENIER 11-2:30
THE BENEFITS OF MANUKA HONEY

PRODUCT TASTING, Q&A AND DRAWS

451 St. Clair St., Chatham, ON N7L 3K6 • PH: 519-436-6260 • thehealthyhabit.ca

LIKE US ON  FOR MORE GREAT SPECIALS - Subscribe to our Free E-newsletter.



CLEAR SKIN

A natural formulation for the treatment of acne, eczema, psoriasis, and more. Works from the inside to give your skin a healthy glow. Formulated with a blend of herbs and fish oil to gently cleanse the body and remove toxins. GMO free.



BOGO 50%

OFF THE SECOND

OVER 40? TRY NEO 40

NEO 40 supports 'nitric oxide' levels leading to healthy blood pressure, cardiovascular and heart health, healthy circulation, healthy triglyceride level, healthy sexual performance and increased energy. N-O earned a Nobel Prize for its effects on CV health.

**SAVE
AN
EXTRA
10%**



COLD & FLU PREVENTION

Oregano Oil has a long history as an antioxidant, antiseptic, powerful anti-inflammatory, anti-viral, anti-fungal and anti-parasitic. This high concentrate helps treat and prevent colds and flu, sinus congestion, hay fever, chronic bronchitis & more. Certified Organic.



**BUY 30 ml
GET 15 ml
FREE**

VEGE GREENS

Each scoop has 6 to 8 servings of land, sea and cruciferous vegetables, super greens, EFAs, herbal extracts and botanicals providing nutrients, trace minerals and compounds. Increase energy and mental clarity. Cleanse your body, strengthen immune function & balance pH.

**FREE SHAKER CUP
WITH PURCHASE**

SAVE 10%



URINARY HEALTH

Prevent urinary tract infections, including recurrent UTIs. Hibiscus & cranberries reduce the ability of E.coli bacteria to infect cells. It's Probiotics blend rebalances bacteria. Antioxidant minerals Zinc & Selenium create a robust urinary system.



SAVE 10%

BONE HEALTH

Sometimes our bones need a little help, especially as we age. Cal/Mag's 2:1 ratio helps support the maintenance of bones and teeth and prevent bone loss (osteoporosis). Includes Vitamin K2 and collagen to support complete bone health.

500 ml 3 Flavours

**SAVE AN
EXTRA 10%**



Helping you... Help Yourself... With Your Health

SKIN, HAIR & NAILS

BioSil activates the body's collagen-generating enzymes and is clinically proven to improve Skin, Hair and Nails. BioSil creates smooth skin, thick strong hair and tough nails. Free of animal parts, suitable for vegetarians/vegans, non-GMO, gluten free.

30ml, 90 & 120 caps

**SAVE AN
EXTRA 10%**



EASY IRON

Iron deficiency can reduce red blood cell formation, lead to anemia, cause dizziness, weakness and fatigue. Gentle and non-constipating iron bisglycinate combines with Platinum Naturals Superior Nutrient Absorption™ delivery system to offer maximum results. 'Society of Obstetricians and Gynaecologists' of Canada approved.

60 & 120 caps

**SAVE AN
EXTRA 10%**



ESSENTIAL OILS AROMATHERAPY

Extracted from the flowers, leaves & roots Essential Oils have anti-viral, anti-bacterial, anti-inflammatory and anti-microbial qualities. Their uses date back 5000 years. Use in a diffuser or with carrier oils. Identity, Purity, Potency Verified. World Class Quality Standards

50 CHOICES

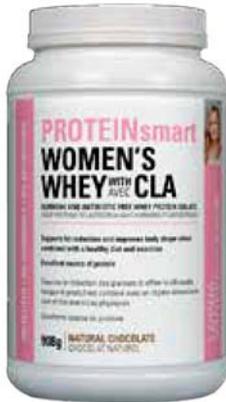
**BUY ANY 2 OILS
AND RECEIVE A
FREE 30 ml EUCALYPTUS
ENTER A BALLOT TO WIN A
MINI TRAVEL DIFFUSER KIT**



PROTEIN SMART

Our body requires protein to rebuild, repair and regenerate. Many health conditions are related to inadequate protein consumption. CLA aids fat loss, balances blood sugar and reduces metabolic syndrome, pre-diabetes and type 2 diabetes. Keto support.

