

# this Year 2025

## CogniSave for the brain

# Let's put *OUR* 100 BILLION brain cells to *WORK*

**87<sup>97</sup>**  
kit  
30 packets



TURN TO PAGE 6

## “What about Ozempic?”



Is there a concern?

TURN TO PAGES 16-17

## Never before Huge Savings this year 2025!

**RxOMEGA-3**  
900 mg

**SALE**  
**34<sup>97</sup>**

150 softgels

**RxOMEGA-3**  
with VITAMIN D  
900 mg

**SALE**  
**37<sup>97</sup>**

150 softgels



## Factors CoQ10 N° 1

**SUPER SALE**

**21<sup>97</sup>**

120 softgels  
CoQ10 100 mg

**SUPER SALE**

**39<sup>97</sup>**

120 softgels  
CoQ10 200 mg

**JANUARY 3-31, 2025. While quantities last!**  
Not all products are available in all retail locations.



# Just say *hello!*

## This year, 2025, can we remember a different time?

A time when we knew our neighbours. A time when we were present with people, heard them, and felt what they felt – to really get to know them?

Can we offer a smile to someone we don't know and just say "hello"? We have a wonderful opportunity to give to others and learn how wonderful they all are.

You may remember the famous movie, ***The King and I***. Deborah Kerr sang a beautiful song, "Getting to Know You," to the children she taught:



Deborah Kerr began this way:

*"It's a very ancient saying,  
But a true and honest  
thought,*

*That if you become  
a teacher,*

*By your pupils you'll  
be taught.*

*As a teacher I've been  
learning – You'll forgive  
me if I boast –*

*and I've now become  
an expert,*

*On the subject I like most.*

*Getting to know you,*

*Getting to know all  
about you,*

*Getting to like you,*

*Getting to hope you  
like me [...].*

*Suddenly I'm bright  
and breezy,*

*Because of all the  
beautiful and new things  
I'm learning about you*

*Day by day."*

In the song, she expresses the wonder of learning from one another, and shares how much she has enjoyed getting to know her young pupils.

One day, I was watching my granddaughter, Leia. There was a small group of adults standing and talking, and she walked up. She took her hand and sweetly touched her heart and said, “I’m Leia.” I was struck by what a beautiful effort she made to say “hello” and introduce herself. But the group didn’t notice or acknowledge her.

Young children instinctively know how important a name is. When I showed Leia a picture of two new horses, her very first question was, “What are their **names?**” A name is very important – even for animals. Getting to know someone’s name is the first step in getting to know who they are as an individual.



when I told her that! My stop came, and as I left, I said, “I hope the rest of your day is wonderful.” I’ve learned from young people and I’m careful not to ignore them. Sometimes we judge people by their age or how they look and miss out on a wonderful opportunity. We all have value and getting to know someone can be tremendously rewarding.

Another time, I was on a plane and a flight attendant was looking after us. She seemed a little stern, so I thought it best to just be polite and comply with her requests. Sometime later, I went to the washroom and noticed her sitting nearby, reading a book. I approached and said “hello,” told her my name, and said, “I’m so glad you’re able to have a nice moment where you can sit and read a bit. I can imagine how difficult it is to do this job – the mad rush of people coming in with their baggage; it must be hard on the nerves for sure.” She then told me her

name and invited me to stay and talk longer. After talking to her, I realized that she was a very lovely person.

Can taking the time to say “hello” to someone really make a difference in people’s lives? Yes, it can! What’s important is the way we say it. How we say it can show our personality and our respect for the other person. On the airplane, saying “hello” and being able to share something I noticed with the flight attendant let us come to an understanding of each other.

## Can taking the time to say “hello” to someone really make a difference in people’s lives?

## Getting to know someone’s name is the first step in getting to know who they are as an individual.

So I decided to just say “hello” and learn from it. One afternoon, I was going into a full elevator and there was a mom with her daughter. The daughter reminded me of Leia, so I said “Hello, my name is.... What’s your name?” She told me, and her mom also repeated it for me. I said, “It’s nice to meet you.” She had such a big smile

On a different flight, I sat beside an older gentleman from Texas. I gave him my name, and we talked. We shared a lot, but I learned one thing that remains very meaningful to me: he had a daughter with a very rare genetic condition. At three years old, the only word she could say was “mom.” And as she grew older, “mom” remained the only word his daughter could say. Doctors had determined that her brain never developed beyond that of a three-year-old. This man and his wife were still caregivers for their daughter, and there were certain activities that she could do and enjoyed: she could use an iPad, and she loved going to a putting green.

## Teaching people how to get to know people

It's not a secret!  
When we say "hello," we're giving something nice to somebody else.  
It feels good when we give!

### What can help you say "hello"?

- Have a genuine smile
- Try to understand the person you're going to say "hello" to; their demeanour can say a lot
- Make eye contact
- Be relaxed and speak warmly
- Let conversations develop naturally

He also had a second daughter, who was younger and had developed normally. He shared an interesting experience about her: one time at a grocery store, the younger daughter noticed that other customers lining up at the checkout line looked confused. They had noticed that something was different about her older sister. Feeling their tension, she walked up and said "hello" to each of them and explained her older sister's circumstance.

