FREE ISSUE

Nourish

SPRING 2019

- RECIPES -
Celebrating veggies from the ground up!

Safe Spring Cleaning

SPRING Skincare Guide

CAPRESE AVOCADO TOAST
PAGE 25
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• No bloating!
• Primes the gut

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• Improve performance & recover faster
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You've got questions? We've got a team of Healthy Living Advisors who are here to answer them!

Learn about which ingredients you want to be sure are not in your cleaning products as well as some DIY recipes for safe home cleaners.

Ask A Healthy Living Advisor

Safe Spring Cleaning
Learn about which ingredients you want to be sure are not in your cleaning products as well as some DIY recipes for safe home cleaners.

Skincare Guide
Our 16 favourite skincare products
Give your skin the products it's craving with our 2019 skincare guide.

Plant Power Guide
Our 13 favourite plant-based products
We have highlighted some of our favourite plant-based products just for you!

Plant-Based Spring Recipes
Celebrating veggies from the ground up!
We're doubling up on our veggies with seven veggie-centric recipes that pack a nutrient-dense punch and deliver fresh new flavours for Spring!
Alright Spring, Do Your Thing!

Congratulations, you made it through another Canadian winter! The days are getting longer, the birds are chirping, and the sun is peaking, which can only mean one thing; it’s officially time for spring. Now that the long, grey winter is behind us it’s time to come out of your carb coma and embrace the goodness that spring has to offer!

In this edition of Nourish we hope to motivate you to freshen up all the things that you put in, on and around your body! As you flip through the pages you will be challenged to rethink your household cleaning products, inspired by delicious new recipes to up your veggie intake, and introduced to new and innovative cosmetic and skin care products.

We also invite you to pop into your local Goodness Me! location in the month of May as we talk about all-things-beauty! Enjoy a collagen-boosted Radiant Raspberry smoothie from our Smoothie Bar, or perhaps plan to attend one of our Wake Up Your Make Up events at one of 8 locations, where we will inspire you to rethink your cosmetics and daily skin care routines! This evening is guaranteed to be a fun and informative time for you and your girlfriends to check out what is new and exciting in the clean beauty movement. Visit us at goodnessme.ca for all the exciting details!

Spring is the time for new beginnings, new possibilities... may you embrace change that will lead to a happier & healthier you this season!

Goodness Me! Natural Food Market

Find A Location

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GOODNESS ME!

ONLINE CLASSES

Learn from the comfort of your own home!

goodnessme.ca/education
What is the best natural protection for the skin to have fun in and after sun, this summer?

With spring in the air, our minds turn to the delight of basking in the sunshine. We should not forget that while we dare to bare it all, it could be life-threatening to over expose ourselves to the sun’s heat without adequate protection. As we seek to shield the skin, it is important to choose to do this in the least toxic way possible.

Our skin is the largest organ in the body; it is a well-balanced, waterproof covering which protects, supports and insulates us. The skin is the body’s first site of defense but when lotions, creams and sunscreens are applied to it, they can enter the bloodstream within 15 minutes. Consequently, it is vital to choose pure, organic sun protection and after-sun care.

Protecting and nourishing our skin during the sunny months is key, but if the products chosen include hormonally disruptive chemicals and preservatives, like oxybenzone and parabens, fake fragrances and other toxic ingredients, then we are trading sun protection for increasing the body’s toxic load. What are our cleaner options?

Switching from chemical riddled, to natural sunscreens, is quite an easy transition. There are simple criteria for making better choices. It is important to look for a non-nano mineral based natural sun reflector, such as Zinc Oxide, with broad-spectrum (UVA and UVB) coverage; if it is biodegradable and reef-friendly (chemical or fake fragrance ingredients are toxic to marine life), this is a significant plus.

A few of my favourite natural sunscreen brands are Canada’s Green Beaver; as well as the All Good and Badger lines; in addition to non-toxic ingredients, they go on smoothly, absorb well, smell great and most importantly, do the job. These brands come in a range of SPF (sun protection factors) and have sunscreen products for the whole family.

Natural facial sun care needs to have antioxidant, high natural SPF protection, while being non-comedogenic (non acne stimulating); products such as Andalou Naturals BB Beauty Balms, Derma E’s Natural Mineral Oil-Free Face or Mad Hippie’s Facial SPF effectively fulfill all the criteria. These are great choices for protecting the face, naturally, during sun season.

Post-sun exposure also calls for nourishing and replenishing of the skin with products that can help slow damage that could develop from excessive sun. The sun can have a degenerative impact on the skin and after the glow of the tan goes away, the effects become visible. Kosmea’s or Awaken Your Senses’ Rose Hip Seed Oil, a powerful protective antioxidant, as well as Essence Skin Care Oils (containing Zinc Oxide) can replenish and nourish the face; Smith Farms Nourishing Hair and Body Oil is a delightful find for the hair and skin too; should there be over exposure, cooling and restorative Lily of the Valley 99% Aloe Vera or Nature’s Aid Skin Gel can soothe and restore burnt skin. In addition, choosing Green Beaver’s SPF 15 lip balm, is ideal for the often forgotten lip area.

