

The logo for Kardish Health Food Centre features the word "Kardish" in a large, orange, sans-serif font with a green leaf icon above the 'i'. Below it, the words "HEALTH FOOD CENTRE" are written in a smaller, green, all-caps, sans-serif font.

Kardish

HEALTH FOOD CENTRE

Top Products of **2017**

PROBIOTICS, CASHEW CHEESE & AROMATHERAPY TOP THE LIST:

Our highlights, must-haves and top sellers of the year

The background of the entire page is a repeating pattern of green leaves. The leaves are stylized, with a central vein and a slightly pointed tip. They are scattered across the white background, creating a fresh and natural aesthetic. A large, solid green rectangular box is centered on the page, containing white text.

As we cap off 2017, we look back on the year and the products that our customers were loving. This past year brought with it some interesting trends and some great new innovation. We fell in love with new brands and products while some of our veteran essentials stood the test of time and remained on top of our list.

LET'S TAKE A LOOK AT OUR TOP PRODUCTS OF
2017!



SUPPLEMENTS

RENEW LIFE
ULTIMATE
FLORA
PROBIOTIC

CRITICAL CARE

50 Billion

- ◆ Helps support intestinal and gastrointestinal health
- ◆ 12 probiotic strains
- ◆ One a day probiotic

Go Pack ▶ NO REFRIGERATION

20
NP

SLEEP & STRESS

AOR Ortho-Sleep

AOR's Ortho-Sleep is a natural sleep aid formula to help one fall asleep, stay asleep, and wake up feeling refreshed. Made with relaxing neurotransmitters GABA, melatonin, and 5-HTP, Ortho-Sleep has been shown to be effective in combating insomnia, restoring a proper circadian rhythm and promoting healthy, restful sleep.



Oil of oregano is a super antibacterial that works wonders against just about everything! Use oil of oregano to help combat coughs, colds and flus, to treat infections and parasites or even use it as a daily immune booster. Our own Kardish brand of Oil of Oregano has been a hit this year!

IMMUNE SUPPORT

Kardish Oil of Oregano

HEART HEALTH

Natural Factors Ubiquinol CoQ10

An active form of coenzyme Q10 which is naturally produced by our cells and is significantly better absorbed, particularly as we age. CoQ10 helps maintain cardiovascular health and offers antioxidant protection for the maintenance of good health.



COGNITIVE SUPPORT

Bulletproof Brain Octane

Upgraded Brain Octane rapidly metabolizes into ketones, providing almost instant energy to the brain without requiring glucose from dietary sugars or carbohydrates. Brain Octane helps your body burn fat, helps support cognitive performance plus it's distilled from 100% pure coconut oil!



JOINT & BONE SUPPORT

Natural Factors Vitamin K2 & CurcuminRich Double Strength
Natural Factors Vitamin K2 provides the most bioavailable form of Vitamin K which helps direct calcium towards the bones and teeth for optimum absorption. Their Double Strength Theracurmin has amazing antioxidant and anti-inflammatory properties for the maintenance of good health.



WOMEN'S HEALTH

Lorna Vanderhaeghe GLUCOsmart

GLUCOsmart from Lorna Vanderhaeghe is an amazing product that helps support weight management, promotes healthy glucose metabolism, enhances serotonin and reduces sugar cravings. This product is great for anyone dealing with hormonal imbalanced and PCOS.

MEN'S HEALTH

Bell Eroxil

A unique, naturally-based product that addresses the cause, not the symptoms, of male sexual dysfunction. It works with the body's own natural processes to help rejuvenate the entire sexual reproductive system without the side effects normally associated with drugs.



CHILDREN'S HEALTH

SISU U Cubes Multivitamin

Children's diets can often experience nutritional gaps which is why SISU's U Cubes are the perfect children's multivitamin. The tasty gummy formula provides the important vitamins and minerals children need daily. These plant-based, GMO-free gummies are made without artificial sweeteners or colours making them perfect for your little ones!



WOMEN'S MULTIVITAMIN

Progressive Multi for Women 50+

The Progressive Multi for Women 50+ addresses the needs of an aging body and helps you to stay youthful and remain active. This formula supports your bones, eyes and cardiovascular health while also assisting in the maintenance of more youthful estrogen levels.



MEN'S MULTI VITAMIN

Progressive Multi for Men 50+

Just like the formula for women, the Progressive Multi for Men 50+ caters to the needs of an aging male body offering the same hormonal support for maintenance of youthful testosterone levels while also strengthening immune function.



FISH OIL

Nutrasea Lemon

NutraSea omega-3 fish oil supplements are beneficial for the maintenance of good health and support cardiovascular health and brain function in adults. They are also beneficial in the development of brain, eyes, and nerves in children and adolescents - without the fishy aftertaste!