They had been confused, but just learning about her sister made all the difference. And the most wonderful thing happened: their demeanour changed. The other customers started to relax and calm down. The younger sister had the courage to help these people get to know and understand her older sister. Getting to know other people's circumstances can change everything.

Acknowledging a person builds common ground. It can start with something as simple as saying "hello" and sharing your name. What does that do? It gives us an opportunity to get to know the other person. Doing so has enriched my life and understanding of others. You may think, "Why should I bother?" We should bother to be as kind with as many people as we can. If we make the effort to talk to someone

that way, it can show we care about them. It's good to make time for it. We may find out that someone is having trouble, and we may be able to help them out. When we do – when we give to others in this way – it can also help us feel good about ourselves.

So much today has focused on tearing everything down. We're being told wrong things about all sorts of people and nationalities – all these wrong things are being said on both sides. It's so unfair.

Of course, it's also hard to get to know someone from a Zoom meeting. We all know that being on our cellphone day and night, replying to messages, can make it really difficult to get to know who a person really is. Can we try really connecting to each other, rather than to our devices?

**This year, 2025, let's think about learning all we can about others.** Of course, we should always be respectful of someone's situation, especially if there is only a short time to "just say hello." We can be light and breezy just getting to know somebody and how beautiful they are as a person. We all have so much in common! You can find out so much about other people... just by saying "hello."



If you have a similar story of someone you took the time to get to know, we'd love to hear it! We welcome those who have experiences and wonderful stories they'd like to share with us, possibly for future publication.

*Scan the QR code to submit your story*





# LIPOMICEL<sup>®</sup>:

**The most clinically studied** supplements on the market with the highest absorption, efficacy, and safety

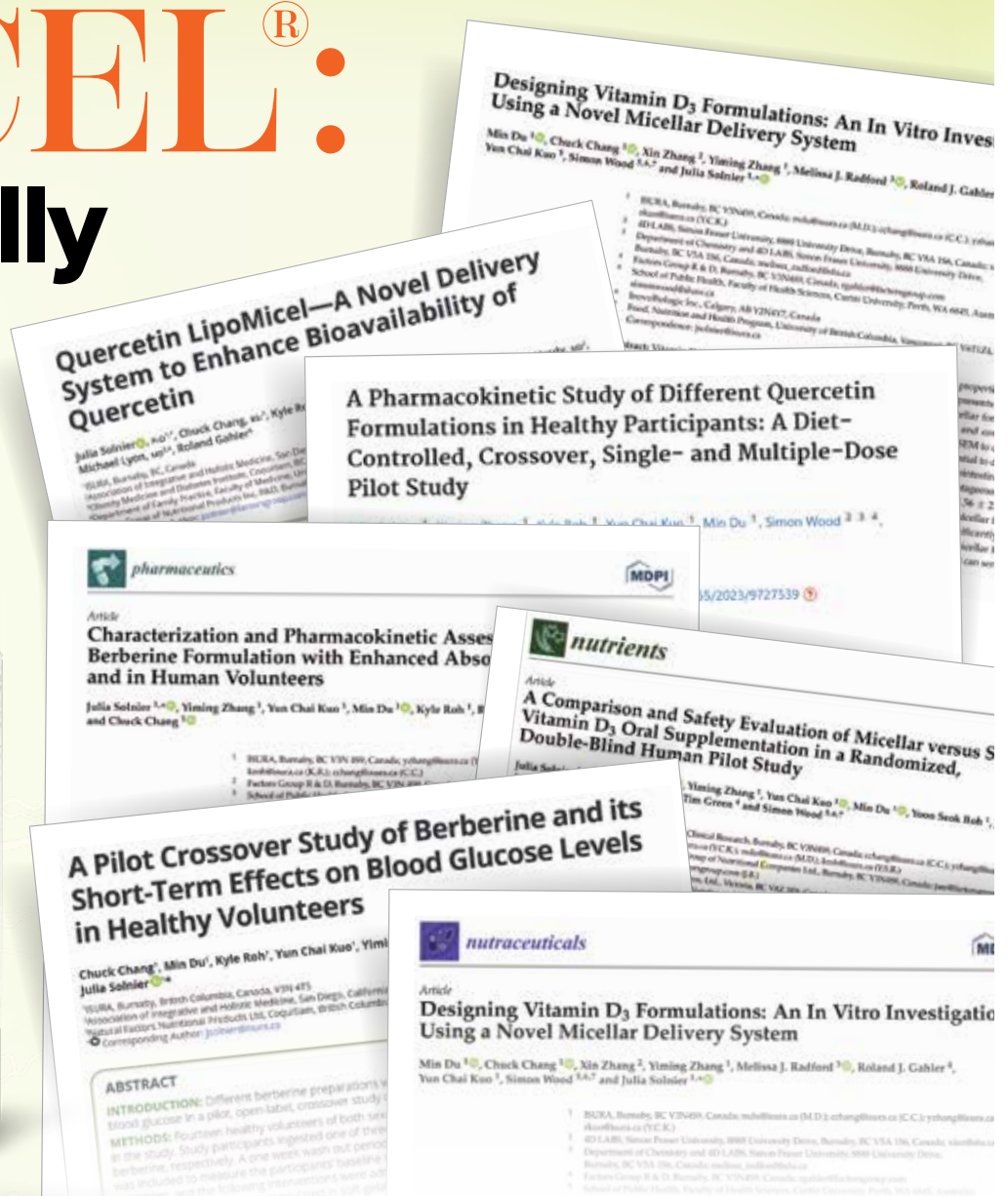
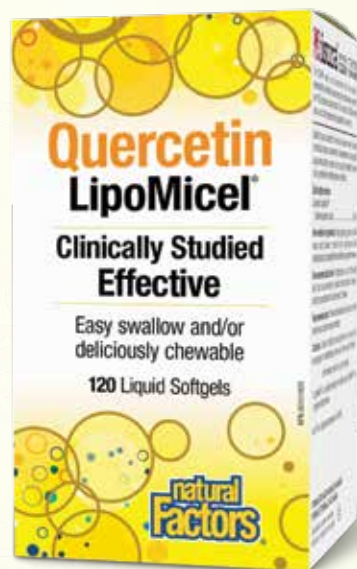
Researchers tested several forms of quercetin, and found they did not absorb well – except for **LipoMiel quercetin**. It performed up to **10x better** than regular quercetin.

