

The Year to Rejuvenate!

How Can We Achieve
Incredible Longevity
and Rejuvenate
Our Energy

After the exhaustion of the last few years, we're inspired to move forward stronger than ever. How we gain incredible energy and longevity is not a secret anymore!

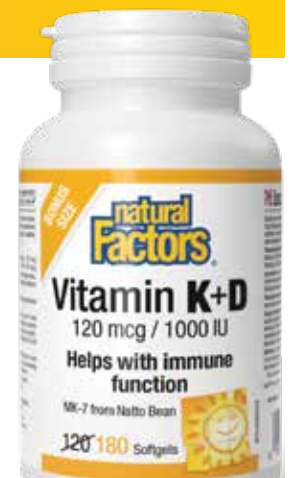


OsteoMove
Fast-acting
pain relief

CALMING
Easy
on the
stomach



High-
potency
2500 IU



SALE

900 mg
RxOmega-3



SALE until January 16th, 2023. While quantities last!

The sun seems to have limitless *energy*

It's said that "if the sun stopped producing energy in its core, on Earth, we wouldn't realize something is wrong for 50 million years."

That's good to know because without the sun, life on Earth would not exist.

Sunlight is essential for human health and longevity; without it, there would be no life on Earth. More importantly, energy from the sun is converted to energy by plants; in turn, our bodies convert plant food into energy within us. It rejuvenates our life!

Rejuvenate *your life!*

Today, the desire for longer life is stronger than ever. There are proven ways to increase the energy in our body and mind.

Did you know?

Mitochondria are tiny powerplants that produce energy in every living cell in your body. How much energy? And how can we get the most from our mitochondria?

Find out in the following pages.



THE POWERHOUSE OF *Energy &* life-long *Vibrancy*

What is mitochondria?

They are like very tiny powerplants that produce energy in every living cell in our bodies. On average, every cell has 1,500 mitochondria. Can you imagine that for their extremely small size, it's been said that they produce, gram for gram, 10,000–50,000 times more energy than the sun?

Turn on Your Mitochondria



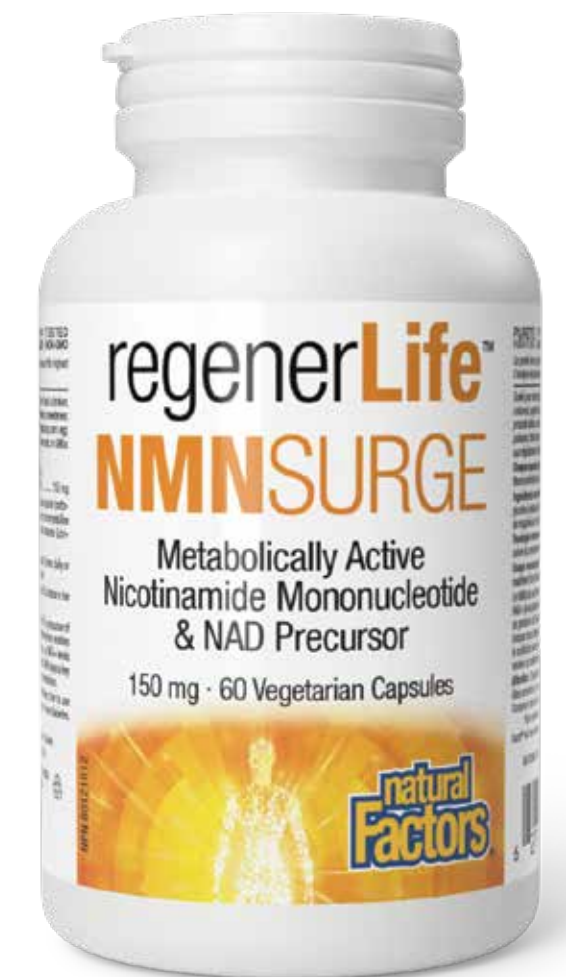
Give your life a *surge*

Do we know why we age and why some people age faster?

Aging is caused by so many processes, but DNA damage and mitochondrial dysfunction are the leading causes. Pivotal to healthy biological aging is a natural compound called NAD+. NAD+ is a molecule that is the linchpin for proper mitochondrial function. By middle age though, our NAD+ levels have plummeted to half those of our youth. This results in fatigue, cognitive decline, and muscle loss.

