

SPRING



LIFESTYLE  
MARKETS

SAVINGS

# Ferritin+<sup>®</sup> Plant-Based, Vegan Ferritin Iron

## The Easiest Way to Build Iron

- Easy on your stomach – no constipation or digestive distress
- Easy to feel good about – supported by 3 clinical studies and 11 patents
- Easy for your body to absorb – unique absorption mechanism efficiently delivers iron right where your body needs it, when it needs it
- Easy to take – just 1 capsule per day
- Easy 20 mg of elemental iron per dose

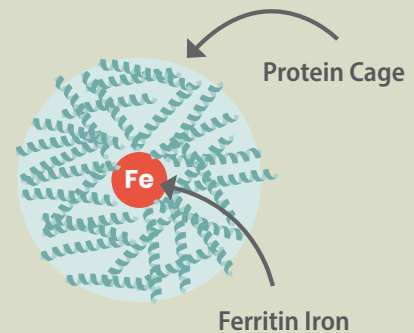
28<sup>79</sup> Ferritin+<sup>®</sup>  
30 vegetarian caps

Supported  
by 3 Clinical  
Studies & 11  
Patents



## How Ferritin+<sup>®</sup> Works:

Ferritin is a highly bioavailable iron supplement. Because this form of iron moves easily through the digestive tract, it doesn't lead to constipation or the other common side effects of iron supplements. Each ferritin molecule is packed with iron atoms and uses a unique pathway of absorption, unlike any other form of iron. Ferritin iron consists of a protein 'cage' that protects the iron through the digestive tract and protects your digestive tract from the iron as well. It's what allows for a slow release and absorption over time, eliminating the need to add absorption co-factors such as vitamin C, etc.



Flora Iron+<sup>™</sup> with B-Vitamin Complex features liquid ferrous gluconate — a form of iron clinically proven to quickly and significantly raise iron levels.

Made in Canada



9<sup>99</sup>  
Iron+<sup>®</sup> Liquid  
80 mL



19<sup>99</sup>  
Iron+<sup>®</sup> Liquid  
240 mL

29<sup>99</sup>  
Iron+<sup>®</sup> Liquid  
445 mL



18<sup>49</sup>  
Iron+<sup>®</sup> Caps  
60 vegetarian caps



SALE PRICES IN EFFECT April 27 - May 31, 2024

Product availability and pricing may vary.

# Choosing between Ferritin+® and Iron+

Let's explore the reasons you might prefer one over the other based on your individual preferences and health considerations.

## Why Ferritin+®?

**Ferritin+ is the ideal choice for those looking to raise low iron levels in the most efficient way.**

### Controlled Release

The phytoferritin-iron complex in Ferritin+® allows for controlled release and efficient absorption for a gradual and steady iron uptake. If traditional iron supplements haven't worked in the past, this unique iron delivery system could make all the difference.

### Capsule Convenience

With a simple one-capsule-per-day dosage, it's perfect for a quick and easy supplement routine.

## Why Iron+ Liquid?

**Iron+ liquid is a good choice for those wanting a gentle, effective iron supplement with the added benefits of B vitamins.**

### Additional Nutrients

B vitamins in this formula provide an extra boost for energy and red blood cell production. This additional nutrient support can be beneficial for those looking for a supplement beyond iron alone.

### Delicious Flavour

The delicious base of fruit juices is a palatable option for those who prefer liquid supplements over capsules, or have difficulty swallowing pills.

## Why Iron+ Capsules?

**Iron+ Capsules are good for those looking to maintain healthy iron levels.**

These capsules have all the benefits and additional nutrients of Iron+ liquid in a convenient pill format. This is also the most cost effective choice to meet your daily iron needs.

**ALL of Flora's iron supplements are plant-based, vegan, gluten-free, gentle and non-constipating.**

## Here's what people are saying about Ferritin+

"Great product!"