Although direct sunshine’s vitamin D, is the best source of boosting immunity and strengthening the bones, only do so for 10-15 minutes before applying sunscreen protection. The higher the SPF, the longer you can remain in the sun, but keep in mind natural sunscreens need to be re-applied more frequently than the conventional kinds.

This summer, once you have paid close attention to preventing skin-aging, sun damage by choosing healing “before and after” sun care protection, remember to relax, enjoy the healthy glow and have fun in the sun!

Maggie CNP, NNCP
Goodness Me! Hamilton
The new edition of Canada’s Food Guide recommends choosing protein that comes from plants more often. I’m not familiar with these foods, what does this look like on my plate?

Protein is an essential component of all living things. It’s especially important for structure (e.g., bones, muscles, nervous tissue, hair, skin), for enzymes, and for our immune system. In food, protein is one of 3 macronutrients, the others being carbohydrates and fats. Protein is digested more slowly than carbohydrates and so it can help keep us feeling fuller longer.

While all whole foods contain protein, protein in plants comes along with other nutritional bonuses including vitamins, minerals, fibre, antioxidants, and phytonutrients. Certain plant foods are more protein dense than others. These include legumes such as beans, peas, and lentils; soy foods such as edamame, tofu, and tempeh; and nuts and seeds.

Incorporating these foods into your eating can be exciting and will certainly add some variety and nutrition to your meals. Beans from a can are super convenient and quick. Be sure to look for those with BPA-free cans and without added sodium. Purchasing dried beans and lentils is a great way to save on your food budget. Lentils and mung beans don’t even require pre-soaking before cooking!

As you become more comfortable and familiar with the tastes and texture of plant protein options, you’ll find that there are numerous ways to use them in your cooking. Here are some examples:

**Breakfast:** hummus on a bagel; peanut butter on toast; mashed chickpeas, avocado, and spices in a wrap with lettuce; tofu scramble; baked beans; red lentils cooked in steel cut oats.

**Lunch or Dinner:** chickpea flour and vegetable quiche; bean salad; tempeh bacon, lettuce, and tomato sandwich; lentil soup; salad with beans; lentil tacos; bean burrito; stir fry with tofu; black bean soup; buddha bowl with pinto beans; kidney and navy bean chili.

**Snacks:** apple with peanut butter; roasted seasoned chickpeas; raw veggies and bean dip; lentil muffins; tamari almonds; trail mix; celery sticks with almond butter; roasted pumpkin seeds; cashew yogurt; chia seed pudding made with soy milk.

If you’re still feeling unsure of how to plantify your meals, there is a wealth of info on the internet and YouTube. You may even want to attend a cooking class that focuses on plant based foods. So start experimenting, you may be surprised at how delicious your new creations can be!

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It’s spring, should I detox?

The world around us is truly toxic. Living a balanced holistic life equals eating an organic high fiber diet, drinking enough water, exercising and avoiding anything that can cause your body harm. Everyday we are faced with an onslaught of chemicals, incorporating daily detox rituals help offset the unavoidable. A few simple steps help prep the body and mind for a longer more intense cleanse.

Oral health is key to self-care. But before you reach for a toothbrush, try tongue-scraping. This ancient ayurvedic morning ritual removes the residue coating your tongue, referred to as ama. Upon rising, stick out your tongue and simply scrape the specially shaped plastic instrument back to front somewhere in the range of 7 to 14 times. Next, get into the morning groove by stimulating the nervous system in a few minutes with dry brushing. Begin at your toes, brushing the skin in clockwise motions, using small strokes. Work your way up your body, applying pressure with extra attention focused on the lymph nodes. Dry brushing removes dead skin, diminishes cellulite, aids digestion and helps eliminate toxins. The superstar for the next three holistic healthy helpers is activated charcoal. Kick daily water into wellness overdrive with lemon or lime, pinch of sea salt, tablespoon of gut loving apple cider vinegar and activated charcoal. Just a teaspoon of this trendsetting black powder is a detox dream, binding to prescription drugs, chemicals and even helping eliminate heavy metals. Tough on toxins, activated charcoal is now a super stain fighting fluoride-free tooth whitening alternative to conventional toothpaste. Being an all around wealth of health, look for charcoal in skin care lines, too. Whether it’s in your soap, deodorant, cleanser or face masque, it’s an all natural option with huge health advantages. Spring also brings a special burst of yellow to the world of detox. Dandelions are one bewildering weed. They are healthy from flower to root and all things in between. They may contain an array of nutrients, but are also a first-class digestive aid, help detoxify blood and liver while boosting the lymphatic system. Dandelion is also a top-notch diuretic even for those on blood pressure medications. Key an eye out for dandelion pills and tinctures in the supplement section. Increase the goodness! Add dandelion greens to salads and sip a cup of chicory flavoured heaven. Detoxing daily is a simple yet positive step towards opening up all pathways for elimination and ridding the body continuously of toxins.