What can we do to prevent that?

One of the most effective ways to prevent this decline is to supplement with nicotinamide mononucleotide, also known as **NMN**. NMN is a cutting-edge, anti-aging nutrient that is an alternative, activated form of vitamin B3. As a precursor, NMN is rapidly absorbed and converted to NAD+.



WHAT THE DOCTORS RECOMMEND TO

Rejuvenate *our energy*

The medical team wanted to know what key supplements would give the best results to make a real difference in supporting mitochondria to produce energy, and rejuvenate and energize our lives. To test their theory, the team conducted a study and gave the nutrients to participants in small packets.

Each packet contained: **NMN, Quercetin, Mitochondrial Formula, Omega-3**
The group followed the prescribed regimen for *just 30 days*.

These are just some of the experiences they had:

"The products help me maintain a good energy level throughout the day even without having any caffeine!" - F.Y.

"As I get older, I notice that my energy levels drop, especially in the afternoon and evening. Since I started taking the longevity kit, I have a lot more energy. It feels like 'my life battery is charged' and I can finish my day on a higher note." - L.M.

"I used to wake up in the morning feeling tired. However, since I started taking the longevity kit with NMN, I have noticed a huge difference! Now I wake up refreshed and with enough energy to start my day." - A.S.

“ I have been using the powdered mitochondrial formula called RegenerLife... and I can honestly say that the positive impact it's had on my recovery from training is nothing short of amazing! I continue to use the formula, and now am taking this longevity packet – and wow! I'm not sure what it is, but it might be the NMN that gives the extra boost. – Y.F. ”

These supplements are perfect for people experiencing the long-term impact of viruses and brain fog, as it can help them spark back to life! The doctors – and people – agree these supplements give the best results!

How do we spark mitochondria?