HAIR, SKIN & NAILS

BioSil

Collagen is essential for beautiful skin, hair and nails as well as healthy bones and joints. With BioSil's ch-OSA breakthrough, their formula helps increase skin's elasticity, reduce fine lines and wrinkles, thicken and strengthen hair and nails.



SPORTS NUTRITION

Bulletproof XCT Oil

A unique energy source naturally found in coconut oil, rapidly absorbs in your body and changes into ketones to give you long lasting energy. It provides a reliable and quick source of energy from fat, not sugar. Adding Bulletproof XCT Oil into your diet will re-awaken your energy, assist in weight management, and optimize performance.



PLANT-BASED PROTEIN

Iron Vegan Athlete's Blend

With 30 grams of protein and 6 grams of added vegan L-Glutamine along with a blend of fermented BCAAs, the Iron Vegan Athlete's Blend protein powder is a customer favourite. Gone is the gritty mouth feel of a typical vegan protein. In its place is a smooth, delicious flavour and a creamy texture that will please everyone!



WHEY PROTEIN

Lorna Vanderhaeghe PROTEINsmart with CLA

This hormone and antibiotic free whey protein isolate supports fat reduction and improves body shape when combined with a healthy diet and exercise. PROTEINsmart supports a strong immune system and builds antibodies. Additionally it is a great source of all essential amino acids.





GREENS & SUPERFOODS

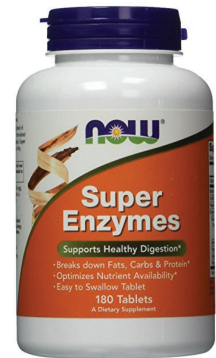
Prairie Naturals Spirulina

This powerful superfood powder is Organic and Fair Trade. It's a proven fat-fighter and effective anti-inflammatory plus they contain a ton of protein! Researchers have found that spirulina intake reduces blood cholesterol and inflammation and helps detoxify the body of accumulated toxins.

DIGESTIVE SUPPORT

NOW Super Enzyme

Our top selling digestive enzyme, NOW Super Enzyme is a comprehensive blend of enzymes that supports healthy digestion. Formulated to help optimize the breakdown of fats, carbohydrates and protein.



CLEANSE & DETOX

Wild Rose Herbal D-Tox Program

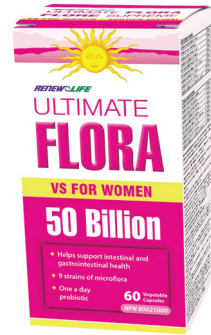
The Wild Rose Herbal D-Tox has been used in Canadian clinics for over 30 years to provide a complete multi-system detoxification of the colon and kidneys. Used alongside the recommended diet, this detox helps to keep a healthy balance of assimilation and elimination.



WOMEN'S PROBIOTIC

Renew Life Ultimate Flora VS For Women

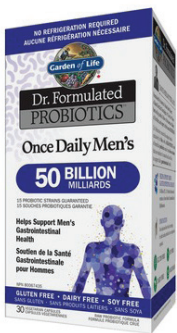
A high-potency formula with 10 scientifically studied Lactobacillus and Bifidobacterium strains for women to target your body's unique needs so you always feel your best. It contains plenty of Lactobacilli to support vaginal and urinary health when taken every day.



MEN'S PROBIOTIC

Garden of Life Once Daily Men's Probiotics

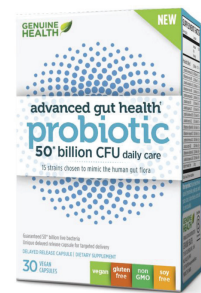
A unique formula exclusively for Men, with a high potency of beneficial probiotics made from diverse strains that are resistant to stomach acid and bile, to support daily gastrointestinal health.



SHELF STABLE PROBIOTIC

Genuine Health Advanced Gut Health Probiotic

The Genuine Health Advanced Gut Health Probiotic contains 15 strains that mimic human gut flora in an allergen- and plastic-free delayed-release capsule to deliver our probiotics straight to your gut! Great for those with food allergies, skin and digestive issues and to boost immunity.



REFRIGERATED PROBIOTIC

Renew Life Ultimate Flora 50 Billion

A potent formula designed to re-establish digestive balance for those who experience occasional digestive discomfort. When taken regularly, it also helps promote digestive and immune health so you feel better, lighter, and more energized





GROCERY

UNHEATED RAW HONEY COLD PRESSED

“Unheated” is a honey production philosophy centered around providing totally unheated and unaltered honey to health-oriented individuals. The honeys are unaltered to preserve the enzymes and make sure they are active and bioavailable. Their honeys come in classic and cold-pressed and have been very popular with our customers in 2017.



