

SURGE into SPRING

You can get re-energized!

Rejuvenate
physical
& mental
performance

NEW
21⁹⁷
90 capsules



49⁹⁷
81 g powder



79⁹⁷
162 g powder

42⁹⁷
120 vcaps



Leia's favourite!

Big Friends with meaningful amounts of vitamins & minerals

ADULTS LOVE THEM, TOO!
All-natural · Sugar-free



12⁹⁷
60 chew tabs



13⁹⁷
60 sgls / 100 mg

25⁴⁷
120 sgls / 100 mg

24⁹⁷
60 sgls / 200 mg

45⁴⁷
120 sgls / 200 mg



27⁴⁷
90 vcaps

35⁴⁷
120 vcaps

48⁴⁷
180 vcaps



two farm kids Natural Foods
565 34th Street
Brandon, Manitoba
Phone: 204-728-2855
Toll-free: 1-866-745-4621
www.twofarmkids.com

MAY 3-31, 2024. While quantities last!
Not all products are available in all retail locations.

— ALL OUR DOCTORS AGREE: —
 Collagen is extremely good for you,
*your face, skin, hair,
 nails, and joints*



“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

The power to
 revitalize, restore,
 and protect our
 total body from
within.



Is collagen good for men? Absolutely!

“It has been my clinical observation with thousands of patients that taking protein and collagen in the morning consistently creates positive outcomes in energy levels, cognitive and immune function, and overall general feeling of well-being... As we age our bodies produce less collagen, correlating with the increase in fine lines, wrinkles, and joint pain... Clinical data has shown the importance of collagen in maintaining healthy skin and joints.” — Gaetano Morello, ND

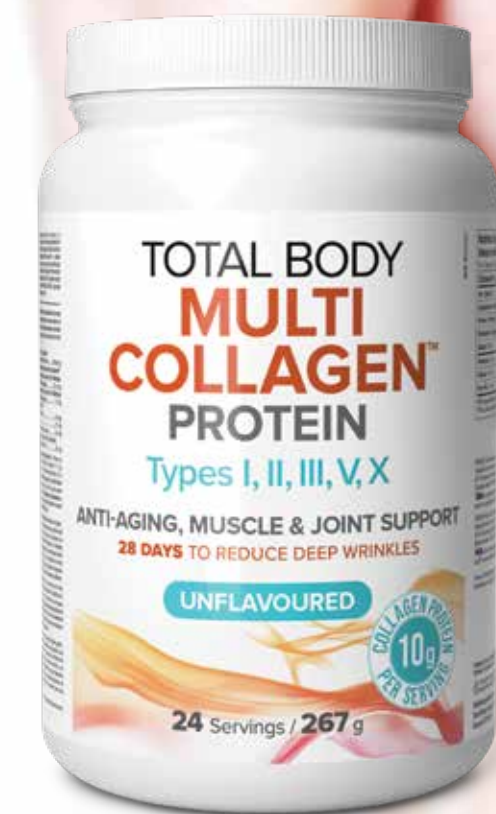


Does it help reduce the signs of aging? Yes!

Collagen hydrates our skin, reduces wrinkles, and gives us that plump, youthful glow.



“Unfortunately as we age, collagen density and dermal thickness decrease, and this lack of collagen cues the all-too-familiar signs of skin aging... 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.” — Natasha Paroutis, Nutritionist



36⁹⁷
 267 g powder

Whole Earth & Sea Our regenerative farms surge into *spring*

When we **rejuvenate the earth, the earth rejuvenates us.**
When we listen and work in harmony with nature, life thrives!

That's why for more than 30 years, we have been practising regenerative methods on over 1,000 acres of our certified organic farmland. These methods naturally revitalize the soil, promote ecological balance, and enhance the lives of all living organisms that are part of it.

From our bioenergetic farms, we harvest the most nutrient-dense components of our crops. Using our proprietary EnviroSimplex® process, we then create highly concentrated extracts, and stabilized plant minerals and enzymes.

Because of our commitment to these holistic restorative techniques, Factors Farms® meet the ABOV certified standard for better regenerative, bioprotective practices.

ABOV™ Verified
Agriculture Beyond Organic Verification



SCAN for further information on ABOV.



Bob and Doc – two of our “gentle giants”

THE HORSES – Using our resources to buy horses

Our horses contribute to the preservation of our beautiful Earth by promoting bio-diversity, reducing carbon emissions, controlling weeds, and improving soil fertility.