**SAVE
\$10.00**



MAGNESIUM RELAXATION

Healthy magnesium levels are essential for good health. Magnesium supports healthy bones, natural stress relief, better sleep and relaxation. Magnesium helps muscle and nerve function, supports cardiovascular and immune health and offers migraine relief.

226g & 454g SIZES

**SAVE AN
EXTRA 10%**



STRAUSS HEARTDROPS

8 powerful herbs and a proprietary process has been helpful in reducing blood lipids like oxidized LDL cholesterol. Helps cardiovascular health, irregular heartbeat, improves circulation, chronic stress, high anxiety, high blood pressure & blood sugar & more. All herbs are NON-GMO. Gluten free.

100 ml & 225 ml SIZES

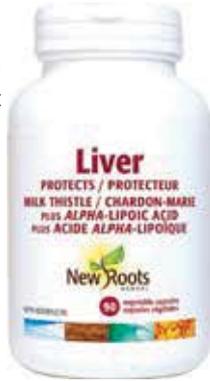
**SAVE AN
EXTRA
15%**



Helping you... Help Yourself... With Your Health

LIVER SUPPORT

When our liver is healthy we enjoy better overall health. New Roots Liver follows traditional herbal medicine to formulate 8 dynamic ingredients to protect the liver, support liver function and to help relieve dyspepsia (bloating, discomfort, nausea, burping)



45 & 90 cap SIZES

SAVE AN EXTRA 10%

ANTI-INFLAMMATORY

Supports a healthy inflammatory response. Helps prevent cognitive decline. Reduces the risk factors for chronic degenerative diseases. Improves joint function and reduces arthritic joint pain. Provides antioxidant protection from environmental toxins



FREE BOOKLET WITH PURCHASE
SAVE AN EXTRA 10%
ALL SIZES

WILD OMEGA 3

Wild Omega 3 fish oil helps support cognitive function, cardiovascular health, and helps reduce serum triglycerides. For the maintenance of good health. Wild Omega 3 is an excellent source of fatty acids. Many studies reveal the long term benefits.



60 & 120 cap SIZES

SAVE AN EXTRA 10%

TRANQUIL SLEEP

Helps you fall asleep and stay asleep. Works in harmony with your body's natural sleep hormones. Promotes restful sleep, so you wake refreshed and alert. Induces relaxation and lowers the body's stress response. Great-tasting tropical fruit flavour



CHEWABLES
60 & 120 SIZES

SAVE AN EXTRA 10%

BORAGE OIL

An omega 6 fatty acid sourced exclusively from borage seeds, nature's most potent concentration of gamma-linolenic acid (GLA), measuring up to 24%. At 1000mg per capsule this essential fatty acid assists fat metabolism, promoting optimal health and the treatment of numerous health problems.



SAVE AN EXTRA 10%

MENTAL CALMNESS

Reduces feelings of stress and anxiety. Promotes relaxation without drowsiness. Safe and natural green tea extract. 100% clinically tested Suntheanine®. L-theanine is an amino acid found in green tea with relaxing yet non-drowsy effects.



FREE BOOK WITH PURCHASE

SAVE AN EXTRA 10%
60 & 120 CHEWABLES

Helping you... Help Yourself... With Your Health

MANUKA HONEY

... Has a long history as medicinal, antimicrobial, anti-inflammatory, and healing. A remedy for digestive, oral, and skin ailments. Methylglyoxal (MGO) is the unique factor in manuka honey. Free of additives, preservatives, pesticides and antibiotics.



**NEW PRODUCT
SAVE 10%**

MEDI C PLUS

Vitamin C and lysine are necessary for a healthy heart, joints, teeth, gums, wound healing, and collagen. Collagen is the bodies glue. Lysine makes collagen stronger. A lack of vitamin C and lysine results in weak arteries.



