



## Balance out your Body!

**ZERO SUGAR. ZERO ARTIFICIAL.**

There's too much sugar in the leading sports drinks – 10 packs or more – and little nutritional value. No wonder so many athletes drink plain water. But our bodies need electrolytes before, during and after exercise. Ultima Replenisher is a natural sports drink with zero sugar. It contains a full complement of electrolytes, not just a ton of sodium. Ultima also contains complex carbs for energy, water-soluble vitamins and vitamin enhancers for day-to-day health maintenance, and antioxidants to protect body systems from free radicals (toxins). Ultima uses no artificial colors, flavors or sweeteners and has only 10 calories per 8-12oz serving.

### Top 10 Reasons to use Ultima:

10. ELECTROLYTES with ZERO SUGAR
9. NATURALLY sweet (with Stevia). NO ARTIFICIAL ingredients
8. Better choice than PEDIALYTE® & Gatorade® (no sugar highs, crashes or cramps)
7. VEGAN friendly – GLUTEN FREE
6. Rapid absorption – Speeds FLUIDS to muscle cells
5. ESTER C® Supports the Immune System
4. Better hydration = Faster METABOLISM
3. PREGNANCY – Before, during & after labor
2. Helps CANCER patients stay hydrated  
— Recommended by nutritionalists at Dana-Farber Cancer Institute
1. Perfect for any and everyone!



Available in convenient single servings or 129g canister (30 servings). Wild Raspberry or Orange flavour.

## Simple, Safe Sunscreen Protection

Developed with an advanced delivery system of natural emollients and therapeutic antioxidants, these sunscreens protect your skin from premature aging and the cancer-causing rays of the sun. As these damaging effects become ever more intense, it's important to wear sun protection on a regular basis -- even in the winter! And because gone are the days of "one sunscreen fits all," we offer a wide variety of sunscreens that also nourish the skin and work within your lifestyle -- whether you're on your way to the beach or the office.

**Did you know?**  
Commercial sunscreens can contain up to 15 synthetic chemicals, many that are known to be harmful.



## Defend the skin you're in! Summer Survivor Outdoor Insect Repellent

Outdoor pursuits can present hordes of irritations during the summer. Summer Survivor outdoor bug repellent is based upon Swiss patented ingredients, that have been acclaimed by the New England Journal of Medicine and John's Hopkins, and featured on CBC and CTV news. Two studies done by the University of Guelph, Ontario concluded that the all natural Summer Survivor formula worked even better than DEET (a widely used chemical in some bug sprays with potential toxicity in humans) over a 3 hour period.

Whether you are on the golf course, gardening, kayaking, hiking, camping or just outside, Summer Survivor ingredients have been proven in scientific testing to perform a superior job compared to all other similar products on the market today. The extra strength formula is suitable for all ages. Reapplication time is typically every 3 hours.

Available in 130ml regular formula spray or lotion. Also 120ml extra strength spray with catnip and emu oil. For more info visit: [www.deetfree.ca](http://www.deetfree.ca)





## SAVE EVERYDAY WITH OUR VOLUME BUYS!!

All Case Lots and Single Serve Cases 10% Off

- Wild Rose LBT 3 250 Tabs 2/\$50.00 save \$6.18
- Sisu Ester-C Supreme 120 Caps 3/\$78.00 save \$13.65
- Prairie Naturals Cal/Mag Force 2:1 180 Tabs 2/\$55 save \$6.06
- Prairie Naturals Lean Whey Protein Powder Choc, Van, Blueberry 2/\$75 save \$8.96

### Summer Immune Building?

We often don't think of immune system building during the summer months. But the summer is actually an ideal time to build your immune system. Because of the warmth and movement our bodies have in summer, our bodies are much more receptive to changing, healing and building. This includes building the immune system.

A liquid herbal supplement, called "Immune from Within" made by Spagomed is excellent for summer immune building. It focuses on revitalizing the spleen and bone marrow, both which play a role in our immunity. It also aids in fighting off viral and bacterial infections and increasing immune cell production.

### Check out our new product lines!

- Amore Natural Mineral Skincare
- Wild Rose Flower Essence Blends
- Genesis Liquid Multi For Total Nutrition
- Genesis Goji, Mangosteen and Acai berry juices

### What is Nutritional Stress?

What is nutritional stress? It's the average North American diet, high in refined carbohydrate and unhealthy fat (burgers, fries, fast foods, sugared cereals, soft drinks, chips, candy bars, chocolates). This diet is also too low in complex carbohydrates, fiber and essential fatty acids found in whole grains, legumes, seeds, nuts, fruits and vegetables.

Frequent consumption of fast/convenience foods leads to many problems including food allergies. These allergies lead to cravings for more and the allergy-addiction cycle is established. Over time, the standard North American diet wears down the endocrine system and our organ reserves. Micronutrient deficiencies develop unless the individual supplements with vitamins, minerals and other important food factors. Psychological, emotional and financial stressors can amplify the nutritional stress. The heavy stress toll also has many people taking antidepressants like Prozac, Paxil, Zoloft to name a few.

If you add to this a heavy consumption of other essential nutrient robbers such as coffee, tea, alcohol, cigarettes and drugs, the endocrine system becomes chronically stressed. This leads to high cortisol levels, high blood pressure, blood sugar control problems, high blood fats, especially cholesterol and triglycerides as well as obesity.

The immune system is also severely affected leading to recurrent infections and serious conditions such as Chronic Fatigue Syndrome, Fibromyalgia and Candidiasis.

The good news is that the effects of nutritional stress can be greatly helped through a combination of a more alkaline forming, plant based diet as well as some effective whole food nutritional supplements. The body will begin to innately heal itself as it becomes released from the unhealthy nutritional stressors.



Vega Complete Whole Food Meal Replacement Powder, bars and Smoothie are a convenient way to feed the body nutritionally. These products are made with plant based alkaline ingredients which provide protein, vitamins and minerals, essential fats, antioxidants and fibre. Free from common allergens such milk, soy, gluten, corn, egg, sugar, wheat or yeast. No animal products or artificial anything!

Come in and ask us about this unique product line.

We are located in Crowfoot Crossing

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[www.nurturehealth.ca](http://www.nurturehealth.ca)



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