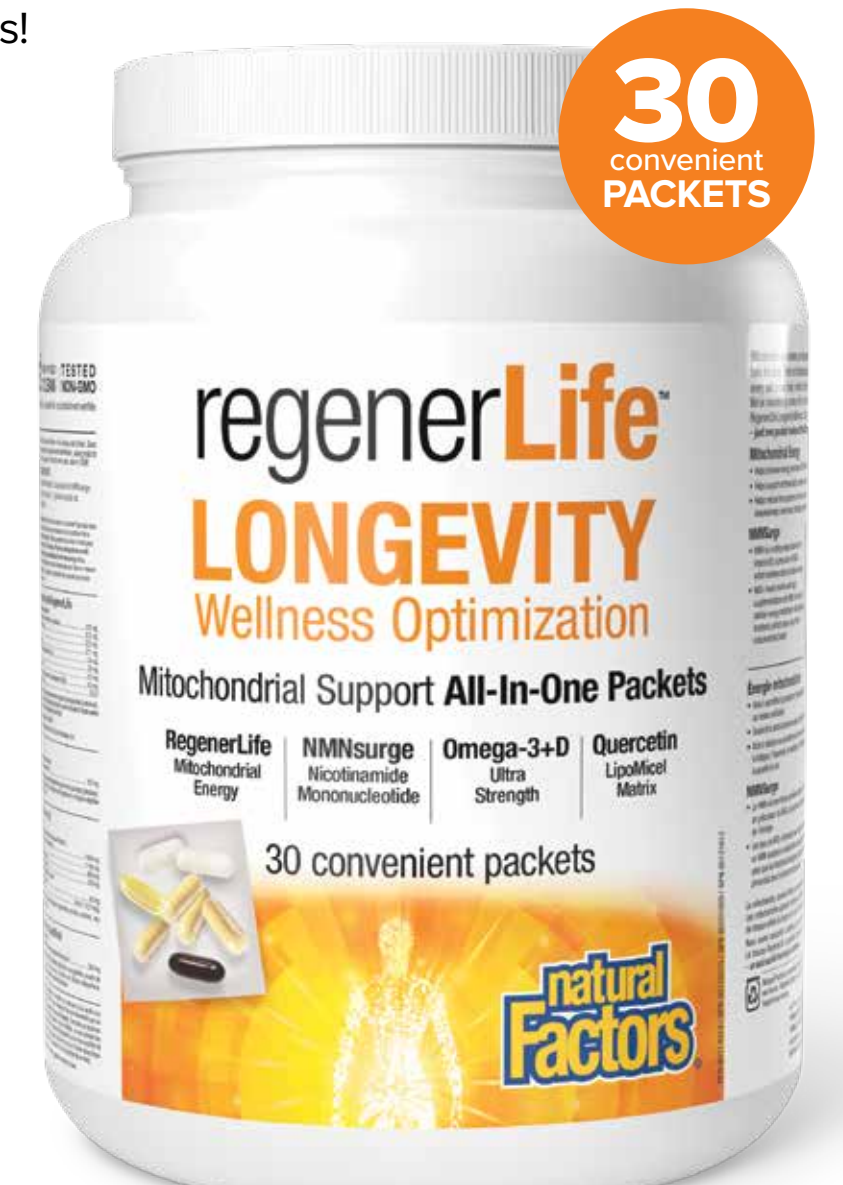
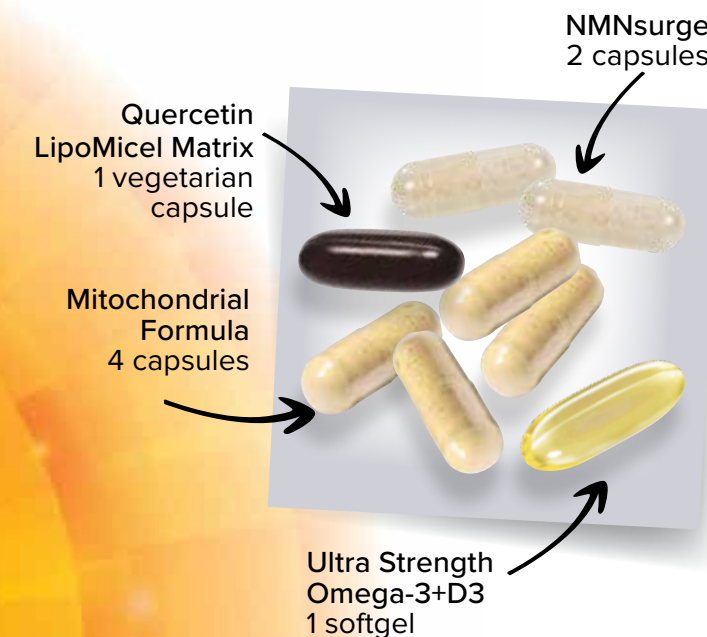
To say that mitochondria are important to human health is grossly understating their role in our survival. We literally would not be alive without them. They convert our food into energy, so that every other function of our body can occur as it

needs to. As we age, our ability to create healthy mitochondria to support our energy demands diminishes. And because about 90% of our cellular energy is produced by mitochondria, this decline can cause significant health issues.

Rejuvenate your life!

The **RegenerLife** formulas help ignite mitochondria to produce more energy from the food we eat. A great start is using convenient all-in-one packets. They are the easiest and most economical way to rejuvenate our lives!

Save 35–40%
over buying separately



Breakthrough technology delivers rejuvenation



With **Liposomal Bioenergetic Vitamin C liquid softgels**. This is the powerhouse of antioxidants! It helps with healthy aging.

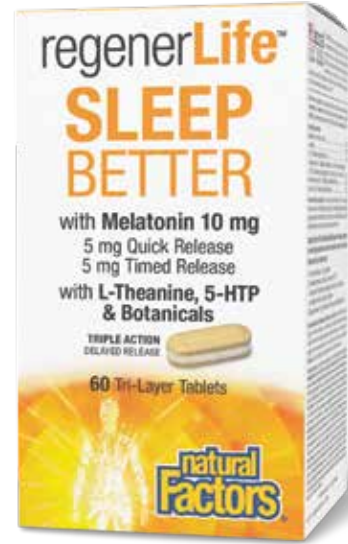


Cellular regeneration from the food we eat

Resveratrol is found naturally in “superfoods” like red wine, cocoa, and blueberries. It’s a powerful antioxidant that regenerates the body at the cellular level. Because of its anti-inflammatory activity, resveratrol has been shown to offer brain and cardiovascular protection, and can protect nerve cells from damage.