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REBALANCE

- Halts hot flashes and night sweats
- Regulates mood
- Enhances skin youthfulness
- Ameliorates stress
- Naturally balances hormones
- Enhances libido

Mercedes, CNP, CPT
Goodness Me! Mississauga

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ULTIMATE FLORA CRITICAL CARE
30 CAPSULES

NEW

ULTIMATE FLORA VS FOR WOMEN
30 CAPSULES

NEW

NEW LOOK COMING SOON!
Safe spring cleaning!

BY KATIE MITTON

Spring has officially sprung! The days are getting longer, the weather is getting warmer, and we’re oh-so-happy to be rid of the snowy, cold, dreary days of winter. It’s the perfect time to get reinvigorated and feel refreshed, which is why it’s also the season for cleaning. Spring Cleaning has been a ritual for a long time, and for good reason! It gives us a sense of renewal and provides an opportunity to shed the old and bring on the bright-and-shiny newness of Spring.

Have you ever thought about the products you use for your Spring Cleaning? The chemicals they might contain, the harmful contaminants, the rough surfactants—what are these “cleaning” ingredients actually doing to your home and to your health? Why “clean” with a product that isn’t clean to begin with? We’re going to dive into some of the do’s and don’t’s when it comes to cleaning products, and the choices you should make for a truly refreshed Spring!

Think of your house as a second skin. You nurture your physical body with nourishing food, healing personal care and natural makeup products. You keep your body as tuned up and healthy as possible. It’s time to start extending that extra TLC to your home, too! Your home is an extension of yourself and the way you live. Would you scrub your body down with chemicals and potentially carcinogenic products? Likely not. So give your home the same love you’d give yourself!

This might seem intimidating. After all, think about all of the cleaning products you might use in your home. Laundry detergent, dish soap, all-purpose cleaners, tub and tile cleaners, toilet cleaners, room sprays—the list can go on and on. But instead of panicking about replacing all of your cleaning products right this second (well, if you can and want to, go for the gold!), take it one product at a time. The next time you run out of laundry detergent, replace it with a natural option. When you need new dish soap, check out some cleaner options. Replace your products one by one and it suddenly becomes much less overwhelming.

Okay, so that might seem simple enough, but what should you actually look for in a cleaning product? There are so many ingredients and products on the market—how can you tell which ones are “clean”? 

...
For starters, let's look at a few ingredients you want to be sure are not in your cleaning products:

1. **Phthalates**: this is a component of many “fragrances”, which you might see on the label instead. Phthalates are used in all kinds of products from household items to air fresheners and dish soap. However, they are known endocrine disruptors, meaning they can interfere with your body’s hormonal systems. And it doesn’t have to be on your skin to be dangerous—simply inhaling enough of these is a risk in itself.
   
   **Alternative**: look for cleaning products that are fragrance-free or scented with essential oils.

2. **Sodium Lauryl Sulfate**: otherwise known as SLS, sodium lauryl sulfate allows products to foam or bubble up. So, you might expect to see this in dish soaps or laundry detergents. However, the Environmental Working Group has labeled this ingredient as a moderate hazard, linking it to cancer, neurotoxicity, organ toxicity, skin irritation and endocrine disruption. Yikes.
   
   **Alternative**: just avoid this ingredient all together, or look for natural foaming agents!

3. **2-Butoxyethanol**: this is one that you’ll commonly find in all-purpose or multi-purpose cleaners as well as window cleaning sprays. It’s a solvent that helps to break down residue, dirt, and oil, making it very popular for cleaning products. However, it’s toxic to the system, being linked to liver and kidney damage and even pulmonary edema.
   
   **Alternative**: natural cleaners or use a product like E-cloth that cleans with just water.

4. **Ammonia**: extremely effective as a polisher or glass cleaner, it’s a major irritant to human tissue. If you’re prone to any lung or breathing problems, this ingredient will cause discomfort quickly.
   
   **Alternative**: vinegar is becoming a popular alternative to ammonia.

5. **Parabens**: parabens are used as a preservative to help make a product last longer. However, like phthalates, it might not appear as is on the label. Look for butylparaben, methylparaben, or propylparaben on the ingredient list. Why are they bad? Similar to other dangerous ingredients, they can enter your system through your skin and live in tissue, causing hormone disruption by mimicking oestrogen. They’re also bad for the environment, though, and have been found in the bodies of marine mammals.
   