*I am really happy that I have not experienced any stomach issues with this product! I feel great! Flora has always been my go to company and will remain so!"*

Barbara S., ★★★★★

"Not Your Traditional Iron Supplement

*I have been anemic my whole life. Finding a good iron supplement was a struggle. This is all I ever wished for. I love that Ferritin+ can be taken at any time, on an empty stomach or while consuming dairy, without decreasing its absorption or causing me GIT issues. My ferritin was 22 µg/L, leaving me extremely fatigued and often dizzy. Luckily, I was introduced to Ferritin+. After 2 days of taking 2x Ferritin+, energy improved noticeably. After 7 days, my blood levels reached 34 µg/L. So grateful for this gem. No more fatigue!"*

Izzy, ★★★★★

"Ferritin Magic

*Ferritin+ is my number #1 supplement! I no longer eat tons of ice daily and my anemia is gone. Plus, it has stopped my hair fall. I am so happy that I found an iron supplement that is healing me. I noticed the results after 2 weeks of using it. Thank you Flora!"*

Kelly J., ★★★★★

## IRON-DEFICIENCY Symptom Checklist

- ✓ Continually tired and lack appetite
- ✓ Often have difficulty concentrating
- ✓ Pale skin & dark undereye circles
- ✓ Feel chilly or catch colds easily
- ✓ Have brittle hair or fingernails that chip easily
- ✓ Experiencing thinning hair or hair loss
- ✓ Have a vegetarian or vegan diet



SALE PRICES IN EFFECT April 27 - May 31, 2024

# Cleanse at the Cellular Level!

**Flor-Essence®** is a traditional herbal formula developed to gently cleanse the whole body at the cellular level.

**Flor-Essence® with Turkey Tail and Turmeric** goes one step further with ingredients that help fortify immunity.

**Flor-Essence® features the "Great 8" herbs:**

- Burdock Root
- Sheep Sorrel
- Slippery Elm Bark
- Watercress
- Blessed Thistle
- Red Clover Blossom
- Rhubarb Root
- Kelp



Made in Canada

**39<sup>99</sup>** Flor-Essence® Dry Herbal Tea Blend 63 g

**29<sup>99</sup>** Flor-Essence® or Flor-Essence® with Turkey Tail & Turmeric 500 mL

**47<sup>99</sup>** Flor-Essence® or Flor-Essence® with Turkey Tail & Turmeric 941 mL



**37<sup>99</sup>**

**Flor-Essence® 7-Day Purification Program** Kit contains:  
Flor-Essence® - 500 mL  
Floralax® II - 200 g  
Pro-Essence® - 30 vegetarian caps

# Delicious Vitamin & Mineral Formula!

Flora's **Daily Multi Essentials+** and **Kid's Multi Essentials+** are rich in antioxidants vitamins A, C and E, and include a full range of B vitamins for energy production. This comprehensive formula also includes a full 400 IU of immune-supporting vitamin D, calcium, and an herbal blend of antioxidant astaxanthin, immune-supporting elderberry, digestion-promoting anise, calming chamomile, and rose hips for extra vitamin C. It comes in a tasty fruit juice and whole food base that's easy to drink straight or mix into smoothies or juice.

Made in Canada

**19<sup>99</sup>**

**Kid's Multi Essentials+**  
226 mL

**29<sup>99</sup>**

**Kid's Multi Essentials+**  
445 mL

**19<sup>99</sup>**

**Daily Multi Essentials+**  
226 mL

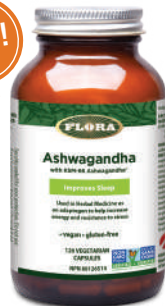
**29<sup>99</sup>**

**Daily Multi Essentials+**  
445 mL



# Resist Stress Naturally

**Ashwagandha™** with 300 mg KSM-66 Ashwagandha®, will help to reduce stress levels, support energy and vitality and ability to exercise, support memory, focus and brain power, and then end the day with restorative, rejuvenating deep sleep.



**26<sup>39</sup>**

**Ashwagandha with KSM-66 Ashwagandha®**  
120 vegetarian caps

**Stressveda™** combines 600 mg KSM-66 Ashwagandha®, with plant-sourced vitamins, including B-complex, vitamins C, E, D, and K in a base of Spinach, Broccoli, Carrot, Sweet Potato, Orange, Apple, & Strawberry fruit, Sunflower Seed, Shiitake & Maitake Mushroom. This formula helps increase resistance to stress and helps increase energy in the case of mental and physical fatigue related to stress.