The calm of night and sleep, sleep so sweet a beautiful rest from day

The brilliant **Sleep Better tri-layer tablets** have 5 mg of quick release melatonin and 5 mg of delayed, timed-release melatonin, so you can stay asleep. Plus it has 5-HTP to get you asleep more quickly, along with ingredients that help calm you for a restful sleep (L-theanine, valerian, passionflower, and hops). No more waking up in the middle of the night!



Omega-3 Ultra Strength High Absorption with the Enteripure® difference

Revolutionary Enteripure technology infuses 100% natural plant material with enteric properties into the outer softgel for advanced absorption and assimilation.

For those who want to maximize their omega-3, you’ll love our new 2200 mg omega-3+D, which offers ultra-strength omega-3 combined with vitamin D3. These superior softgels deliver concentrated omega-3s to your intestines for advanced absorption.

with **vitamin D3 1000 IU**



Targeted delivery to the intestines

Protects the fish oils from the stomach’s harsh environment

No fishy aftertaste or fishy burp

Concentrated levels of omega-3s



Energize your brain

A powerful, full-nutrient supplement kit for your brain



Your brain cells demand more energy and nutritional support than any other cells in your body. This kit helps naturally ignite brain mitochondria to produce energy from the food we eat, in convenient, all-in-one packets. It includes:

- **Phosphatidylserine** helps nerve cells communicate. It improves memory function and the ability to focus.
- **Grapeseed extract and curcumin** regulate and reduce inflammation and cognitive decline.
- **Probiotics** improve the health of your “second brain,” the gut, which can boost neurotransmitter production. These neurotransmitters boost mood and cognitive function.
- **Omega-3** helps fight inflammation and maintain brain structure.



Leia loves her protein drink

...and her protein drink loves her

Leia's best protein drink in the morning

Kids are the best copycats!

One of the best ways children learn is by imitating you! Studies suggest that children begin to mimic their parents' food choices at a very young age. Therefore, it's important to set the example of healthy eating as soon as possible! Before two years old, my daughter developed a real love for protein shakes because she wanted to "copy" what I was doing every morning.

Leia loves Kids All-In-One Daily Shake Mix because it tastes delicious! I love it because it's 100% organic and vegan and it's a great and easy way to give her the wholefood nutritional requirements her growing body needs.

Sea-licious makes a drink delicious!

Add the most important proper dose of omega-3 for healthy mood and brain function

Omegas play an important role in the development, function, and regulation of the brain, neurological processes, cognition, and mood.

Add Sea-licious to your or your child's protein drink for an amazing flavour boost!



REJUVENATE YOUR KIDS with Proper Vitamin Support



The best support for growing children is proper nutrition.

In spite of what you may have read, the vast majority of so-called "healthy gummies" are what we call "candy-trition." There are zero-potency vitamins and minerals in these gummies – they're just candies. Only a few gummy products can provide the correct supplement dosage to ensure your kids get the health boost they need.

It's the correct dosage that makes the difference!

A LITTLE SUNSHINE in the wintertime



The power of collagen to revitalize, restore, and protect **OUR *total body***

“As a 30-something-year-old woman and nutritionist (who’s not getting any younger), collagen has been one unique product that I had my eye on. Why collagen? Unfortunately as we age, collagen density and dermal thickness decrease, and this lack of collagen cues the all-too-familiar signs of skin aging. No wonder we’re obsessed with trying to get more of it.

What some critics say are concerns: Admittedly, collagen has been a hot topic and for good reason. We all want to look younger, so a product that touts any sort of beauty benefits will no doubt come under a lot of scrutiny. In recent years there has been a growing body of evidence and even larger review studies that collectively point to the same conclusion – collagen supplements promote healthier looking skin, and

decrease visible signs of aging, without any adverse side effects. Another concern that has been shared is that there may be a risk of contaminants and heavy metals in collagen. Although there is merit to this, the truth is that not all collagen supplements are created equally. When choosing a collagen supplement that is **bovine-sourced** (cattle), it’s best to look for a product that is pasture-raised, grass-fed, and steroidal-hormone- and antibiotic-free. When choosing a **marine-based** collagen supplement, always look for one that is extracted from wild-caught and sustainably sourced fish, like whitefish.”