   **Alternative**: look for preservative-free products or those that use natural preservatives.
We want to show people that simple ingredients are actually delicious.

There are many other ingredients that can be dangerous in cleaning products, but those are some of the biggest ones to watch out for. As you can see, avoiding these ingredients and choosing cleaner products not only takes care of keeping your home healthy, but also your body. These ingredients are hormone disruptors, skin and respiratory irritants, and have been linked to cellular, liver, kidney, and other organ damage. This might sound scary—but it is. More and more research is being done on the long-term impact of being exposed to these products and the solution is to just plain avoid them.

They also harm the environment. These products get washed into our lakes and oceans, affecting marine life, and are toxic to wildlife, insects, our water sources, and plant-life. It’s better for everyone and everything to eliminate these ingredients as much as possible.

If you’re concerned about the products in your home, there are a few ways to check their toxicity. First, scan the list of ingredients above. These are the big ones to watch out for. There’s also a great resource on the Environmental Working Group’s site that lets you search for products by name or by ingredient to find out how hazardous they are to you. It’s a great tool to use to make sure you’re moving in the right, cleaner direction.

Luckily, there are companies out there that make cleaner cleaning a priority. E-cloth is an amazing company that makes microfibre cleaning cloths and tools that remove over 99% of bacteria and mold with just water. They have cloths for every room and function in your home! Or, if you’re looking for natural cleaning products, try a brand like Nature Clean. They have superior laundry detergents, dish soaps, and hand soaps that are free of all the dangerous ingredients found above. Goodness Me! also has our very own line of cleaning products, scented with essential oils and made with premium ingredients, to clean every room in your house—All Purpose Cleaners, Bathroom Cleaners, Laundry and Dish Soaps. Minimal ingredients but premium effectiveness. Using any of these options ensures that your home stays healthy, which has a ripple effect to the health of you, your family, your kids, your pets, and the world around you. And it all starts with one simple product change for a cleaner clean.

Also, you could bring out the DIY side of you and make your own cleaners! Vinegar, baking soda, and essential oils are the base of any good homemade cleaner.

Try these recipes for all natural cleaners:

**All-purpose cleaner**

30mL (2 tbsp) castile soap
30mL (2 tbsp) vinegar
3.5L (14 cups) warm water
pine essential oil
Combine vinegar and castile soap. Add 500mL (2 cups) warm water and mix well. Add remaining warm water. Add 8 drops pine essential oil per cup of cleaning solution. Clean as normal. **The pine essential oil gives this cleaner anti-microbial properties.**

**Fabric softener**

500mL (2 cups) herbal vinegar or white vinegar
500mL (2 cups) baking soda
1L (4 cups) water
Mix the baking soda and vinegar together. Add the water and stir well. Add 60mL (1/4 cup) of solution to the final rinse of your washing machine cycle. Recipes from: Eco-Pioneer Cleaning Guide (from Puresource)
FROM OUR FAMILY TO YOURS

Thirty years ago, our family began cooking for you. It all started in a farmhouse kitchen, when Andy and Rachel Berliner were preparing for the arrival of their daughter, Amy. Rachel was on bedrest and the couple was in need of ready-made vegetarian meals. They were unable to find anything that was delicious and vegetarian. The Berliners knew that there must be other families like theirs: busy people who wanted great-tasting and high-quality meals.

That year they would give birth to their daughter Amy but also to the organic, vegetarian frozen-food and soup company named after her. They made their first foods by hand at home. They worked directly with farmers to get the best organic ingredients with the perfect taste for each dish.

Today, our pots and kitchens are bigger, but we stay committed to homestyle cooking methods. Our meals are made by hand from the freshest organic ingredients. We believe that when food is made with love, it just tastes better.

Visit us and sign up at amyskitchen.ca

Rachel, Amy & Andy Berliner

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4. MAD HIPPIE

Mad Hippie takes skin care seriously. That's why they put so much thought into each & every product they make. Free of: parabens, synthetic fragrance, dyes, petrochemicals, PEGs, SLS and other nasty additives.

16 new and exciting products we’re loving this spring for healthy, beautiful skin!
**5. AQUA-OMEGA OMEGA-3 FISH OIL**

With the right balance of omega fatty acids, supplementation with omega-3s exerts positive effects in our bodies, including helping your skin look healthier. High quality pharmaceutical grade fish oils are one of the simplest supplements you can add to your daily routine in order to achieve beautiful skin, as well as heart health, cognitive function, immune system support, mood and mental health, prenatal and postpartum wellbeing, and muscle and skeletal maintenance, to name a few.