THE FROGS – Ground control

Frogs are permanent residents on our farm, and to benefit them, we have dug several ponds along the length of the farm close to the creek.



During the spring, countless tiny black tadpoles undergo a transformation into small froglets. As the ground heats up, these froglets leave the pond nurseries, and literally cover the farm, maturing and serving as an invaluable part of our “pest control” team.

THE BIRDS – Air control

There are dozens of bird species nesting in and around our farms. The allocation of wild areas and corridors



around the creek assures safe nesting grounds for many bird species. As part of the living, diverse farm ecosystem, they also form a unique airborne pest control crew.

Among the unique and interesting bird species making our farms their home is the Cliff Swallow. This species nests in huge colonies on our farm, mainly under bridges, which provide safe and permanent nesting areas.



THE POLLINATORS

Our regenerative, bio-protective farming practices also encourage the healthy population of natural pollinators (butterflies, bees, beetles, bumblebees, flies, hummingbirds, and some others), whose powerful pollination activity leads to increased yields of cultivated crops and improved biodiversity of the wild species present.



Wonderful Whole Earth & Sea

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

Why is such care given to 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 is in the seed we start with. It takes **commitment** to responsible stewardship, sustainable farming practices, and the cultivation of the biodiversity around us. To do all that, we grow and work with our **hands**.

More than simply organic, our farms utilize extremely delicate growing methods that promote the greatest biodiversity with insects, birds, and even amphibians. Our farms are where we hand-fertilize each of our crops with compost and nitrogen-rich sea plants, and tend to our crops by hand.

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.



Multivitamins & Minerals Super Special Price!

SALE!
29⁹⁷
any of the Multis
60 sizes

SALE!
57⁴⁷
any of the Multis
120 sizes



Our rejuvenation plan for your *whole* body

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.

66⁹⁷
powder

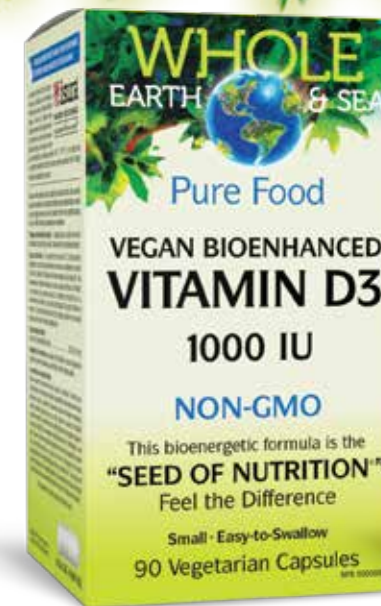


Available in Organic Chocolate, Unflavoured, Organic Vanilla Chai, and Organic Tropical

62⁹⁷
powder



Available in Organic Chocolate, Organic Tropical, and Unflavoured



16⁴⁷
90 vcaps

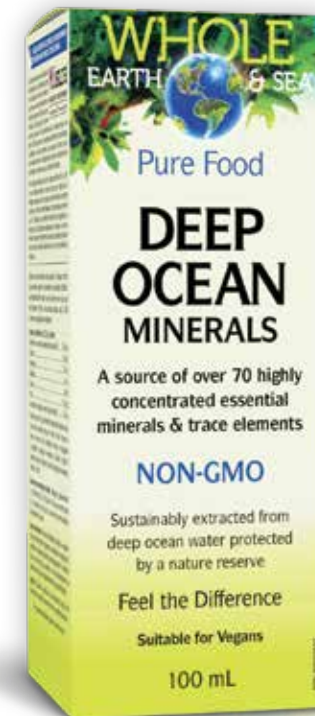


20⁴⁷
90 softgels

ALL-SEASON IMMUNE SUPPORT

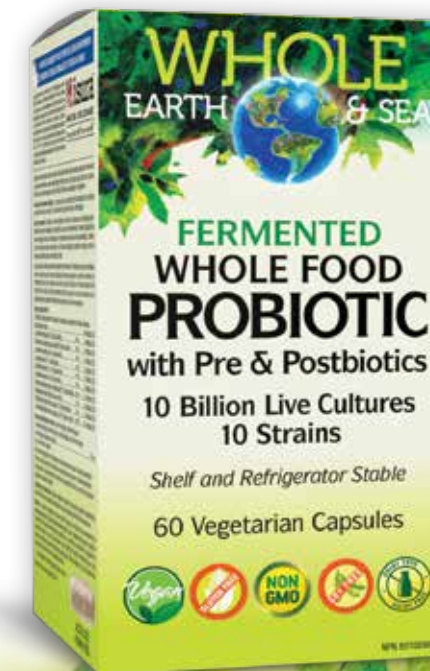
Helps relieve and shorten the duration of common colds.