**10x higher absorption**

**15<sup>97</sup>**  
30 softgels

**29<sup>97</sup>**  
60 softgels

**53<sup>97</sup>**  
120 softgels



**6x higher absorption**

**36<sup>47</sup>**  
60 softgels

**67<sup>47</sup>**  
120 softgels



**3x higher absorption**

**29<sup>47</sup>**  
60 softgels

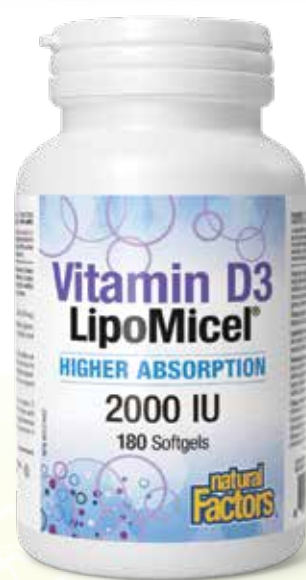
**43<sup>47</sup>**  
90 softgels



**4x higher absorption**

**15<sup>47</sup>**  
180 softgels

**25<sup>97</sup>**  
360 softgels



# This Year 2025, let's put *OUR* **100 BILLION** brain cells to **WORK**

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Imagine getting up in the morning and looking in the mirror, and you say, “**Who is that person?**” It sounds strange and funny, and yet it happens. But it doesn't have to!

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## Your brain is a marvel without equal

Your brain has 100 billion brain cells. Each one of these may be connected to 100,000 others, forming a vast, incredibly complex network. Not just the seat of intelligence, your brain interprets senses, controls behaviour and movement, and acts as an unrivalled memory vault. Your brain is also who you are – a compendium of experiences and memories that are unique. Who are you without your memory?

Your memory is **vital!**

And yet, do you find yourself complaining that your memory has grown weak. Maybe you forget what you're looking for in the cupboard, can't find the right word, or that person you recognize... what was their name again?

These tip-of-the-tongue moments can grow more common as we get older. You might wonder if these foggy brain lapses are a normal sign of aging or if they're caused by something more *serious*. We want to make sure that who we are never slips away.

## You can improve your cognitive health

The good news is that brain health is something we can actively take care of. We can do much to improve and strengthen our mental abilities.

How can we do that?

1. **BRAIN ACTIVITY:** If we don't exercise our brain's incredible abilities, we can lose them.

2. **BRAIN NUTRIENTS:** The brain requires the right nutrients to function properly.
3. **REDUCE HARM:** Studies show the benefit of avoiding inflammatory, ultraprocessed foods, as well as reducing sugar (including alcohol). Sugar has a shrinking effect on the brain, reduces cognitive function, and impairs memory.

Yes, you can build better brain health! Start by testing yourself with the free cognitive function test. It can help identify lifestyle changes to reduce the risk of dementia.

And yes! There are preventative supplements that you can take to help build stronger cognitive health and reduce the risk of dementia.

## Did you know?

Your brain is 60% fat. So the next time someone calls you a “fathead,” thank them for the compliment!



# Can you reduce the risk of Alzheimer's & dementia?



## Patrick Holford

Nutritionist, researcher, and author Patrick Holford represents 16 of the world's leading professors in brain health. He's the founder of the Food for the Brain Foundation.

## Prevention is the best for retention

Researcher Patrick Holford says these are the most evidence-based nutrients to help prevent Alzheimer's and dementia:

- **OMEGA-3:** A lack of omega-3 predicts your risk for dementia. The more omega-3 you have, the better your brain health and cognitive abilities.
- **B VITAMINS:** The higher your homocysteine, the greater the rate of brain shrinkage. Homocysteine is only produced in the body if you lack B vitamins. These nutrients are required for a vital process called "methylation," which, among other things, is essential to build brain cells.
- **PHOSPHOLIPIDS:** Phospholipids (including phosphatidylserine and phosphatidylcholine) are a brain essential. They get attached to an omega-3 fat, for example DHA, to build brain-cell membranes.
- **REDUCE SUGAR:** New studies show that too much glucose, and especially fructose, over time starves the brain of energy, leading to both memory loss and brain shrinkage.
- **ANTIOXIDANTS:** The brain needs antioxidants. If you have a higher intake of antioxidants, you can more or less halve your risk of Alzheimer's.