**6. MAGIC MUD TOOTHPASTE**

3 flavours to choose from: Peppermint, Cinnamon & Wintergreen. Certified natural, whitens teeth & soothes mouth. Made with no fluoride, SLS or glycerine. Clinically verified results.

**7. DR. BRONNER’S PUMP SOAP**

4-in-1 Organic Pump Soaps are good for washing hands, face, body & hair & place by your sink or in the shower! Sweet to the body and planet, fair trade & organic sugar gives Dr Bronner’s Organic Pump Soaps a rich caramel color and sweet scent. Contains an organic coconut-olive-hemp oil blend for a creamy lather to keep your skin nourished, hydrated and smooth. Based on 150 years of soapmaking tradition!

**8. ONEKA SHAMPOO**

All of Oneka shampoos are made with ingredients that are completely biodegradable and safe for your entire family. Oneka shampoos and conditioners will leave you hair beautiful, hydrated, clean, and soft; without the use of harsh detergents, chemicals, synthetic fragrances or other additives.

**9. MEOW MEOW TWEET DEODORANT**

Meow Meow Tweet deodorant is a combination of potent plant and mineral powders with sweet smelling and mighty essential oils that will keep you smelling oh-so fresh! The innovative packaging is 100% biodegradable, helping you reduce plastic waste.
Are you looking for a product that will not only make you look younger but will actually make you feel younger as well? Studies have found that Hydrolyzed Collagen can reduce wrinkles as well as treat Osteoarthritis and Osteoporosis.

Woodlot Skincare encourages you to connect with the earth’s abundance, nourish your skin and spirit, and radiate from the inside out. With sensuous textures, scents, and nutrient-rich formulas, to inspire daily skincare rituals for a glowing complexion.

Woodlot Skincare

Hair care without complication. Sukin know that nature provides all we need to nourish our skin, so that’s all Sukin put into their hair care range. No harm to the ocean after it’s down the drain, no harmful processes, just ingredients from nature that work.

Introducing Urban Spa’s sustainable HAIR CARE! Their first ever salon quality, vegan, biodegradable formula with 92% less plastic per aluminum bottle! We can’t wait for you to try their 3 sets of shampoos/conditioners & treatments designed specifically for your unique strands.

Prairie Natural’s beloved alcohol free hair styling serums are BACK! Free of sulphates, DEA, phthalates, and parabens. The serums are fragranced with pure, natural aromatic plant oils. Proudly Canadian and not tested on animals!

Long-lasting dry spray deodorants that go on clear. Made with oxygen powered spray instead of conventional sprays that use butane as a propellant. Free from aluminum, triclosan, paragons, phtalates. Achieve the smell you want with these handsome blends of essential oils.

You care about the environment and you care about your health, but life gets busy. That’s why Really Great Goods is committed to bringing you products with intention and positive benefits, for you and the environment. With high quality ingredients, organic essential oils and a lot of love, they carefully create our products in small batches in Toronto, Ontario. They make each product by hand, with love, so that you can feel cared for, and really great.
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100% plant-based and certified organic, this nutrient packed immune-boosting, fatigue-fighting whole foods blend is a sure-fire way to boost your day.

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Our favourite plant-based products picked just for you!

**ORGANIKA COLLAGEN BOOSTER**
7 synergistic ingredients to naturally boost collagen production as well as to protect collagen from UV and free radicals. Lightly flavoured with natural cherry and lime extract, you can easily add Plant-Based Collagen Booster to your water and naturally boost your collagen every day!

**CHA’S TURMERIC LATTE**
A delicious and healthy mix made with organic and fair trade spices and coconut milk powder. Up-cycled and recyclable packaging handmade by a women’s artisan cooperative.

**WALTER’S VEGAN CAESAR MIX**
There’s no clam juice in this mix! Instead, Walter’s Vegan Caesar Mix uses dulse (edible seaweed) hand-harvested from the Bay of Fundy to impart a taste of the sea while being completely plant-based. As with all Walter products, this mix is made here in Canada using only premium all-natural ingredients without any artificial colours, flavours, preservatives or high-fructose corn syrup.

**COLLAGEN BOOSTER**
Our favourite plant-based products picked just for you!
AMINO OCTANE
Gives plant-based fuel a whole new edge. Every scoop contains a powerhouse of high-performance nutrients designed to support your body - so quitting just isn’t an option. This involves 3 core building blocks: FUEL, ENDURANCE & PROTECTION. No artificial flavours, colours or sweeteners.

Helping you live a healthy and balanced life!

MANITOBA HARVEST

HEMP YEAH! PLANT PROTEIN
New Hemp Yeah! Plant Protein is a delicious blend of hemp and pea protein that’s packed with 20 grams of plant-based protein and tastes great when simply mixed with your favourite non-dairy beverage or blended into any smoothie recipe!