19⁹⁷
60 tablets



Deep Ocean Minerals brings you the best the sea has to offer. Harvested from pristine waters protected by steep mountains, this natural mineral concentrate contains essential minerals and trace elements, including calcium, magnesium, potassium, sodium, boron, and iodine that help give structure to our organs, tissues, and bones.

31⁹⁷
100 mL



PROTECT YOUR GUT AND IMMUNE SYSTEM with the power of fermented wholefood probiotics.

27⁴⁷
60 vcaps

For Our Children's Health

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



23⁴⁷
60 g powder



9⁴⁷
60 gummies



9⁹⁷
250 chew tabs



8⁹⁷
15 mL liquid



7⁴⁷
90 chew tabs



7⁹⁷
60 chew tabs



10⁹⁷
60 chew tabs



NEW



19⁹⁷
60 gummies

17⁹⁷
50 mL liquid



25⁴⁷
250 mL

39⁹⁷
500 mL

19⁹⁷
60 vcaps



NEW



NEW

38⁹⁷
60 tablets

Wow! Multis for mom & me!

These new beautiful multis are specially formulated for moms and moms-to-be!





Standing on one leg!

Studies suggest balance exercises improve memory!

Start by balancing on one foot, then the other, for as long as you can, and keep building up your duration for as long as you can.

Patrick Holford

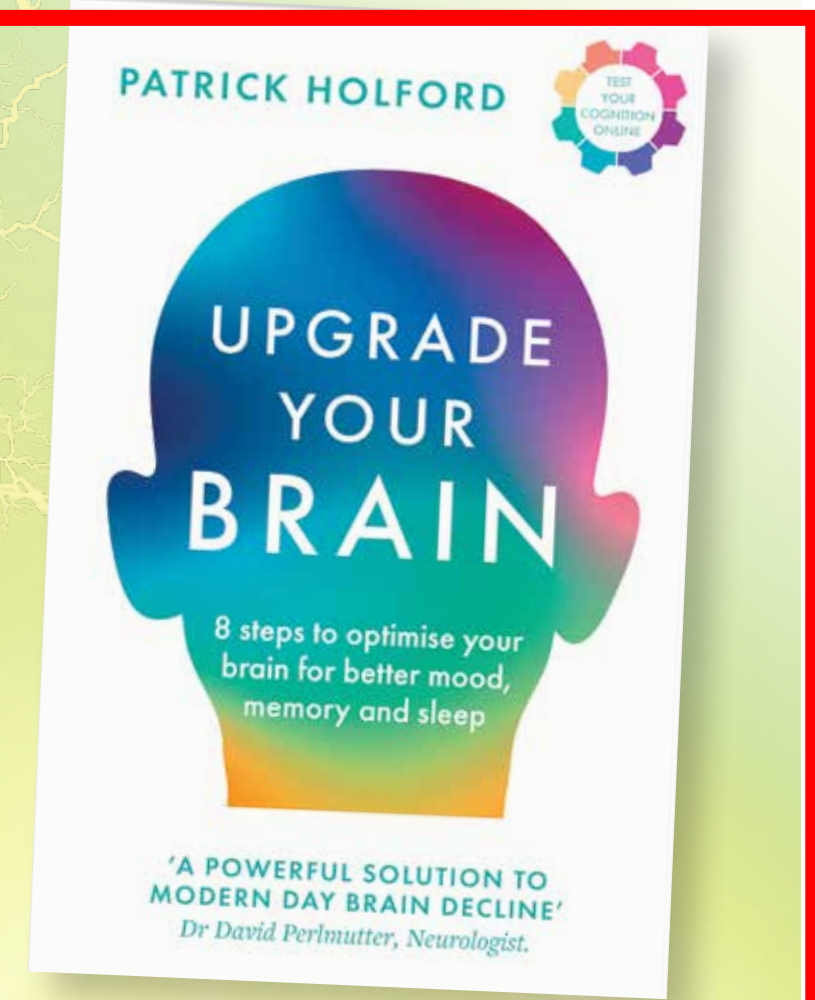


Alzheimer's is a disease that you can't reverse but it is a disease you can prevent.