NATASHA PAROUTIS,
Nutritionist

Why Total Body Collagen? Revitalize, restore, and protect your skin from within. Support your muscles, joints, and ligaments.



WISE ADVICE

“Regularly add collagen to your diet.”

Why?

– **JULIE REIL, MD**
and Beauty Expert



“When it comes to feeling good and looking good, I am going to share my secret weapon... it is called **Total Body Collagen**. I take it with a vitamin C supplement in the morning for my hair, skin, nails, and bones, and it couldn’t be easier. With **Total Body Collagen**, my hair is thicker and healthier and I lose less hair in the shower and in my brush. Fine lines and wrinkles on my face are getting better as I age and my skin looks and feels more hydrated. My nails are stronger with fewer ridges and grow much faster. As an added bonus, Total Body Collagen supports my bone matrix for healthy teeth and bone density.”

NEW
Multi
Collagen



Is collagen good for men? Absolutely.

Does it help reduce the signs of aging?

Yes, collagen hydrates our skin, reducing wrinkles and giving us that plump youthful glow, healthy hair, and skin.

Protective Measures for **IMMUNE SUPPORT** and an Aging Immune System

Breakthrough in ABSORPTION TECHNOLOGY

Until now, one of the biggest challenges with quercetin has been its lack of water solubility. We have overcome this challenge with our latest technology: a unique liquid micelle matrix. This **groundbreaking process solubilizes quercetin into liquid**, allowing it to be **absorbed up to 10 times better** than regular quercetin.

Why blood vessel protection is more important than ever

Emerging research suggests that some viruses may cause blood vessel damage, often in response to the body's inflammatory response. This causes a great deal of stress to the immune system. The unique antioxidant effect of quercetin supports healthy blood vessels by reducing the oxidative damage to vessel walls. Such protection even extends to the capillaries, which supply nutrients and oxygen to every cell in the body.

HUGE savings for huge quality!



Rejuvenation for Men **TESTOSTERONE SUPPORT**



Gaetano Morello, ND

"In my 30 years of clinical practice, I have rarely had a day when a male patient hasn't asked me about maintaining youthful vitality. After the age of 35, men often experience a decline in testosterone levels and an increase in estrogen production.

Although lower testosterone is often dismissed as part of the normal aging process, this decline can affect energy, performance, muscle mass and fat distribution, hair growth, and even emotional and cognitive well-being. Ensuring a good intake of essential nutrients needed for testosterone production can help support male reproductive health, energy metabolism, and hormone health in men, whatever their age." – Gaetano Morello, ND

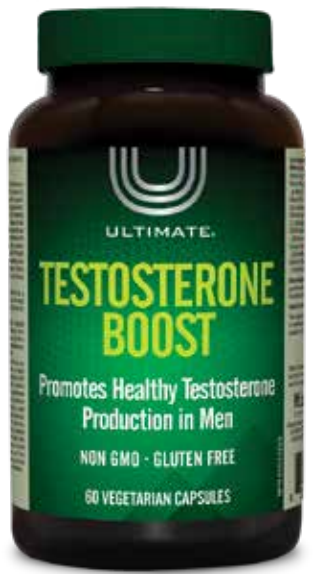


Male Energy

protects testosterone from conversion to estrogen, restores hormone balance, and reduces symptoms of declining testosterone. This formula rejuvenates energy and vitality in men over age 35.

Testosterone Boost

formula features a full-spectrum extract of ashwagandha to provide significant improvement in testosterone. It also lowers stress levels, while supporting energy and performance.



Maca Energy

is the ultimate formula for men and women who want to support the emotional aspects of sexual health.



Anti-Stress

is a natural formula that supports your adrenal glands, balances cortisol levels, and keeps stress under control.

Whole Earth & Sea

The last thing you need is prices going up

At Whole Earth & Sea we feel exactly the same, and for the first time in our history, we are **offering the lowest price ever!**

For any of our Whole Earth & Sea Multis
All 60 sizes and all 120 sizes



You can really *feel the difference* when you use them!