NOW

RAWSOME
Rawsome is a versatile, vegetarian, whole food concentrate that can be easily added to a wide variety of foods and used in various ways, including cooking and baking, to enhance the nutritional value of your favourite dishes. A one tablespoon serving is a source of 7 essential nutrients including vitamins, minerals and omega-3 fatty acids, plus antioxidants from 10 different whole seeds, fruits and vegetables.

OMEGA-3 PLANT
Ever wonder how fish get their Omega-3s? It’s through the intake of microalgae – the basis of NutraVege supplements. Available in liquid or liquid-gel formats, it helps boost overall health for the entire family, in a 100% vegan formula.
New Moon Kitchen is an all-natural vegan and nut-free gourmet Canadian bakery that has been devoted to making delicious and healthy baked goods since 1997. Quality is their first priority; they use only the finest and cleanest ingredients in their products, and bake each cookie to perfection. New Moon Kitchen hopes you'll love their products as much as they love making them. For your favourite taste choose between Chocolate Chip, MoMints, BiteMe, Mackies, Goldies or Ginger Snappers - and enjoy!

Sol Cuisine's products are 100% plant based and include veg burgers, appetizers & entrees and breakfast. These tasty plant-based foods are HACCP & SQF certified, kosher, non-GMO project verified, and part of the Celiac Support association.

One Degree Organic Foods stands for one degree of separation between you and the farmers. Their food transparency is right on their packaging—scan the QR code with your smartphone to find videos and stories of passionate farmers behind their clean, organic ingredients.

BAGEL THINS
Made with no added sugar and are made with ancient whole grains and superseeds. Delicious tasting in all of your favourite bagel flavours with only 100 calories. Vegan, gluten-free, non-GMO and kosher. Try them today!

A healthy outside starts from the inside!"
BONE BROTH

by the cup

BOILED FOR 17 HOURS

Ingredients
Filtered Water
Chicken Bones
Onions
Carrots
Basil
Garlic Powder
Onion Powder
Oregano
Apple Cider Vinegar
Parsley
Sea salt
Celery
Bay Leaves
Wakame

GOODNESS ME! natural food market

$2.99/16oz
served hot
Celebrating Veggies From The Ground Up

We’re doubling up on our veggies with seven veggie-centric recipes that pack a nutrient-dense punch and deliver fresh new flavours for Spring! With something for morning, noon, and night, we’ve got your dose of vegetables covered anytime of day!

Seven Veggie Centric Recipes
**Vital Green Smoothie**

**INGREDIENTS**

1 ripe avocado
1 celery rib
½ English cucumber
2 cups spinach
Juice of 2 limes
¼ cup fresh parsley
1 Tbsp. ginger grated
1 clove garlic, grated
1 Tbsp. Hemp Hearts
1 Tbsp. ground flax
1 Tbsp. ground chia
2 cups water (or full-fat coconut milk)

**DIRECTIONS**

Place in blender and puree.
Pour and drink right away.

Enjoy a glass of this green garden goodness this a.m. and soak in all the richness from the creamy avocado, and the coolness from the crisp cucumbers and celery, and all the nutritents from a full cup of spinach! The perfect way to power up before you start the day.

When choosing vegetables for your smoothies or juices be sure to choose organically grown for the cleanest, nutrient-dense beverage, especially when using the skins!
Avocado toast is here to make your morning! Creamy and smooth, topped with freshly chopped tomatoes and basil, and drizzled with a homemade balsamic dressing, these slices might be the best you’ve ever had.

INGREDIENTS

2 slices of sourdough bread
2 Tbsp. Yoso Cashew Cream Cheese
   OR softened chevre
1 avocado, pitted and diced
Herbamare
Black pepper
1 Tbsp. basil leaves, shredded
   (roll up like a cigar and finely slice)
4 grape tomatoes, cut into 3 slices

BALSAMIC DRESSING

¾ tsp. balsamic vinegar
1 Tbsp. extra virgin olive oil
Combine in a jar and shake well.

DIRECTIONS

Toast the bread. Spread 1 Tbsp. of the cashew cream cheese or softened chevre on each slice of toast. Sprinkle avocado with Herbamare and pepper to taste. Spoon half the diced avocado mixture on each piece of toast.

Arrange the grape tomato pieces on top of the avocados. Spoon half the dressing over top. Sprinkle the basil over and serve.
Burritos for breakfast are what’s new! We’ve got a veggie grand-slam, rolled into an easy on-the-go breaky that is packed with wholesome fuel. Dip it in our tasty dressing or pour it over and dig in with a fork! The choice is yours!

