

VEGA SPORT

Electrolyte Hydrator

Vega Sport Electrolyte Hydrator has all the essential electrolytes your body needs to stay hydrated during workouts – or throughout the day.



\$31.99 168g

- Plant Based
- Gluten Free
- Vegan



\$29.99 30 x 4.2g

2 Great Flavours to choose from

BELL

Acid Stomach Alkaline Balance

Helps restore optimum pH balance.
And Neutralizes excess stomach acid.



- Relieves heartburn, indigestion, upset stomach & sour stomach.
- Supports the gastrointestinal tract, which plays an important role in immune system health.
- Formulated with

chlorophyll-rich herbs to promote digestive ease & comfort.

\$ 33.99 60cap

Cloud 9 MERCY MSM

“Feel the difference in minutes”

Temporarily relives aches & pains of muscles & joints of one or more of the following:

- Inflammation
 - Arthritis
- Muscle Spasm
 - Backache
 - Joint Pain
 - Headache
- Restless Leg Syndrome

Available in 2 sizes



110mL \$32.99 220mL

\$62.99

PURICA CURCUMIN

EXTRA-STRENGTH

Powdered by 30% BDMC, Purica Curcumin quickly alleviates inflammation & relieves joint pain. The rapid relief leads the way to optimal performance, working better & longer for you.



Purica curcumin may help you make the most out of work, play & life in general.

- Enhance detoxification
- Balances cholesterol
- Regulate blood sugar
- Promotes skin health
- Boosts brain function **\$59.99 60 vCap**

KETO LIFESTYLE TIPS

The success to living and eating KETO...
Low Carb, Medium Protein and High good fat

NEW TO GLUTEN FREE...

MOLLY B' S

PIZZA CRUST DOUGH

- Thaw at room temperature
- Roll out the dough
- Add your favorite toppings
- Bake and Enjoy



PIE CRUSTS AND TART SHELLS

- Easy to use
- Just fill with the filling of choice (sweet or savory)
- Bake according to directions
- Enjoy!

Your quiche or dessert are ready in no time...



UN BUN

JUST ARRIVED !!!

Tastes & looks like a "real" bun

BUT

**KETO Friendly
Gluten Free**

- 5 NET CARBS per bun
- 12g of fibre per bun
- Almond flour, flax seed, psyllium husk

UN BELIEVABLE taste !!!

Intro priced \$ 9.99

Satisfy those cravings for a sandwich !



Don't forget to stop in for your current

HEALTHY LIFESTYLE Newsletter

Live Blood Analysis with Lynn Clark **April 4 & 25 ** Book Your appointment soon!

EASY MAYO

- 2 large egg yolks
- 2 TSP lemon juice
- 1 CUP MCT OIL (sub macadamia or avocado oil)
- 1 TBSP Dijon mustard
- ½ tsp Himalayan sea salt

- Place ingredients in a regular blender, in the order they are listed
- Blend ingredients slowly...be patient...
- Voila. Simply mayo. Store in fridge for up to 5 days