**The cognitive test** helps determine the things you're doing right, what to improve, and your biggest risk factors for memory loss and dementia.

## TEST YOUR COGNITIVE FUNCTION NOW!



It's completely free.

Watch Patrick Holford's three-minute video and take the simple cognitive function test.

Phosphatidylserine  
100 mg

Omega-3  
Ultra Strength

Omega Plus  
3-6-9

Phosphatidylcholine  
420 mg

Active B Complex

# Get your *100 billion brain cells* to work better for you

You can support brain and memory health with **CogniSave**

Contains **the key nutrients** recommended by Patrick Holford for your brain!

- Omega-3 Ultra Strength
- Omega Plus 3-6-9
- Active B Complex
- Phosphatidylserine 100 mg
- Phosphatidylcholine 420 mg

**30**  
convenient  
PACKETS



**87<sup>97</sup>**

kit



## Acetyl-L-Carnitine

**Boosts physical and mental energy**

Features a biologically active form of L-carnitine, which helps reduce fatigue and supports cognitive function as we age.

**16<sup>97</sup>**

90 vcaps

**20<sup>97</sup>**

120 vcaps



## Tried and tested herbals for men

TestoVitality combines maca and fenugreek to increase libido and support testosterone production.

**21<sup>97</sup>**

60 vcaps



**51<sup>97</sup>**  
90 softgels

Berberine helps normalize your blood sugar



## A natural solution for chronic stress relief

Rhodiola is a resilient alpine flower that can help us avoid stress-related burnout by boosting our mental stamina and resistance to stress.

**37<sup>97</sup>**

60 vcaps



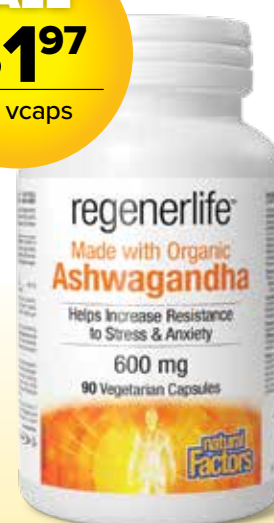
**44<sup>97</sup>**

90 vcaps



**SALE**  
**31<sup>97</sup>**

90 vcaps



Propolis and ginseng for physical and mental performance

**22<sup>47</sup>**

90 capsules





# This Year 2025 increase Mitochondrial Energy!

In September's "Roundtable on American Health and Nutrition" in the U.S. Senate, there was an urgent call for a renewed focus on metabolic health. The participants made the following statement:

"Over the last 50 years in the United States, we have seen rapidly rising rates of chronic diseases throughout the whole body..."

Over 14 chronic diseases were mentioned, from Alzheimer's to osteoarthritis; every single one of them was attributed to **metabolic dysfunction**. The comments continued:

"Metabolic dysfunction is a fundamental distortion of our cellular biology that stops our cells from making energy appropriately. According to the *Journal of the American College of Cardiology*, metabolic dysfunction now affects 93.2% of American adults.

It is the result of three processes: chronic inflammation, **mitochondrial dysfunction**, and oxidative stress (which is like a wildfire in our cells). It is largely NOT a genetic issue. Rather, it is caused by the toxic American ultraprocessed food system, harmful chemicals, excessive medications, and sedentary indoor lifestyles.

**"Metabolic dysfunction is the cellular draining of our life force."**

You would think our health care system and government agencies would be CLAMOURING to fix metabolic health, and reduce suffering and cut cost. But they are not. They remain deafeningly silent about metabolic dysfunction and its known causes. The science is being ignored."

## How can we increase mitochondrial energy with supplements?

### Give your life a surge with NMN

NMN is a cutting-edge, activated form of vitamin B3. NMN is rapidly absorbed and converted to NAD+, the molecule that helps optimize our mitochondrial function.

**46<sup>97</sup>**

60 vcaps  
150 mg

**85<sup>97</sup>**

120 vcaps  
150 mg



### The powerhouse of energy and lifelong vibrancy

#### A surge for your cells

Every cell in our body needs energy to function well. That energy comes from mitochondria, the tiny power plants in our cells. Regenerlife's powerful energy formula helps ignite cellular mitochondria to produce more energy (ATP) and regenerate your life.