All sizes
**SAVE AN
EXTRA 10%**

A GUT FEELING

Probiotics are the first step to gastrointestinal health at every age. Used antibiotics? Replenish your gut-friendly bacteria. Multiple strains help relieve chronic digestive issues, support immunity, provide greater nutrient absorption and much more.

ALL SIZES

**PRESENT THIS
COUPON AND**

**SAVE
\$3.00**



expires October 31, 2019

WHAT IS NAC?

NAC (N-acetyl cysteine) is key to producing glutathione, a powerful antioxidant. NAC supports respiratory health (chronic bronchitis), prevents LDL oxidation (bad cholesterol) to help support cardio health, supports detoxification and is critical for proper immune health.



**BONUS SIZE &
SAVE 10%**

THE POWER OF MUSHROOMS

Medicinal mushrooms and the magical taste of cacao. Create an espresso style drink or mix into smoothies, coffee or other hot beverages. PURICA® ZENSATIONS™ support immunity, reduces stress, give peace of mind, provides restful sleep, youthful energy and improves memory.



**SAVE AN
EXTRA 10%**

BETTER DIGESTION

Upset stomach, bloating, gas, or heartburn? Taking digestive enzymes with your meals can provide fast and safe relief for a range of digestive disorders. These powerful enzymes break down protein, carbohydrates, fats, sugars and dairy. Feel Better.

ALL SIZES

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COUPON AND**

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\$3.00**



expires October 31, 2019

Helping you... Help Yourself... With Your Health

SERRAPEPTASE?

Traditionally used in herbal medicine this proteolytic enzyme digests excessive fibrin (causes blood to clot, scar tissue, etc.), reduces inflammation to help relieve joint pain. An analgesic that inhibits pain. Reduces excessive mucous production and loosens sputum.



SAVE AN EXTRA 10%

ADRENAL SUPPORT

Not Sleeping? Fatigue? Low Energy? Cravings? Stress? ADRENASmart helps us handle stress better, supports healthy hormone function, aids deep and restful sleep, normalizes cortisol (our stress hormone), balances mood, improves mental clarity.



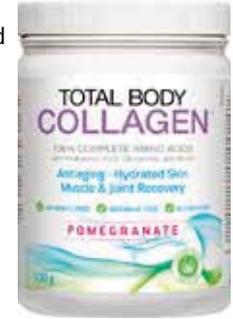
FREE BOOK WITH PURCHASE SAVE AN EXTRA 10%



BONUS SIZE

TOTAL BODY COLLAGEN

Supports formation of collagen and connective tissue for joint health. Helps nourish skin, hair, nails, bones, teeth, and gums. Helps reduce joint pain associated with osteoarthritis. With hyaluronic acid and biotin for extra support.



NEW PRODUCT OFFER

SAVE 10% POWDER OR CAPS

NUTRA SEA

Canada's #1 liquid omega 3 fish oil for overall health and well-being. Helps cardiovascular, joint and brain health. Helps support the development of brain, eyes and nerves in children up to 12 years of age. Non-GMO, Friends of the Sea Certified and covered by PureCheck.



LIQUID AND CAPS SAVE AN EXTRA 10%

WELLNESS 45...PLUS

Support your heart, brain, liver, bones, immune system and the affects of aging. Super Easymulti 45+ (Men's & Women's) is an anti-aging formula with its unique formulation of vitamins, minerals, traditional herbal therapies and antioxidants.



FREE OREGANO 8 INCLUDED

WARD OFF THAT COLD & FLU THIS YEAR

FAST AND EFFECTIVE SYNERGISTIC BLEND OF 8 POWERFUL IMMUNE BOOSTERS

PLUS SAVE AN EXTRA 10%

SUGAR FREE ENERGY

100% Pure MCT Oil. The liver quickly metabolizes and converts MCTs into energy. Easily digested. Add to your smoothie, shake or coffee. Smoothest MCT Oil on the market. 60% caprillic acid / 40% capric acid. Keto support.



FREE KETO COOK BOOK TO THE FIRST TEN PURCHASERS

SAVE AN EXTRA 10% 500 ml & 1 L SIZES





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