**INGREDIENTS**

- 2 spelt wraps
- ¼ cup *Sunflower Kitchen Hummus*
- 1 cup cooked long grain brown rice
- ½ cup black soybeans
- 1 cup romaine lettuce, shredded
- ½ cup red pepper, diced
- 1 avocado, pitted and diced
- 2 Tbsp. cilantro, finely chopped

**VEGAN DRESSING**

- 1 Tbsp. salsa of your choice
- ¼ cup extra-virgin olive oil
- ¼ tsp. Herbamare
- ½ tsp. finely chopped garlic
- 1 Tbsp. fresh lime juice

**DIRECTIONS**

Spread each wrap with 2 Tbsp. hummus. Closer to one end, spread a row of brown rice (½ cup), spoon ¼ cup black soybeans overtop. Place ½ cup of the lettuce on top, and layer ¼ cup red pepper, ½ diced avocado and 1 Tbsp. cilantro. For dressing, puree with immersion blender. Drizzle with half of the dressing. Repeat. Roll up and enjoy!

Pump up the protein with some scrambled eggs and place on top of the rice and beans. You can also layer ¼ cup grated raw milk cheddar cheese on top for an added boost!
Cauliflower, Squash & Roasted Red Pepper Soup

Soup in the Spring? We say, why not! With a fresh punch to your pallet this roasted red pepper and squash soup will have you singing along with the birds this season. Top it with some freshly picked Basil for an extra pop!

INGREDIENTS

1 cup onion, finely chopped
1 Tbsp. garlic, finely chopped
1 head cauliflower, chopped
(about 6 cups)
1 butternut squash, peeled, seeded and chopped (about 4 cups)
3 roasted red peppers, chopped
See recipe to the right
10 cups water
1 Tbsp. coarse salt
1 Tbsp. tamari
Fresh cracked black pepper
1 can full fat coconut cream

DIRECTIONS

Place everything in stock pot except for the coconut cream. Bring to a boil and let simmer about a half hour, or until vegetables are tender. Puree and add in coconut cream. Adjust seasonings.

Roasted Red Peppers

To roast peppers, seed the 3 peppers. Cut them into large chunks and place on parchment-lined cookie sheet. Place under broiler until blackened (10-15 mins). Remove, let cool and peel off blackened skins. Set aside.
Salad Rolls with Peanut Dipping Sauce

INGREDIENTS

- Rice Papers (for rolling)
- Rice Vermicelli Noodles
- Romaine Lettuce Leaves
- 1 red pepper, cut into thin slices
- ½ cup carrots, cut into matchsticks
- 1 avocado, pitted and cut into slices
- ½ cup red cabbage, cut into fine strips
- ¼ cup cilantro leaves

PEANUT DIPPING SAUCE

- ½ cup smooth peanut butter
- ½ cup + 1 Tbsp coconut milk
- 1 Tbsp. maple syrup
- 2 Tbsp. wheat-free tamari
- 1 clove garlic, finely chopped
- 1/8 - ¼ tsp. cayenne (optional)

DIRECTIONS

Boil Vermicelli Noodles for 3 minutes. Drain and pat dry with paper towel. Place one rice paper in warm water for 5 seconds. Remove to countertop or plastic cutting board (wood doesn’t work as well – it sticks). Rip a romaine lettuce leaf in half and place at the bottom end of the round rice paper. Top with about ¼ cup cooked vermicelli noodles, followed by strips of red pepper, carrot, avocado, red cabbage and cilantro. Roll up from bottom and roll in the sides. Repeat to make 6 salad rolls. Slice in half if desired. For sauce, bring mixture to a boil and simmer about 15 minutes to let flavours mesh. Serve with Peanut Dipping Sauce.
Ruby Red Hummus

Serves Four

Did you know hummus can be so easy to make at home? That’s right! You can choose the quality of ingredients and make it just the way you like! Try ours with earthy beets with a navy bean base. Easy-peasy, with a lemon squeezy!

INGREDIENTS

- 1 medium beet, cooked peeled and shredded (about 1 cup)
- 1 can (398 ml) navy beans, drained
- 2 Tbsp. tahini
- 1 tsp. coarse salt
- 2 Tbsp. fresh lemon juice
- ¼ cup fresh basil, chopped
- 1 Tbsp. garlic, finely chopped
- 2 Tbsp. extra-virgin olive oil

DIRECTIONS

Place ingredients in food processor bowl and puree until smooth.

Serve with a variety of vegetables for dipping!

Pick Your Veggies

Try it with organic cucumber slices, cauliflower florets, carrot sticks, celery sticks, mushroom caps, peeled rutabaga sticks, broccoli florets, or cherry tomatoes.
INGREDIENTS

1 Tbsp. coconut oil
1 red pepper, diced
1 cup red onion, chopped
1 cup zucchini, chopped
1 cup mushrooms, sliced
1 Tbsp. garlic chopped
½ cup water
1 Tbsp. coarse salt
1 cup tomato sauce
1 can coconut cream
1 pkg Kelp Noodles
2 Tbsp. basil pesto or ¼ cup finely chopped basil leaves
Toasted pine nuts

DIRECTIONS

Melt coconut butter in a large skillet. Sauté the chopped red pepper, red onion, zucchini, mushrooms and garlic. Sauté a few minutes and add in water and coarse salt. Reduce down by half.