**49<sup>97</sup>**

81 g powder

**79<sup>97</sup>**

162 g powder

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

**Regenerlife Longevity** formula helps 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.

- NMNsurge
- Quercetin LipoMicel Matrix
- Mitochondrial Formula
- Omega-3+D Ultra Strength

**89<sup>47</sup>**  
kit/30 packets

**30**  
convenient  
**PACKETS**



Get Optimum  
*Energy*

**HIGH ALPHA  
WHEY PROTEIN**

Meal Replacement  
with 5 g of LOW FODMAP  
Reliefibre

**58<sup>97</sup>**  
powder  
Vanilla and Chocolate



**19<sup>47</sup>**  
300 g powder



**35<sup>97</sup>**  
60 vegetarian  
capsules



**19<sup>47</sup>**  
120 softgels



## Omega-3 Ultra Strength High Absorption *with the Enteripure<sup>®</sup> difference*

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

For people 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

**33<sup>47</sup>**  
90 softgels  
with vitamin D3



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



**30<sup>47</sup>** **48<sup>97</sup>**  
90 softgels 150 softgels



# KOOPE



## Koope's European skin care comes to Canada

Happy and healthy skin with supercharged cleansers and moisturizers



*"I see no reason to create products that have anything but good-for-you ingredients and no common sensitizers. You don't need a million products to have happy and healthy skin, I promise."*  
**– Nadia Badowski, founder**

### None of the nasty stuff

Europe bans more than 1,600 toxic ingredients that are not banned in the USA or Canada. Koope products are formulated in Europe and follow this golden standard of "clean."

- **Sensitive-skin-friendly:** Koope excludes 36 common sensitizers and is fragrance-free
- **PETA-approved vegan and cruelty-free**
- **Cause-driven:** For every product sold a donation is made to anti-sex-trafficking initiatives



**24<sup>97</sup>**

150 mL

#### GEL CLEANSER

For a deep but gentle cleanse

- Lightweight deep cleansing
- Soothes and softens
- Gentle and non-sensitizing

Gel Cleanser is ideal for all skin types, but especially for individuals with oily or acneic skin, or for removing makeup.



**24<sup>97</sup>**

150 mL

#### MILK CLEANSER

For a creamy, nourishing cleanse

- Ultra-rich texture
- Smooth and creamy
- Softens and nourishes

Milk Cleanser is ideal for all skin types, but especially for individuals with dry, dehydrated, damaged, or mature skin.



**29<sup>97</sup>**

50 mL

#### LIGHTWEIGHT MOISTURIZER

Best for all skin types and oily, acneic skin

For light, sheer hydration

- Sheer, long-lasting hydration
- Helps protect the skin's barrier
- Reduces shine and sensitivity



**29<sup>97</sup>**

50 mL

#### MIDDLEWEIGHT MOISTURIZER

Best for all skin types

Balanced, protective all-day hydration

- Long-lasting, balanced hydration
- Environmental protection
- Helps with signs of an unbalanced microbiome



**29<sup>97</sup>**

50 mL

#### HEAVYWEIGHT MOISTURIZER

Best for dry, very dry, damaged, or mature skin

Intense hydration without feeling heavy

- Deep hydration that lasts all day and night
- Strengthens the skin's barrier and fights free radicals
- Helps boost elastin and hyaluronic acid production

# Wonderful Whole Earth & Sea

We grow & work with our hands.  
This is where our multivitamins start!

Why do we take such care of our farms? Because we believe the earth is perfectly designed, full of biodiversity and regenerative power.

Our **love** of what makes the earth so beautiful begins with the seed we plant. It takes **commitment** to responsible stewardship, sustainable farming practices, and cultivating the biodiversity around us. To do all that, we grow and work with our **hands**.

More than just organic, our farms use extremely delicate growing methods that promote the greatest biodiversity, supporting insects, birds, and even amphibians. On our farms, we hand-fertilize each of our crops with compost and nitrogen-rich sea plants, carefully tending to them.

All flyer products are ISURA verified



The ISURA seal is your assurance that the product is independently verified as clean and safe, and has been tested for over 800 possible contaminants. ISURA's rigorous testing includes hundreds of quality procedures using state-of-the-art technology. It provides you with the confidence that the product is ISURA verified clean, one of the highest testing standards in the world.





**66<sup>97</sup>**  
powder

### 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.

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



**62<sup>97</sup>**  
powder

Available in Organic Chocolate, Organic Tropical, and Unflavoured

# Multivitamins & Minerals Super Special Price!

**SALE**  
**35<sup>47</sup>**  
any of the multis  
**60 sizes**

**SALE**  
**66<sup>97</sup>**  
any of the multis  
**120 sizes**



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



# For Our Children's

Big Friends supplements contain no artificial colours, preservatives, gluten, or wheat – just a complete range of high-quality vitamins and minerals.



**23<sup>47</sup>**  
60 g powder



**10<sup>47</sup>**  
60 gummies



**9<sup>97</sup>**  
250 chew tabs



**9<sup>47</sup>**  
15 mL liquid



**8<sup>47</sup>**  
90 chew tabs



**7<sup>97</sup>**  
60 chew tabs



**10<sup>97</sup>**  
60 chew tabs

**17<sup>97</sup>**  
50 mL liquid



## ECHINACEA Fresh Herb Tincture

Clinically proven and certified organic echinacea

- Delicious, natural berry flavour
- Helps shorten the duration of colds and flu
- 100% natural

Start the morning right with a nutritious protein shake for KIDS!



**45<sup>97</sup>**  
powder

Leia loves Kids All-In-One Daily Shake Mix because it tastes delicious! It's 100% organic, vegan, and provides her growing body with the wholefood nutrition it needs.



