

Spring Flyer

May 1 - May 30, 2024

Visit In-store for more details. While quantities last.

www.thehealthyhabit.ca

451 St. Clair St., Chatham, ON N7L 3K6 519-436-6260

Affordable Natural Health Solutions

Beautiful Healthy Skin

EMANI Since 1998

Solutions for acne, aging, and hormonal skin types
Vegan certified & formulated with natural & organic ingredients

FOUNDATIONS: Protect the skin from environmental stressors - 4 shades - liquid or compress

SERUMS: 4 blends target specific skin types - Feeds skin everything it needs to bring dull & stressed skin back to life



• Can be used under other skin products

Nutrient-Dense formulations with fermented probiotics, vegan collagen, niacinamide, & more...

Without 26 known allergens

Children's MULTI

Provides a spectrum of vitamins and minerals that are essential for healthy growth & development



Provides the basic building blocks for:

muscles, vision, skin, bones immune system, brain, & nervous system helps memory, learning, focus & mood

vegetarian-friendly & made WITHOUT preservatives, artificial flavours or colours

250 ml & 500 ml

JOINT RELIEF

Comprehensive joint-support formula

- Helps protect against: deterioration of joint cartilage
- Helps restore flexibility and joint integrity
- Helps relieve joint pain associated with osteoarthritis

Ingredients support:

- Joint tissue
- Anti-inflammatory relief

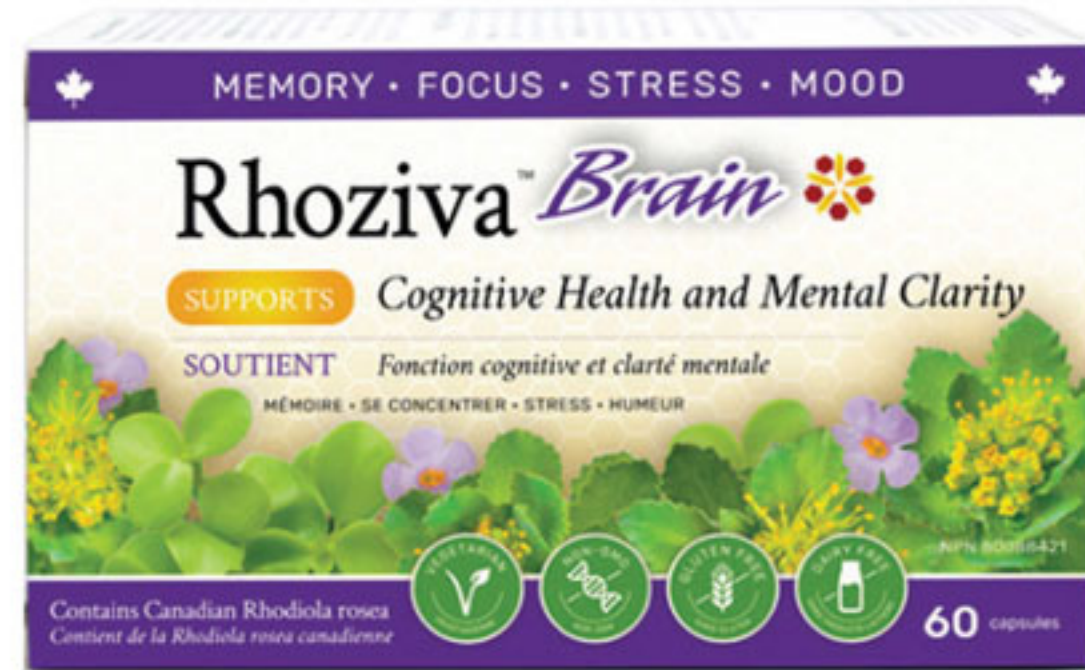
60 - 120 - 240 tablet sizes



BRAIN & COGNITION

A blend of medicinal plant extracts & vitamins, designed to help with cognitive function by supporting memory and concentration

Increases focus, learning & retention
Reduces stress & anxiousness
Improves mood & well being



SILVER

True Colloidal Silver received a USA FDA number, 60943 - March 11, 1994.

Certified for content & purity

Use orally or topically. Does not react to: salt, protein, sunlight, plastic or heat.