*Just one capsule per day!*

**21<sup>99</sup>**

**Stressveda™**  
30 vegetarian caps



**SALE PRICES IN EFFECT April 27 - May 31, 2024**



# Apple Cider Vinegar - Herb Infused

Flora's Apple Cider Vinegar Wellness Drinks are thoughtfully brewed in small batches using freshly ground organic herbs blended with apple cider vinegar. The complex flavour of these wellness drinks is rounded out by a proprietary herbal tea blend, utilizing seven cleansing herbs.

*All flavours of Flora Apple Cider Vinegar are on sale!*

**13<sup>99</sup>**  
 Apple Cider Vinegar  
 500 mL



# Vegan, Plant-Based Omegas

Udo's Oil® Omega 3+6+9 Blend is a plant-sourced, organic unrefined oil blend designed to provide the ideal 2-to-1 ratio of omega-3 and omega-6 essential fatty acids.



**16<sup>99</sup>**  
 Udo's Oil®  
 250 mL

**30<sup>99</sup>**  
 Udo's Oil®  
 500 mL

**47<sup>99</sup>**  
 Udo's Oil®  
 941 mL

**22<sup>79</sup>**  
 Udo's Oil®  
 90 vegetarian caps

**42<sup>39</sup>**  
 Udo's Oil®  
 180 vegetarian caps

**19<sup>99</sup>**  
 Udo's Oil®  
 DHA  
 250 mL

**38<sup>49</sup>**  
 Udo's Oil®  
 DHA  
 500 mL

# Red Beet Crystals

Pressed from the juice of freshly harvested organic beets, Flora's **Organic Red Beet Crystals** are instantly soluble and provide an easy and delicious way to enjoy the goodness of beets.

Each jar contains the equivalent of 2.6 kg of fresh, organic beets. Naturally sweet tasting, Flora Red Beet Crystals can easily be added to breakfast, lunch, dinner and even snacks!

*Easy to add to your favourite juice or smoothie!*

**23<sup>99</sup>**

**Red Beet Crystals**  
 200 g



## Red Beet Strawberry Smoothie

- 1 tbsp Flora Red Beet Crystals
- 1 cup frozen strawberries
- ½ cup spinach or kale
- ¼ cup cashews, soaked for 2-3 hours
- ¼ cup plain yogurt
- ½ cup plant based milk or water

Blend all ingredients on high until smooth about 2 minutes. Makes 2.

*Recipe courtesy of @eatyoungnutrition*



**SALE PRICES IN EFFECT April 27 - May 31, 2024**

# Immune Health Begins in the Gut

Give your gut health a boost with **Flora's Probiotics**. Lifestyle and environmental factors can compromise the digestive system, but adding probiotics into the dietary mix can help boost good bacteria, keeping the bad in balance and helping to maintain a healthy microflora, naturally.



## Refrigerated Probiotics

**Flora's Refrigerated Probiotics** have been scientifically developed to address age-specific and condition-specific concerns. There's something for everyone in the family!



**27<sup>99</sup>**

**Toddler's Probiotic**  
75 g

**19<sup>99</sup>**

**Kid's Probiotic**  
60 vegetarian caps

**30<sup>99</sup>**

**Adult's Probiotic**  
60 vegetarian caps

**31<sup>99</sup>**

**Senior's Probiotic**  
30 vegetarian caps

**22<sup>99</sup>**

**Super 5 Probiotic**  
60 lozenges

**23<sup>99</sup>**

**Super 8 Plus Probiotic**  
30 vegetarian caps

**56<sup>99</sup>**

**Super Bifido Probiotic**  
30 vegetarian caps



**FIND US  
IN THE  
COOLER**

**55<sup>99</sup>**

**Adult's Probiotic**  
120 vegetarian caps

**55<sup>99</sup>**

**Senior's Probiotic**  
60 vegetarian caps

**42<sup>99</sup>**

**Super 8 Plus Probiotic**  
60 vegetarian caps

## Shelf-Stable Probiotics

Shelf-stable probiotics offer the promise of digestive and immune support on-the-go. As their name implies, shelf-stable probiotics do not need to be refrigerated. For all-around support, choose **Complete Care**. If you're looking for a probiotic geared towards supporting intestinal health for women, choose **Women's Care**.