# Health

## Women's Multi and Prenatal

### Women's Multi

has the total essential nutrients especially formulated for women



**26<sup>97</sup>**

60 vcaps

### Prenatal Mom Multi

has specific essential nutrients for expecting moms and their growing babies so **both** get what they need



**29<sup>97</sup>**

60 tablets

# "Wow! Multis for mommy & me!"

## Leia's favourite!

### Delicious Big Friends Chewable Multivitamin and Minerals



**13<sup>97</sup>**

60 chewable tablets



# What about Ozempic?



## Is your lifestyle good? Or not-so-good for you?

With obesity on the rise, drug companies are lining up to reap the windfall of an unhealthy diet: they're more than ready to sell the cure to what ails us.

One of those "cures" is Ozempic.

### How Ozempic works

Ozempic mimics a natural hormone in your body called GLP-1 (glucagon-like peptide). This hormone gets the pancreas to release insulin when blood sugar rises, helping to keep your blood sugar levels lower. GLP-1 also reduces appetite and can make you feel full (also known as "satiety"). Because you feel less hungry, you eat less.

However, your body's ability to naturally produce these hormones can be disrupted by processed foods, antibiotics, and other environmental factors. Using Ozempic doesn't address these root problems; long-term health requires nurturing the gut environment through diet.

Does Ozempic help manage weight? Yes, Ozempic "works," but there are important considerations – including some serious side effects.

### Not a simple solution

Thousands of people have reported negative short-term side effects with Ozempic, including nausea, abdominal pain, hypoglycemia (low blood sugar), pancreatitis, and kidney failure. Some studies suggest that nearly half of the weight loss could be muscle loss, rather than fat. As this drug is new, it also hasn't been tested in large enough populations, so we don't know the long-term effects of continued use. One thing is for sure: Ozempic can be very expensive. A typical month's supply is about \$300 in Canada. And there is the rebound issue: once you stop using Ozempic, **two-thirds** of the weight you lost is typically **regained**.

### Is there a better way?

It's so important to understand how good we can feel if we change what and how we eat. A healthier diet can help us feel the best we can both physically and mentally, rather than merely living for short moments of excess.

If slimming down is your goal, the most powerful thing you can do is shift the way you think about food. As the saying goes, "If nothing changes, nothing changes." But if you want change, make it happen.

Of course, we can't depend on others to do that for us. We certainly can't expect it from our broken food system. It makes a fortune selling ultraprocessed food, which is engineered to be **calorie- and flavour-rich and nutrition-poor**. This is food that has innumerable ingredients you can't pronounce and that you couldn't possibly make in your own kitchen even if you tried.

How does this food affect our health? In a recent U.S. Senate roundtable on American Health, one commenter stated:

*"We know that every 10% increase in the proportion of ultra processed foods in the diet is associated with a 14% increased risk of all causes of death and a 25% higher risk of Alzheimer's disease."*

Replacing those empty calories with something healthy will reap good benefits.

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**But what if we're still struggling to maintain a healthy lifestyle?**

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# What about PGX?

## Sustainable weight loss with PGX

PGX is a unique prebiotic fibre that helps your digestive system work in a very natural way. Rather than just mimicking GLP-1, PGX is fermented by gut bacteria to produce short-chain fatty acids that stimulate GLP-1 secretion naturally. Its unique properties make it an excellent prebiotic, which helps promote a healthy gut microbiome. PGX also slows down digestion, which helps increase feelings of fullness while also regulating blood sugar levels.

In other words, PGX promotes weight loss through the same hormone as Ozempic, but naturally and without the same side effects and painful injections. It acts like a superfood for your gut. But PGX can do even more. Consuming a fibre like PGX reduces inflammation, enhances insulin sensitivity, and can improve metabolic health.

Other products claim to raise GLP-1, but many of the claims are not backed up by thorough studies.

### A better alternative

If you're using Ozempic to keep the weight off but don't like the side effects, or if it's simply too expensive, what can you do instead? Or maybe you've used Ozempic to reach your desired weight and have stopped taking it? Consider switching to PGX for the following benefits:

- PGX has been used for over 25 years – with **several hundreds of millions of doses** used
- 25 clinical studies show PGX is effective
- It is a GRAS product (generally recognized as safe)
- Participants consuming PGX Whey meal replacements twice daily experienced a remarkable **7% weight loss in just 12 weeks** – outperforming Ozempic and Wegovy, which achieved a 6% reduction over the same period

### Easy to take

PGX is not injected: it's taken **orally**.

It can be ingested as a **softgel**, as a **powder** that can be mixed in food or beverages, or as a **meal replacement**.

RealEasy meal replacements with PGX have added benefits: they also deliver essential vitamins and minerals to mitigate any nutrient deficiency.