Before antibiotics were developed, colloidal silver was used for its antibacterial, antiviral, antifungal and antiseptic properties. In 1920, Alfred B. Searle, a colloidal research pioneer, provided a blueprint for the most effective silver product.

8 - 16 - 32 oz sizes



BIO-STRATH

Daily Supplement

- * **Contains** 61 vital substances
- * **Provides** 6 -10X greater absorption of essential vitamins & minerals
- * **Reduces** stress & fatigue
- * **Improves** memory and concentration
- * **Supports** immune health by increasing resistance to infections

Ages 4 thru adult

Elixir. Tincture. Tablets



CARDIOVASCULAR

NATOKINASE: is a proteolytic enzyme that breaks down 'fibrinogen'

Fibrinogen is:

- * A risk factor for cardiovascular disease
- * A component of blood clots and atherosclerotic plaque
- NATOKINASE** can be helpful:
- * improving hemorrhoids, spider veins, and varicose veins,
- * lowering cholesterol
- * breaks down unwanted waste in the blood
- * an aspirin alternative

75/150 vcap delayed release



HORMONE Harmony

AdrenaSense Supports healthy cortisol levels & adrenal function
Recovery after periods of mental and/or physical exertion

EstroSense Helps maintain healthy hormone balance
Promotes healthy estrogen metabolism

MenoSense Reduces hot flashes and night sweats
Reduces other symptoms of menopause

ThyroSense Supports the T4 conversion to T3
Formulated with nutrients and herbs for a healthy thyroid



ESSENTIAL OILS

50 Fragrances & Blends

- * **Aromatherapy**
- * **Massage**
- * **Pest Control**
- * **Home Cleaning**

100% Pure - Non-GMO
Highly Concentrated



STOP HAIR LOSS

Nourishing Waves Plus supports healthy thyroid function to:

- * **Stop** hair loss & encourages hair growth
- * **Improve** the strength of hair and nails
- * **Promote** healthier skin
- * **Help** energy levels to prevent fatigue

Liquid & Capsules



GABA for Calm

GammaAminoButyricAcid
The brain's primary inhibitory chemical

- **Increases** calming alpha brain waves
- **Supports** a calm, relaxed mind
- **Helps** reduce nervousness
- **Soothe** a racing mind
- **Promotes** mental focus and mental clarity
- **Improves** sleep quality
- **Supports** physical relaxation without drowsiness

Begins working in 5-30 minutes

100 or 250 mg - 60/90/120 chewable or v/cap



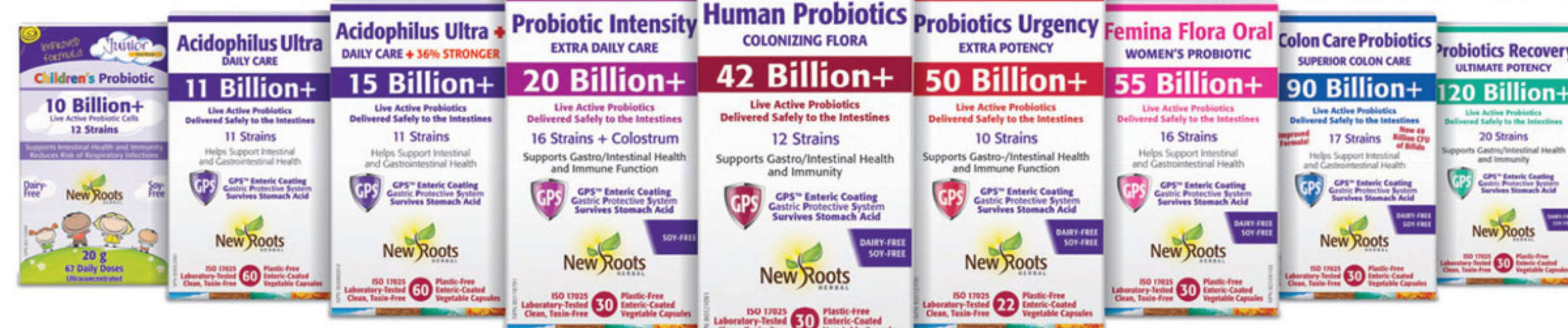
HEALTHY GUT BACTERIA

Are you getting the full benefits from your PROBIOTICS?