How can you do that? You have got to have the homocysteine-lowering B vitamins along with omega-3 and phospholipids. This is important!

If you get your blood sugar right, get your B vitamin levels sufficiently

high so that you don't have raised homocysteine levels, and eat lots of vegetables, fruits, nuts, seeds, and other supplements that increase your antioxidation, then you're not really going to get this disease.



NEW BOOK FROM **PATRICK HOLFORD**, author + director of *The Alzheimer's Prevention Project*



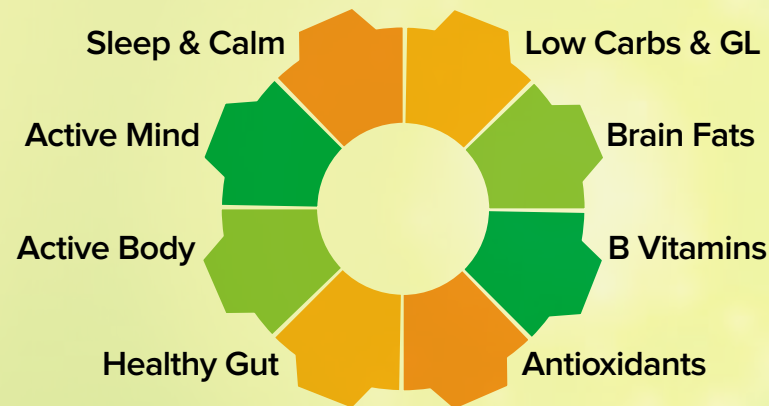
SCAN ME

How is your cognitive health?

TEST YOUR COGNITIVE FUNCTION NOW!

It's completely free.

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



Your cognitive function score

You are aiming for your Dementia Risk Index (DRI) score index to be 0%

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

Researcher and author Patrick Holford makes it very clear that omega-3, phospholipids (phosphatidylserine and phosphatidylcholine), as well as a coenzymated B complex can help prevent Alzheimer's.

Brain fog a clear way out!

Are your brain and energy levels feeling zapped?

Your brain is the most energy-demanding organ. As we get older, decreases in nutrient levels can impede our brain function, leaving us with brain fog, low energy, and fatigue. Poor concentration and memory problems can begin to show, especially in people with chronic stress.

These supplements can help boost our resistance to fog-inducing stress, reduce symptoms of fatigue, and boost energy production so you can stay focused and alert.

Ashwagandha: It can help provide relief from stress, improve cognitive flexibility, and support memory and focus.

BioCoenzymated B6 and B12: Numerous studies show that B6 and B12 can help improve attention and memory. Our BioCoenzymated B is an advanced active form of these vitamins – for quicker, easier absorption.

Vitamin D: Necessary for brain health, it helps maintain healthy nerves and offers mood support. (see page 20)

L-Theanine: It is an amino acid that helps calm our overstimulated brains, and promotes learning performance and concentration.

Regenerlife Mitochondrial Energy: This formula helps reduce symptoms of fatigue by optimizing energy production in cells, including brain cells. It's a powerful support for cognitive and brain health. (see page 15)