### PGX is more than just weight loss:

- Lowers blood sugar
- Lowers blood pressure
- Lowers cholesterol
- Improves gut health
- Reduces hunger and sugar cravings

**34<sup>97</sup>**  
120 softgels

**59<sup>97</sup>**  
240 softgels

**23<sup>97</sup>**  
granules



EXCLUSIVELY available in natural supplement stores. • Ask natural health food store employees for these flyer products. 17

# RealEasy with PGX meal replacements bring huge health benefits

## MORE THAN JUST WEIGHT LOSS:

- Reduced blood sugar
- Reduced blood pressure
- Improved cardiovascular health
- Increased stamina



**ONLY \$3.50**  
per serving

**ONE SHAKE**  
provides **22 g**  
**OF PROTEIN**

**52<sup>97</sup>**

powder

**VEGAN**

Vanilla and  
chocolate flavours

**WHEY**

Vanilla, chocolate,  
and strawberry flavours

**NEW WEIGHT LOSS STUDY**

**An observational study comparing the effects of whey and vegan meal replacements containing PolyGlycoPlex<sup>®</sup> over 12-weeks in healthy adults**

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Faculty of Land and Food Systems, UBC, Vancouver, Canada

**Abstract** – Background/Objective: Protein-based meal replacements (MR) with viscous soluble fibre are known aids for weight loss. This study aims to compare the effects of new whey and vegan MR containing known aids for weight loss. **Methods** – Thirty-eight healthy adults of both sexes were recruited from a database of PolyGlycoPlex (PGX) on weight loss over 12 weeks, along with a calorie-restricted diet. **Design/Methodology/Approach** – Subjects (Male: 21 ± 7.1 kg/m<sup>2</sup> and female: 26.6 ± 9.3 kg/m<sup>2</sup>) were recruited from a database of PGX on weight loss over 12 weeks, along with a calorie-restricted diet (1,200 kcal/day). Participants consumed a whey or vegan MR (containing 6-10 g/day PGX) with a low-energy diet (1,200 kcal/day) for 12 weeks. Weight, height, waist and hip circumference were recorded (four time periods). **Results** – Forty-four participants completed the study. Results showed significant reduction in weight, waist and hip circumference in the whey group (p < 0.001) and in the vegan group (p < 0.001). At week 12, the whey group lost (-7.2 kg ± 6.9 (92.7%) p < 0.001) and the vegan group lost (-6.5 kg ± 6.8 (92.7%) p < 0.001). All participants (n = 44, BMI 27 to 33 kg/m<sup>2</sup>) achieved a 10% weight loss. **Conclusions** – PGX meal replacements, as part of a low-energy diet, appear to be an effective approach for weight loss.



**“If it worked for me, I am certain it will work for you!** My blood sugar is now normal, my blood pressure is excellent, and I feel great! I simply mixed a meal replacement in a glass of water with my fork. It was so quick and easy! I dropped 25 lb.” – B.G.

**“I thought it would be hard, but it was real easy.** I’ve been doing the shakes for about 10 weeks, during which time I had a vacation, a family event, and even enjoyed a few wines on the patio in the summer. My blood sugar is now normal. After 10 weeks I am down 4 lb with 2 weeks left on the 12-week program.” – C.G.

**“Easy 17 lb lost in 3 months!** With RealEasy shakes and minimal exercise, I feel lighter and more energized and my belly fat is gone. I am now using RealEasy Meal Replacements as part of my daily meal regimen.” – R.R.

“Meal replacements offer a natural, effective, and affordable solution that supports overall health and well-being.”  
– Julia Solnier, PhD



# TOTAL BODY COLLAGEN

## The power to revitalize, restore, and protect our total body from the *inside out*.



“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.” – **Julie Reil, MD and Beauty Expert**



**54<sup>97</sup>**

855 g powder

**40<sup>47</sup>**

99 g powder  
Marine Collagen

**53<sup>47</sup>**

500 g powder  
Available in Orange,  
Pomegranate, and  
Unflavoured

**36<sup>97</sup>**

267 g powder

**46<sup>47</sup>**

135 g powder  
Marine Collagen  
Plus Hyaluronic Acid,  
Glutamine & Biotin

**49<sup>47</sup>**

180 tablets



EXCLUSIVELY available in natural supplement stores. • Ask natural health food store employees for these flyer products. 19



# New from Preferred

## Shelf-stable PROBIOTICS

**17<sup>97</sup>**

30 vcaps



**26<sup>97</sup>**

30 vcaps



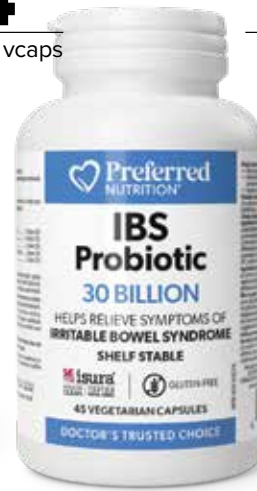
**25<sup>47</sup>**

30 vcaps



**34<sup>47</sup>**

45 vcaps



**31<sup>47</sup>**

30 vcaps



### NEW! High Absorption Turmeric

**NEW  
27<sup>97</sup>**

90 vcaps



**NEW  
18<sup>47</sup>**

150 vcaps



**NEW  
27<sup>97</sup>**

180 softgels



**NEW  
18<sup>47</sup>**

120 capsules



**NEW  
18<sup>97</sup>**

150 vcaps





# Highest purity, flavourless COLLAGEN

**BIGGER  
SIZE, even  
bigger  
SAVINGS!**

**NEW**  
**65<sup>47</sup>**  
1 kg powder



**42<sup>97</sup>**  
500 g powder



**23<sup>47</sup>**  
250 g powder



**NEW**  
**21<sup>47</sup>**  
90 tablets



Support muscle  
function and bone  
health with  
**Magnesium  
Bisglycinate**

**31<sup>97</sup>**  
300 vcaps



**18<sup>97</sup>**  
120 g powder



## Build & Repair with CREATINE & GLUTAMINE

A powerful one-two punch  
for building muscle

**23<sup>47</sup>**  
400 g powder

### CREATINE to BUILD

Creatine is a **performance enhancer**. It helps with energy production, improves strength in high-intensity physical activity, and increases muscle mass.