New Roots Herbals unique GPS** enteric coated capsules protects probiotics from stomach acid and delivers full GI benefits

Every Age - Digestive Health - Immune Health - Stress/Mood/Sleep - Scientifically Researched

**Gastric Protective System



FLU..HAY FEVER..COLDS

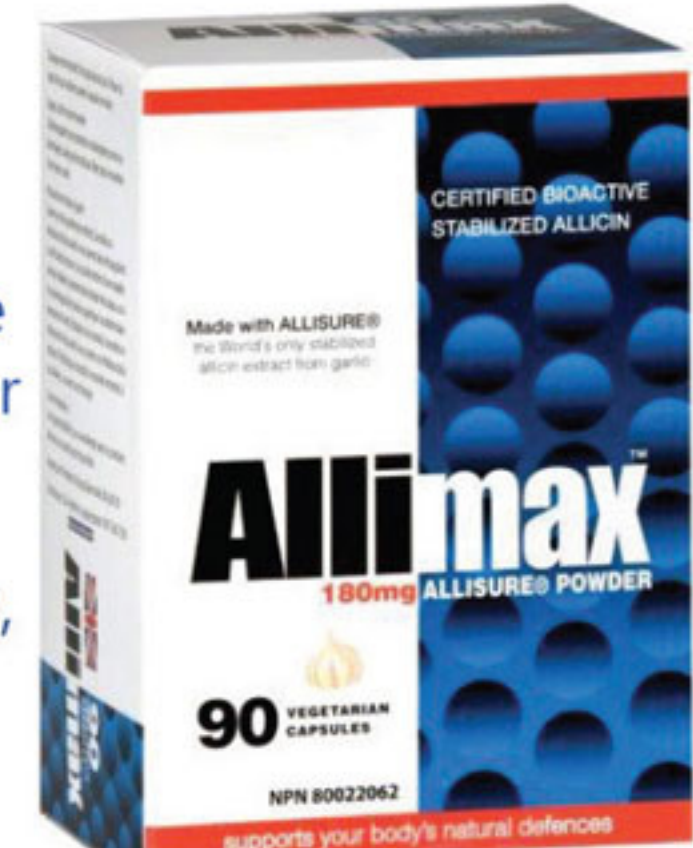
Unique to **Allimax**, allicin is derived from Garlic
Allicin is garlic's defence against microbial attacks

- Anti-viral
- Anti-fungal
- Anti-bacterial

A traditional herbal medicine to relieve symptoms of upper respiratory tract infections

Helps **protect against** colds, flu, & hay fever

30 - 90 - 180 v/capsules



DIGESTIVE BITTERS

9 certified organic herbs with bitter compounds that relieve symptoms of indigestion and to prepare & optimize digestion

Natural digestive support for soothing relief from:

- Heartburn
- Bloating
- Gas

(common symptoms of sluggish or compromised digestion)