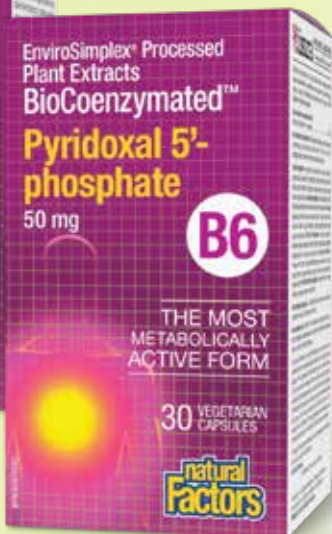
22⁹⁷
60 vcaps



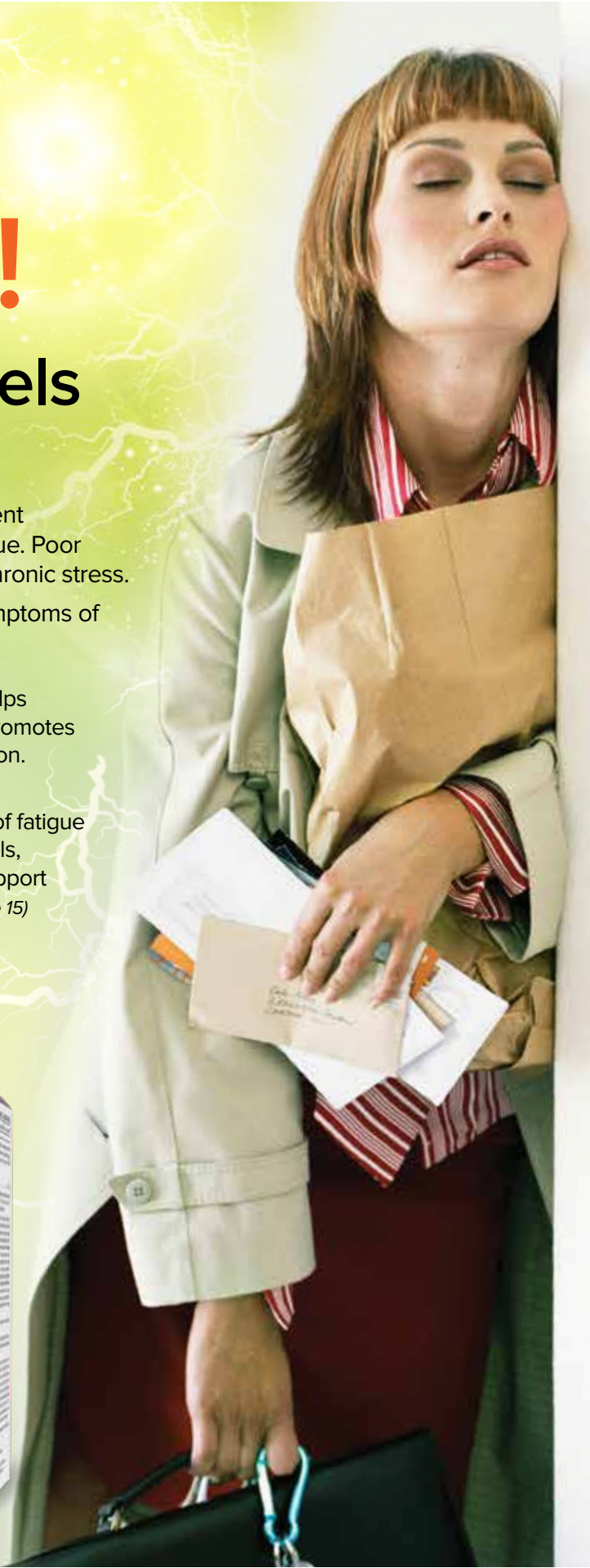
13⁴⁷
30 vcaps



17⁴⁷
210 subtabs



8⁹⁷
30 vcaps



THE POWERHOUSE OF *Energy & life-long 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.

Is it possible to *save your memory?*

Yes, you can protect your cognitive health!

CogniSave was formulated to help protect brain cognition.

This new product combines brain-nourishing phospholipids (phosphatidylserine and phosphatidylcholine) with ultra-high-absorption omega-3s and a powerful energy-boosting vitamin B complex.

- **Omega-3:** High-potency, pharmaceutical-grade EPA, DHA, and DPA
- **B Complex:** Full spectrum active B complex
- **Phosphatidylserine:** A phospholipid that protects brain cell membranes
- **Phosphatidylcholine:** A phospholipid that boosts cognitive function

These nutrients work harmoniously and may help protect against age-related cognitive decline. Convenient all-in-one packets take away any guesswork.

Prevention starts now, *not tomorrow!*

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

NEW

30
convenient
PACKETS

87⁹⁷
kit



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.

85⁹⁷
120 vcaps

46⁹⁷
60 vcaps



19⁹⁷
120 vcaps



Magnesium for the brain

This product contains a highly absorbable form of magnesium L-threonate, proven to increase magnesium levels in nerve cells and the brain because of its unique ability to cross the blood-brain barrier.

47⁹⁷
90 vcaps



Acetyl-L-Carnitine

Boosts physical and mental energy

Regenerlife Acetyl-L-Carnitine contains the biologically active form of L-carnitine, an amino acid that helps reduce fatigue and supports cognitive function in aging populations.

17⁹⁷
90 vcaps

22⁴⁷
120 vcaps



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.