Re-energize your body



Available in Organic Chocolate, Organic Tropical, and Unflavoured

Available in Organic Chocolate, Unflavoured, Organic Vanilla Chai, and Organic Tropical flavours

FERMENTED PROTEIN & GREENS goes far beyond standard greens and protein products. This innovative, **organic greens, superfood formula** gives you all the nutrition you need along with **21 g of the cleanest possible plant-based VEGAN PROTEINS.**

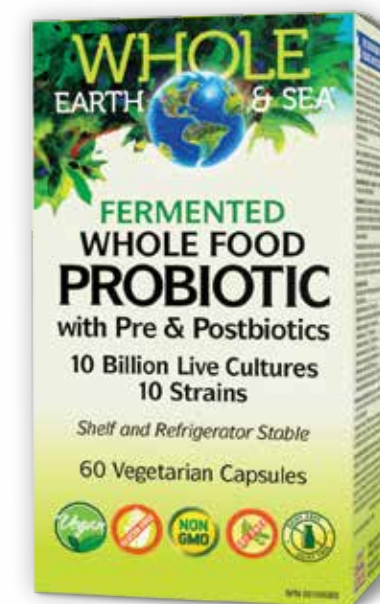
FERMENTED GREENS is the **ONLY 100% fermented and 100% organic greens formula.** This exceptional non-GMO, vegan-friendly, green superfood formula provides **6 g of quality fermented plant protein** in every serving along with fermented grasses, fruits, vegetables, and micronized medicinal mushrooms to support an active, healthy, and sustainable lifestyle.

"Why 100% Fermented, Organic Vegan Protein?"

Whole Earth & Sea fermented proteins are so easy to digest. Get the most nutrition and improve your digestion with this spirulina and mushroom blend."



Protect your gut and immune system with the power of fermented wholefood probiotics!



wholeearthsea.com

EXCLUSIVELY available in natural supplement stores. • Ask natural health food store employees for these flyer products.

Everything you need IN ONE DELICIOUS SCOOP



Our 100% Organic VEGAN PROTEIN & ALL IN ONE NUTRITIONAL SHAKE

100% organic – Even the flavours and sweeteners!



The nutrition of a full meal at HALF the cost!

All In One Nutritional Shake contains our great **vegan protein** mix with **vitamins, minerals, and greens formula** from our farms.

Save your grocery dollars and time with the convenience of this energizing meal replacement!

A 100% Full-Spectrum Organic Vegan Protein

VegiDay 100% Plant-Based Protein contains a blend of **six vegan proteins** plus a **full spectrum** of **essential amino acids**. No other vegan protein compares.

French vanilla, decadent chocolate, and unflavoured

Only \$2.50 per serving.
Save your grocery dollars!

Budget friendly



Reduce just 5% of your body weight and get huge health benefits for life.

Study participants who tried many other (*unsuccessful*) diets over the years called the RealEasy program a transition from “diet” to “life” resulting in a **big change of eating habits**.

The RealEasy meal replacements are filled with optimal amounts of macro- and micronutrients, and provide a high-quality protein source, such as whey concentrate and isolate. Whey protein is quickly absorbed by the body and contains a higher range of the branched-chain amino acids (BCAAs) leucine, isoleucine, and valine, which are particularly helpful for

weight loss without losing muscle mass. Whey protein, especially whey isolate, offers significant benefits even for individuals with lactose intolerance or lactose sensitivity. Another main component in the RealEasy shakes is PGX. PGX is not only a promising candidate for weight management/loss, but also for reducing obesity-associated risk factors, such as diabetes and high cholesterol, as shown in many studies.

WHEY

Vanilla, Chocolate, and Strawberry flavours

VEGAN

Vanilla and Chocolate flavours



Rejuvenate this winter

OIL OF OREGANO HIGHEST CONCENTRATION!

This powerful antioxidant reduces inflammation related to allergies and respiratory tract disorders, such as coughs, bronchitis, and sinus conditions.