**15<sup>99</sup>**

**Complete Care Probiotic**  
30 vegetarian caps



**22<sup>49</sup>**

**Women's Care Probiotic**  
30 vegetarian caps

## Drink Your Way to Better Bone Health

Flora's **Bone Health+** is a sophisticated bone health formula that features a 2.5:1 ratio of calcium to magnesium in a bioavailable liquid form. Vegan vitamin D3, vitamin K2, deep sea minerals, and a standardized silica mineral extract from spring horsetail have been added to create a truly comprehensive formula that supports bone mineralization and ensures calcium is deposited where it should be. The liquid form makes it easy to digest and has a delicious fruit juice base!

**21<sup>49</sup>**

**Bone Health+**  
236 mL

**36<sup>79</sup>**

**Bone Health+**  
473 mL



**Made in Canada**

**All sizes & varieties of Flora's Refrigerated and Shelf-Stable Probiotics are on sale!**

**SALE PRICES IN EFFECT April 27 - May 31, 2024**





# Beautifully Smooth, Nourished Looking Skin

If you want skin that's positively glowy, moisturize from the inside out with **Efamol® Beautiful-Skin Evening Primrose Oil**. Evening primrose oil (EPO) is naturally rich in GLA—a skin-loving omega-6 fatty acid that minimizes fine lines, wrinkles and dull skin.



<b>21<sup>99</sup></b>	<b>36<sup>79</sup></b>	<b>31<sup>99</sup></b>	<b>53<sup>19</sup></b>
<b>Efamol® EPO</b>	<b>Efamol® EPO</b>	<b>Efamol® EPO</b>	<b>Efamol® EPO</b>
<b>500 mg</b>	<b>500 mg</b>	<b>1000 mg</b>	<b>1000 mg</b>
<b>90 softgels</b>	<b>180 softgels</b>	<b>90 softgels</b>	<b>180 softgels</b>

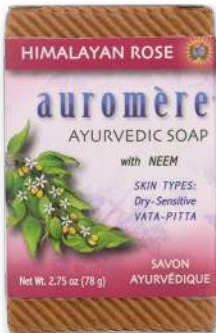


## All Natural Body Care

### Ayurvedic Bar Soap

Auromère Ayurvedic Soaps combine herbal extracts and oils used for centuries by Ayurvedic specialists in body care preparations. Handmade with pure, wild-crafted Neem and Ayurvedic herbs in a rich and creamy coconut oil base, each soap helps create balance from the inside out.

- Handmade
- Vegan & Cruelty-free
- Non-GMO
- Biodegradable
- Wildcrafted Ayurvedic herbal ingredients
- No parabens, artificial fragrances, preservatives, dyes or bleaches



# 349

**Auromère Ayurvedic Bar Soap**  
78 g

Available in *Lavender-Neem, Himalayan Rose, Sandal-Turmeric* and *Tulsi-Neem*

*Varieties available for all skin types—normal, oily, dry and delicate (VATTA-PITTA-KAPHA)*

*Auromère products not available in Quebec.*



**SALE PRICES IN EFFECT April 27 - May 31, 2024**

# Nature's Original Superfood



Gandalf Spirulina™ has been supplying Canada with this superfood since 1994. Rich in beta carotene, nutrients, vitamins, and minerals, this blue-green algae helps maintain eyesight, skin, membranes and immune function, and helps in the development and maintenance of bones, teeth and night vision. It also helps with the formation and proper function of red blood cells, while building and repairing body tissues, contributing to the overall maintenance of good health.

New Look!



44<sup>69</sup>

Hawaiian Spirulina 1000 mg 120 tabs

49<sup>99</sup>

Hawaiian Spirulina Powder 150 g

27<sup>99</sup>

Organic Spirulina Powder 150 g

28<sup>49</sup>

Organic Spirulina 600 mg 150 tabs

## Mānuka Honey—Created in Partnership

Flora's Mānuka Honey is sourced from a 100% Māori-owned honey operation in New Zealand. Profits made from this partnership help support the rebuilding and renewal of Māori cultural traditions through various programs such as: student scholarships, funds for community buildings, and grants for new businesses, sports programs and elderly shareholders.