BEKING ROAM-FREE EGGS

Produced locally south of Ottawa, Beking roam-free eggs are completely cage-free and free from added hormones and antibiotics. The roam-free system results in more active, healthier birds which produce eggs “the way they’re supposed to taste”.



BRAGS APPLE CIDER VINEGAR

Certified Bragg Organic Raw Apple Cider Vinegar is unfiltered, unheated, unpasteurized and 5% acidity. Contains the amazing Mother of Vinegar which occurs naturally. Finding its way into salad dressings, wellness shots and even natural home cleaners and skin care, Bragg's apple cider vinegar is another crowd favourite of 2017.



ZENGARRY CASHEW CHEESE

Fauxmagerie Zengary cashew cheese shop has taken the vegan cheese market by storm, catering to a crowd of ethical consumers who wish to support small, local businesses with quality ingredients. Sink your teeth into Zengary spread on your favourite crackers, paired with your favourite wine at your next dinner, date, event or party.



PINEHEDGE FARMS KEFIR

Pinehedge Farms kefir is made only from pure cultures and non-homogenized organic milk. Whether you rediscover the taste of Kefir or try it for the first time, you'll love Pinehedge Farms Kefir.



SMART SWEETS



Smart Sweets are chewy gummy bears that are packed with 5g of protein, 24g of fibre and a ton of flavour! These sweet or sour little guys are made with non-GMO ingredients and without the use of sugar or artificial sweeteners. Smart Sweets are made with ingredients that kick sugar so you can feel good about every bite!

DO MATCHA 2ND HARVEST

Do Matcha comes directly from the Kyoto region where Matcha originated and is made from freshly-picked leaves and at different times of the year resulting in very unique flavour profiles. Their matcha powders are ideal for lattes, smoothies and much more!



A close-up, slightly blurred photograph of a woman's hands being washed in a sink. The water is running from a chrome faucet. The woman's hair is visible at the top of the frame, and her hands are positioned under the stream of water. The overall tone is soft and clean.

HOME & PERSONAL CARE

NOW ESSENTIAL OILS

Produced from botanical extracts and their unique benefits for health and well-being, NOW Essential Oils can be used to provide a calming, soothing, uplifting, invigorating or inspiring state of mind. Use individually or blend together to reap all the amazing benefits of aromatherapy.



NOW ESSENTIAL OIL DIFFUSERS

One of the best ways to use essential oils and practice aromatherapy is to diffuse the oils throughout your space using an essential oil diffuser. A customer favourite is the NOW Essential Oil Diffusers which come in different shapes and designs making them perfect for any home.



GREEN BEAVER SUNCARE

Produced locally, Green Beaver has always been a customer favourite for all year round. The brand shows to be exceptionally popular in the summer time with their amazing suncare line with products for both adults and children. The line is made with Zinc Oxide and titanium dioxide and infused with raspberry extract to ensure ultimate moisturization.



KAYALA PAIN RUB

Kalaya Naturals' proven fast acting, non-greasy formula delivers invigorating muscle and joint pain relief on contact, now with the enhanced herbal anti-inflammatory action of Arnica. Kayala temporarily relieves aches and pains of muscles and joints associated with backache, sprains and arthritis.



PIPERWAI NATURAL DEODORANT

PiperWai is a naturally powerful, aluminum-free deodorant that uses activated charcoal to absorb wetness and fight odor. Natural ingredients like organic coconut oil, shea butter, and pure vitamin E soothe even the most sensitive skin. Their stain-free formula rubs in clear and won't discolor your clothes



NATURES AID SKIN GEL

Nature's Aid skin gel is prepared using the highest quality, natural ingredients – including Aloe Vera, Tea Tree oil, Vitamin E, Witch Hazel, Rosemary, and more. This gel is an all-purpose product that can be used for a wide range of things from a scalp treatment to face toner to a wound healer and much more! Nature's Aid Skin Gel is crafted for even the most sensitive skin making it perfect for everyone.

THAYERS WITCH HAZEL

Thayers Witch Hazel with Aloe Vera Formula Astringents and Alcohol-Free Toners are soothing, natural treatments that cleanse, heal and preserve your skin. Made with extract from the Witch Hazel shrub and a blend of other time-tested ingredients, Thayers have been a fixture in medicine cabinets for generations.



ARRABY'S AROMATHERAPY SNORE NO MORE MARJORAM BLEND

An all natural, breathe-only remedy. Arraby's Snore-No-More is a blend of four essential oils, mostly marjoram but also eucalyptus, peppermint and lavender and sweet almond carrier oil. No more elbows. No more waking up alone!