30
convenient
PACKETS

89⁴⁷
kit

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



HIGH ALPHA
Whey Protein Meal Replacement
with 5 g of **LOW FODMAP Reliefibre®**

55⁹⁷
powder

This delicious meal replacement delivers 25 g of the highest-quality high-alpha whey protein, along with 5 g of low-FODMAP fibre per serving to keep you satisfied between meals. Available in Vanilla and Chocolate.

16⁴⁷
120 softgels



37⁹⁷
60 vcaps



Omega-3 Ultra Strength

High absorption with the *Enteripure®* difference

34⁹⁷
90 softgels with vitamin D3

54⁹⁷
150 softgels with vitamin D3

with
vitamin D3
1000 IU



31⁹⁷
90 softgels

49⁹⁷
150 softgels

Targeted delivery to the intestines

Protects the fish oil from the stomach's harsh environment

No fishy aftertaste or fishy burp

Concentrated levels of omega-3s



RESTORATIVE SLEEP for the whole night

Gets you to sleep quicker, better, and longer

“ I've had chronic sleep issues for years – no melatonin product has ever worked for me before – BUT since taking Sleep Better, I've had night after night of solid sleep through the night. AMAZING! ”



18⁴⁷
60 tri-layer tablets



For additional information on these sleep aids, scan the QR code.

New from Regenerlife!

21⁹⁷
60 vcaps



Tried and tested herbals for men!

TestoVitality combines maca and fenugreek to increase libido, desire, and arousal in men and support testosterone production and symptoms of age-related androgen decline.

37⁹⁷
60 vcaps



Healing Rhodiola for chronic stress

Rhodiola is an alpine flower that manages to thrive in harsh mountain cold. Similarly, it can help us boost our resistance to stress and heighten our mental stamina. Increased high potency is perfect for people facing stress-related burnout.

Meal replacements make a real difference

Sustainable and healthy weight loss is possible

Ozempic helps people feel less hungry, but it does not provide any nutritional value. Meal replacements deliver both **essential vitamins and minerals** and help reduce hunger.

A recent study found that participants who consumed RealEasy meal replacements with PGX® twice daily achieved a remarkable **7% weight loss in just 12 weeks!**

Julia Solnier, PhD, a principal investigator of the study, reports that “Meal replacements offer a natural, effective, and affordable solution that supports overall health and well-being – without disrupting the body’s natural metabolism and risking long-term health. Relying solely on medications like Ozempic without making changes to eating and lifestyle habits may result in lifelong medication use with potentially severe side effects and high treatment costs. Research also shows that individuals using Ozempic often regain two-thirds of the weight lost once they stop treatment, with up to 40% of the weight loss potentially consisting of lean body mass rather than fat.”

Although Ozempic can assist with weight loss, many do not take it as prescribed. Why could this be a problem? Some may embrace a “more is better” attitude with remedies, and may increase their dosage. But we do not know the long-term safety of higher Ozempic

dosages, or its effect on natural metabolism and the digestion process.

What makes RealEasy such a great meal replacement option? It combines full meal nutrition with the power of **PGX**, a soluble prebiotic fibre. Best of all, PGX is remarkably safe and 100% natural.

With PGX, the gut produces short-chain fatty acids (SCFAs) that stimulate GLP-1 secretion, the gut hormone associated with **satiety** that Ozempic-like drugs mimic. Beyond satiety, PGX offers additional benefits such as improved gut health, **reduced inflammation**, enhanced insulin sensitivity, and better metabolic health. Regularly replacing 1–2 meals a day with RealEasy is associated with superior long-term weight loss – and is simple to use.

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

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

THE BENEFITS:

- Lower blood sugar • Lower blood pressure
- Improved cardiovascular health
- Increased stamina