100% natural & non-habit-forming

2 flavours:
Original & Maple

100 or 250 ml & 30 ml spray



OMEGA-3

Highest Quality Concentrated

NO fishy SMELL ...
NO fishy BURP ... due to

Cold-Molecular Distillation

3 Specific Fish Oil Formulations

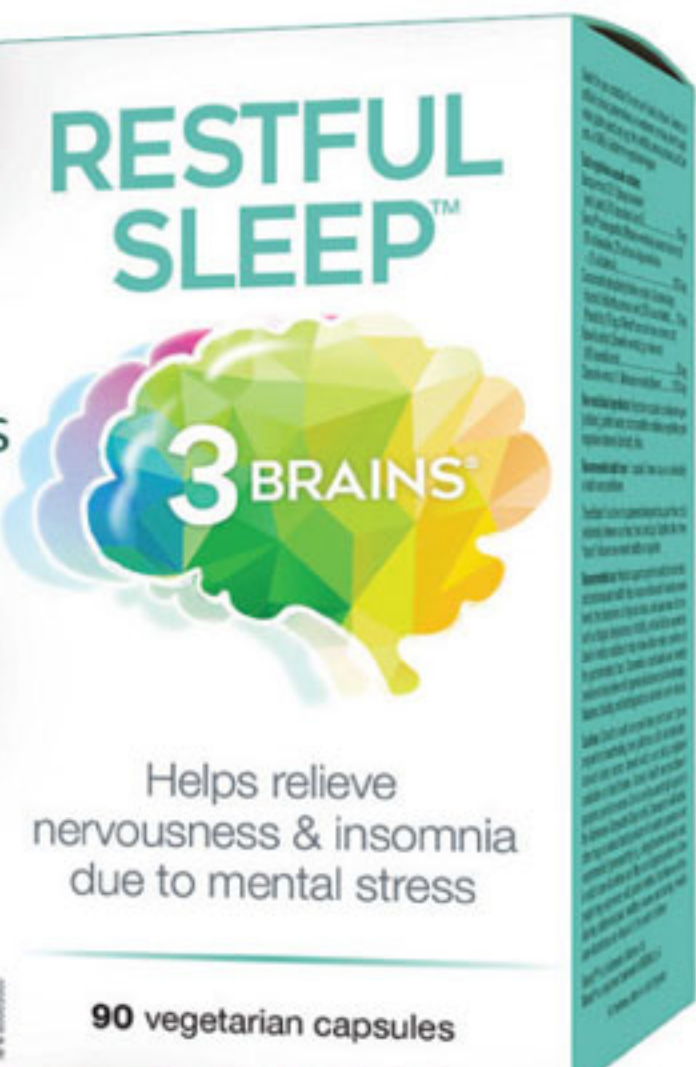
- Reduce Inflammation
- Eases joint & arthritic pain
- Slows age-related cognitive decline
- Supports immune health
- Supports heart health
- Helps mood & depression
- Helps fetus development
- Helps ADD

Liquid & Softgels



SLEEP

- Promotes healthy sleep
- Helps relieve insomnia, nervousness & restlessness caused by mental stress
- Enhances cognitive health through adequate sleep
- Acts as a natural, non-habit-forming mild sleep aid



VEGE GREENS

Potent, functional vegetable blend

Supports overall health & natural energy production

Digestive support, immune support, & anti-inflammatory support

- **Added** enzyme blend that is specific to breaking down plants
- **NEW** adaptogen mushroom blend
- **Three new & functional** botanical ingredients - Turmeric Tart Cherry Elderberry

Vegan, Gluten Free, Soy Free
Choice of 5 Flavours



CHOLESTEROL

CHOLESTO-LESS is formulated to:

- lower total cholesterol
- lower LDL "bad" cholesterol
- raise HDL "good" cholesterol
- maintain healthy cholesterol levels.

CHOLESTO-LESS also supports:

overall cardiovascular health with the addition of the powerful antioxidant, **UBIQUINOL** (Active CoQ10). Healthy cholesterol levels supports cardiovascular health, helping to prevent life-threatening illnesses such as heart attack & stroke.



CALCIUM / MAGNESIUM

Plant Sourced



Calcium/Magnesium from Icelandic red-algae contains 73 minerals

Contains D3 for absorption & K2 for calcium allocation to the bones

Helps maintain proper muscle function, heart health, immune support, energy metabolism, & more

Liquid or 120/240 veg cap

DETOXIFY

Lymph Tonic

- An herbal blend to specifically support & detoxify the lymphatic and glandular system
- Prevents lymphatic stagnation
- Improves lymph flow & cleanses its tissues

Milk Thistle

- Supports ongoing, gentle full-body detox
- Protects liver health and helps to support optimal liver function
- 100% Certified Organic formula

Tincture & Capsules



Reduce INFLAMMATION

Chronic inflammation is a risk factor for:

- Cardiovascular disease
- Neurodegenerative diseases (Alzheimer's)
- Metabolic Syndrome

Curcumin protects against:

- Inflammation in the brain
- Age-related cognitive decline
- Inflammation and oxidative stress associated with rheumatoid arthritis & osteoarthritis

Curcumin protects the body's tissues against oxidative stress and associated pathologies

Curcumin improves blood lipids

\$3.00 OFF 60 - 120 Vegan Caps