ANTI-VIRAL YOUR FIRST LINE OF DEFENCE

Keep one step ahead of the cold season. Our patented organic ECHINAMIDE extract is clinically proven to fight infections of the upper respiratory tract.



the same
price* for
10 yrs

the fight against cold & flu

SORE THROAT RELIEF ZINC LOZENGES

- 10 mg of zinc gluconate per lozenge
- Works fast to relieve sore throats
- Available in delicious, natural Cherry and Honey Blossom
- No sugar added
- No artificial preservatives, flavours, or colours



ZINC BISGLYCINATE

is an essential trace mineral that supports the immune system and helps maintain the body's ability to metabolize nutrients. Zinc is important for connective tissue formation and helps maintain healthy skin, hair, nails, and bones. Zinc bisglycinate is a gentle form that does not upset the stomach.



TIMED-
RELEASE

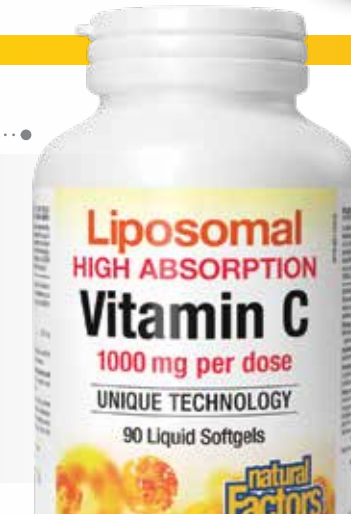


BIOCGEL, HIGH- ABSORPTION C!

Vitamin C and bioflavonoids have a complementary effect, making them both more effective and powerful when taken together.



Advanced
High-Absorption
**LIPOSOMAL
VITAMIN C**
1000 MG PER DOSE
in easy-to-swallow liquid
softgels



**BALANCED C EXTRA,
THE DYNAMIC DUO!**



GREAT VALUES · INFLATION FIGHTERS

**VITAMIN D
2500 IU**



**VITAMIN D
1000 IU**



GREAT VALUES · INFLATION FIGHTERS



To live a long, healthy life, potent antioxidants like glutathione are essential.



Glutathione is the body's most potent antioxidant, and the functions it performs in the body are miraculous. Glutathione supplements oxidize rapidly in the gastrointestinal tract, so their therapeutic use is limited; thus, most oral forms of glutathione are ineffective. Today, a new form of glutathione, known as LipoMicel glutathione, has improved absorption and delivers nutritional efficacy.

Natural UTI Prevention

WomenSense Cranberry 500 mg combines the concentrated 36:1 cranberry extract with D-mannose and propolis to help prevent recurrent urinary tract infections (UTIs). Cranberry is a source of antioxidants with a long history of use for UTIs. The natural antimicrobial properties of D-mannose and propolis enhance cranberry's protective benefits, helping to flush out urinary pathogens.



Breaking News!

EstroSense shows promise in the fight for better breast health!

In October 2022, a randomized, double-blind, placebo-controlled, crossover study was published in the *Journal of Complementary and Integrative Medicine*. It was a study of female breast health where participants used EstroSense, a unique blend of micronutrients and herbal extracts.



What did the results show? The study of 114 premenopausal women showed that using EstroSense led to markedly higher levels of a protective estrogen metabolite and lower levels of a more dangerous metabolite, when compared to placebo. "Balancing the ratio of these metabolites is important... we now have an additional tool in our toolbox" when it comes to breast health, notes Dr. Jennifer Brix, one of the principal investigators in this study.

One time incredible price!

Every cell in your body needs CoQ10 to produce energy!

Just like a sparkplug in a car, CoQ10 ignites the cell's oxygen to produce energy. If our cells don't burn oxygen properly, free radicals are formed and our body will eventually break down. CoQ10 helps rejuvenate our energy as we age, boosts cardiovascular health, and is a powerful tool in the fight against cognitive decline.



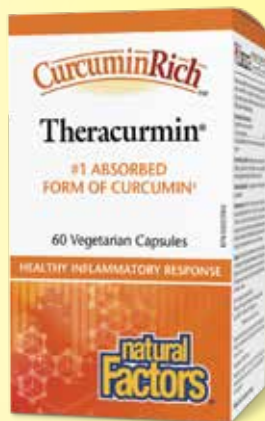
Huge savings with BONUS BOTTLE sizes!



EXCLUSIVELY available in natural supplement stores. • Ask natural health food store employees for these flyer products.

Great DEALS

3 excellent steps for FAST PAIN RELIEF!



**BONUS
DEALS!**