16<sup>99</sup>

Mānuka Honey 30+ MGO Blend 250 g

26<sup>99</sup>

Mānuka Honey 100+ MGO/ 5+ UMF 250 g

38<sup>49</sup>

Mānuka Honey 250+ MGO/ 10+ UMF 250 g

48<sup>99</sup>

Mānuka Honey 400+ MGO/ 12+ UMF 250 g

79<sup>49</sup>

Mānuka Honey 515+ MGO/ 15+ UMF 250 g

- UMF™-certified and MGO-graded
- 100% traceable - scan the NFC tag on the label to access batch, region, lab test and UMF™ certification info
- Sourced from an eco-friendly 100% Māori-owned honey operation in New Zealand

**All sizes & varieties of Flora Mānuka Honey are on sale!**

\$300 OFF



Coupon valid on Flora 2024 Spring Savings products

**To The Dealer:** Flora will reimburse you the face value of this coupon plus our specified handling fee provided it is redeemed by your consumer at the time of purchase on the item specified. Other applications constitute fraud. Failure to send in, on request, evidence that sufficient stock was purchased in the previous 90 days to cover coupons presented will void coupons. Coupons submitted become our property. Reproduction of this coupon is expressly prohibited. Flora will reimburse retailers only for coupons received within six months (180 days) of the expiration date on the face of the coupon.

For redemption mail to: Flora, PO Box 1600, Pickering, Ontario, L1V 7C1.

**To The Consumer:** Provincial Law may require the retailer to charge the applicable tax on the full value of the purchase(s) before the reduction in coupon value. GST, PST and HST are included in face value where applicable. Unauthorized reproduction of this coupon is unlawful. Limit one coupon per purchase. Not valid with any other coupon offer. Offer valid only in Canada.

Coupon valid in-store only. Not intended for online use.

Expires May 31, 2024



SALE PRICES IN EFFECT April 27 - May 31, 2024



## Florasil®

Natural silica provides valuable nutrients to skin, bones, hair and nails, but unfortunately much silica is lost in many food sources due to over-processing. Supplementation with an easily absorbed form of silica, like **Florasil®**, can help provide the silica your body needs.

**Vegan, plant-based formula supports healthy hair, skin and nails**

**24<sup>79</sup>** Florasil®  
90 vegetarian caps

**43<sup>59</sup>** Florasil®  
180 vegetarian caps

**82<sup>49</sup>** Florasil®  
360 vegetarian caps



## CircuVein

Flora's **CircuVein** contains naturally occurring ingredients that are clinically proven to be effective, reducing the visible signs of varicose veins by reducing swelling and inflammation.

**Vegan, dairy-free and gluten-free**

**27<sup>49</sup>** CircuVein  
60 vegetarian caps

**75<sup>99</sup>** CircuVein  
180 vegetarian caps



## Natural Pet Care

## BiologicVET®

**BiologicVET's** line of health products for pets is formulated to maximize their quality of life. Years of extensive development through nutrigenomics research are incorporated into every BiologicVET formula.

**BioSKIN&COAT®** is a natural antihistamine to promote skin and coat health by supporting normal immune and histamine response to allergens. The lignan-rich formula helps support normal endocrine and hormonal systems.

- For dogs and cats of any age with food intolerances
- Soothes skin-related issues associated with seasonal allergies
- Helps maintain a normal inflammatory response
- Supports skin and coat health
- With **BioFIBRE** for optimal absorption



**22<sup>49</sup>**  
BioSKIN&COAT®  
200 g



**31<sup>79</sup>**  
BioSKIN&COAT®  
400 g



**93<sup>99</sup>**  
BioSKIN&COAT®  
1600 g

**Hurry in - lowest prices of the season!**

Pricing in effect April 27 - May 31, 2024



**LIFESTYLE  
MARKETS**

**All prices shown in flyer are sale prices.**