WHEY

Vanilla, Chocolate, and Strawberry flavours

VEGAN

Vanilla and Chocolate flavours



ONLY \$3.50
per serving

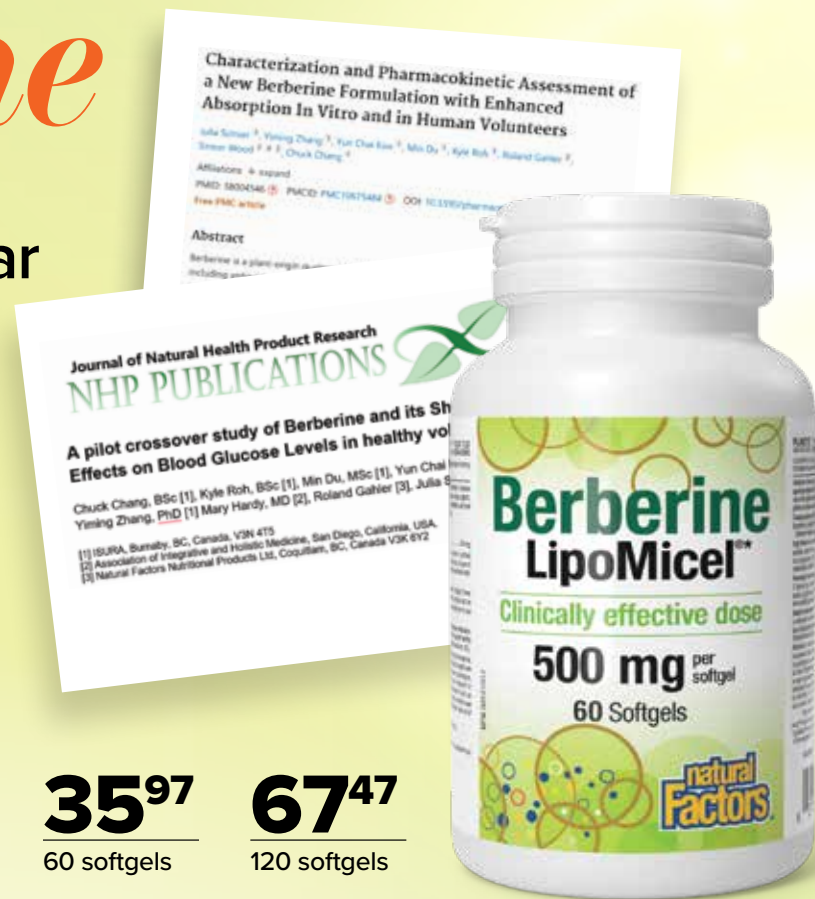
ONE SHAKE equals 22 g OF PROTEIN
49⁹⁷
powder



Astounding Results for Berberine

Study reveals amazing blood sugar reduction **IN JUST TWO DAYS!**

Julia Solnier, PhD, one of the leading scientists of this study, reports that Berberine LipoMicel® has better absorption than standard berberine and reduced blood sugar levels in study participants in as short as two days, after only two doses of 500 mg.



35⁹⁷
60 softgels

67⁴⁷
120 softgels

LipoMicel

The most clinically studied supplements available with the highest absorption, efficacy, and safety.

In her research, Dr. Solnier writes that "High-bioavailability formulations like LipoMicel can provide faster and greater health benefits than standard formulations. Because of the higher absorption of LipoMicel, lower doses of an active compound can be used which reduces the risk of side effects."

9⁴⁷
90 softgels

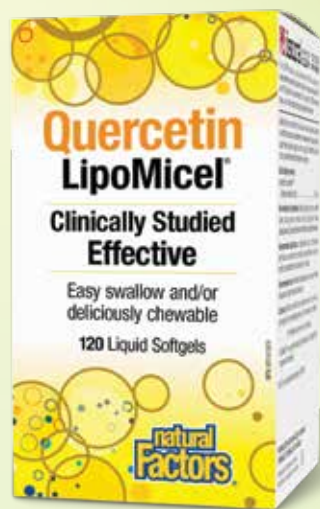
16⁴⁷
180 softgels

27⁹⁷
360 softgels



29⁹⁷
60 softgels

43⁴⁷
90 softgels



15⁹⁷
30 softgels

29⁹⁷
60 softgels

53⁹⁷
120 softgels

Preferred Nutrition

Your preferred choice for high quality and great value.



Everything you need IN ONE DELICIOUS SCOOP

Our 100% organic, vegan protein and all-in-one nutritional shake

100% organic – even the flavours and sweeteners!

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.

SALE
54⁹⁷

powder
French Vanilla,
Decadent Chocolate,
and Very Berry

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

43⁴⁷

powder
Unflavoured

55⁹⁷

powder
French Vanilla,
Decadent Chocolate,
and Unflavoured

**Budget
friendly**



Saffron & Stress Relief

It's no secret that stress is one of the most significant issues in today's society. One-third of Americans and 21% of Canadians are living with extreme stress.