### GLUTAMINE to REPAIR

Glutamine is a **post-workout recovery aid**. It assists in muscle tissue repair after prolonged exercise, but also supports the digestive and immune systems.

**39<sup>47</sup>**  
600 g powder







*New from* **Preferred**

# Wholefood Multi Capsules



**ONE  
A DAY  
Vegetarian  
Capsules**

**ONE GREAT  
PRICE!**

**18<sup>97</sup>**

60 vcaps

# New Gummies for children



**19<sup>47</sup>**

180 gummies

**19<sup>47</sup>**

180 gummies

**19<sup>47</sup>**

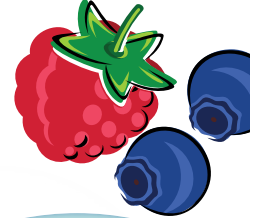
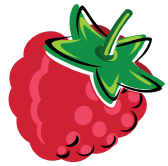
50 gummies

**19<sup>47</sup>**

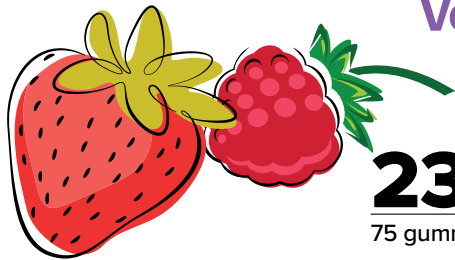
180 gummies



# Absolutely yummy delicious gummies!



Made with natural ingredients | Gelatin-free | Non-GMO  
Vegan | No artificial colours or sweeteners



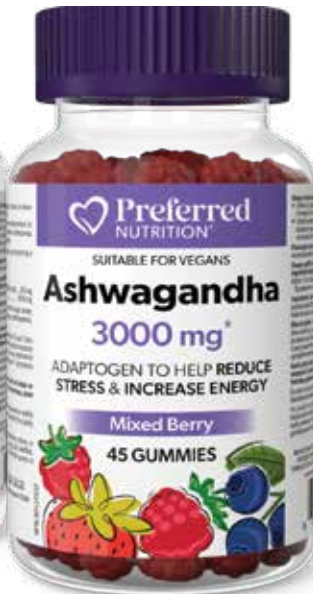
**23<sup>97</sup>**  
75 gummies

**18<sup>97</sup>**  
45 gummies

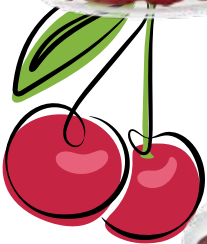
**21<sup>47</sup>**  
60 gummies

**13<sup>97</sup>**  
75 gummies

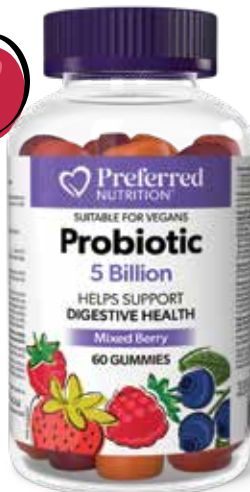
**12<sup>97</sup>**  
30 gummies



**30<sup>97</sup>**  
110 gummies



**34<sup>47</sup>**  
60 gummies



**16<sup>97</sup>**  
90 gummies  
5 mg

**17<sup>97</sup>**  
60 gummies  
Melatonin  
Complex

**16<sup>97</sup>**  
100 gummies  
2.5 mg



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



# This Year 2025 **Huge Savings!**

**SUPER SALE**

**50% OFF**  
regular price



**40<sup>47</sup>**

180 softgels

**18<sup>47</sup>**

60 softgels

**30<sup>47</sup>**

120 softgels



**WOW!**

**29<sup>97</sup>**

250 vcaps

**16<sup>97</sup>**

120 vcaps



**22<sup>97</sup>**

90 chews

**30<sup>97</sup>**

120 tablets

**HOT DEAL**



**HOT DEAL**

**18<sup>47</sup>**

500 softgels

**13<sup>97</sup>**

360 softgels



**22<sup>97</sup>**

60 vcaps

**10<sup>97</sup>**

360 softgels

**14<sup>47</sup>**

500 softgels



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Women's Voice magazine is your primary source for the latest news and trends in women's health. Whether you're seeking valuable tips, inspiring stories, or expert advice, WV magazine offers rich content designed to resonate with women everywhere.



## Bonus Bottles **SAVINGS!**

**29<sup>97</sup>**

360 vcaps



**25<sup>97</sup>**

210 capsules



**14<sup>97</sup>**

210 subtabs