Natural Factors Stress-Relax Saffron Extract has been clinically shown to help maintain a positive mood, promote restful sleep, and support emotional well-being. Saffron's crimson threads have impressive mood-improving and stress-relieving qualities that have been supported by clinical research. Natural Factors Saffron features affron®, a 100% pure source of standardized Spanish saffron extract that has been DNA-certified for authenticity and has undergone study in multiple clinical trails.

- Helps support mood balance in adults and youth over 12
- Helps relieve restlessness and nervousness
- Helps reduce the symptoms of perceived stress, such as fatigue, weariness, and irritability
- Helps improve restorative sleep in individuals experiencing sleeplessness

24⁹⁷
30 vcaps

41⁹⁷
60 vcaps



100% Premium Organic COCONUT OIL!

26⁹⁷
1.5 L



21⁴⁷
500 mL

31⁹⁷
1 L



12⁴⁷
500 mL

23⁹⁷
1 L



Build back your calm

Magnesium Bisglycinate Nature's Serenity Mineral

• ESSENTIAL FOR ALL CELLS IN THE BODY •

Just as the magnesium in a soothing Epsom salt bath calms from the outside in, our Magnesium Bisglycinate works to calm from the inside out.

- Relieves muscle cramping and tension
- Gentle on the stomach, easy to absorb



29⁹⁷
250 vcaps



15⁹⁷
145 g powder



24⁹⁷
290 g powder

LET DAILY TENSION MELT AWAY with this relaxing balance of magnesium and L-theanine, a naturally calming amino acid found in green tea.

- L-theanine promotes a sense of calm and mental clarity
- Magnesium bisglycinate is gentle on the stomach and does not require stomach acid for absorption
- Relieves symptoms of daily stress
- Promotes healthy sleep

20⁴⁷
90 vcaps
Mag Bis 40 mg
L-theanine 250 mg



21⁴⁷
90 vcaps
Mag Bis 100 mg
L-theanine 125 mg

Magnesium calms the symptoms of anxiety and stress, so you can relax and sleep better!

Bonus bottles HUGE SAVINGS!

59⁹⁷

240 tablets

SALE PRICE!



11⁴⁷

210 subtabs



24⁹⁷

180 softgels



34⁴⁷

360 vcaps



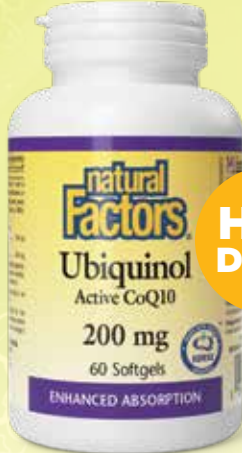
33⁹⁷

220 softgels



36⁴⁷

30 softgels



HOT DEAL!

10⁹⁷

360 softgels
1000 IU



HOT DEAL!

13⁹⁷

360 softgels
2500 IU



HOT DEAL!

WomenSense – backed by doctors for over 20 years.

#1 RECOMMENDED BY PHYSICIANS

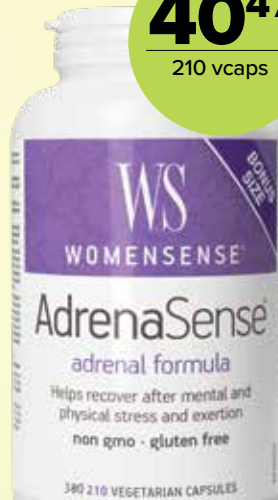
“WomenSense supplements (EstroSense and MenoSense) help my patients balance hormones while being clinically effective and clinically safe with ISURA® verified ingredients. I recommend these high-quality and affordable supplements without hesitation.” – Julie Reil, MD



SCAN ME

40⁴⁷

210 vcaps



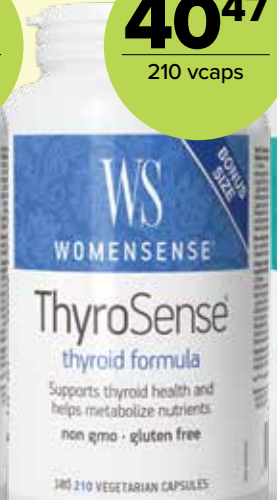
35⁴⁷

210 vcaps



40⁴⁷

210 vcaps



43⁹⁷

150 vcaps