Place tomato sauce in a blender and add the full can of coconut cream; puree. Add the coconut cream rosé sauce to the vegetable mixture. Stir well to combine and let simmer about 10 minutes. Add in basil or pesto and stir.

Bring a pot of water to a boil. Drain the kelp noodles and add to the water. Bring to a boil and let simmer about 5 minutes then drain. Divide the noodles among 2 plates and top with the coconut crème rosé sauce mixture.

Garnish with fresh basil, toasted pine nuts and parmesan cheese, if desired.
Sweet Potato & Black Bean Tacos

INGREDIENTS

6 (6”) soft tortillas or 6 corn tacos
2 cups yams, cut into bite-sized cubes
1 cup black soybeans or black turtle beans
2 Tbsp. melted coconut oil, divided
½ tsp. Herbamare
1 cup red onion, finely chopped
1 cup red pepper, finely chopped
1 tsp. Herbamare
1 Tbsp. garlic, finely chopped

AVOCADO DRESSING

1 ripe avocado, pitted and scooped
1 clove chopped garlic
1 tsp. Herbamare
¼ cup freshly squeezed lime juice
¾ cup extra-virgin olive oil

Place ingredients in a blender and process until well combined.

DIRECTIONS

Place yams in a bowl and coat with 1 Tbsp melted coconut oil. Sprinkle Herbamare over. Place on a parchment-lined cookie sheet and bake at 350°F for 20 minutes or until golden. Remove and let cool. Place soft tortillas on an oven-safe plate and cover with foil. Bake at 325°F for 8 minutes or, if using corn tortillas, place on cookie sheet in 325°F oven for 5 minutes.

Melt 1 Tbsp. coconut oil in large skillet. Add in onion and red pepper and garlic and 1 tsp. Herbamare. Sauté until vegetables are softened. Add in the baked yams and the black beans. Spoon in about ½ cup of the filling into the warmed tortillas. Drizzle the dressing over and roll.
Beet Brownies

INGREDIENTS

- 2 medium sized beets, boiled and grated (about 1 ½ cups)
- 3 eggs
- ¼ cup coconut sugar
- ¼ cup almond butter
- 1 tsp. vanilla
- 3 Tbsp. melted butter or coconut oil
- ½ cup almond flour
- ½ cup dark cocoa powder
- 1 tsp. baking soda
- ½ cup dark chocolate chips
- ¼ cup walnuts, chopped

DIRECTIONS

Beat eggs, coconut sugar, almond butter, coconut oil (or butter) and vanilla together until smooth. Add in almond flour, cocoa powder, baking soda. Beat well and add in grated beets. Fold in chocolate chips and chopped walnuts.

Pour into parchment-lined 9x9" pan. Bake at 350°F for 25-30 minutes, or until center is cooked through. Cool for 10-20 minutes if you can wait that long! Cut into squares.

Try it with Vegan Eggs

There are lots of options when it comes to replacing eggs in your baked goods!

- **Flax Egg**: Mix 1 Tbsp. ground flaxseeds + 3 Tbsp. water. Place in fridge for 15 minutes.
- **Chia Egg**: Mix 1 Tbsp. ground chia seed + 3 Tbsp. water. Place in fridge for 15 minutes.
- **Arrowroot Egg**: Mix 1 tsp. arrowroot flour/starch + 1 tsp. soy flour + ½ cup warm water
- **Applesauce Egg**: ¼ cup unsweetened applesauce + ¼ tsp. baking soda
- **Banana Egg Mash**: one medium sized ripe banana
Skin issues are something most people have struggled with at some point in their life. Babies often experience diaper rash and eczema, teenagers might struggle with blemishes or acne, and as we age, the battle with collagen and moisture sets in, causing wrinkles, age spots, or dry skin. When it comes to skin issues, everyone has a story and might be waging a different war. But no matter what issue you’re tackling, the good news is that there are natural solutions to help bring your skin back to its healthy, glowing glory!

Over the years, it may seem like skin issues have become more common or in some ways, more severe. It’s no coincidence that this increase in skin issues correlates with the increase in processed foods and toxin exposure prevalent in today’s world. Why? Because no matter what your skin struggle is, the key to vibrant skin starts with our internal health: what we eat, the toxic load in our body, and how stressed we are. Our skin is a reflection of how healthy we are inside, and as the largest organ, it paints a picture of what’s going on with our health in general. It’s time we focus on food and lifestyle instead of looking to the next Botox shot or “magic” cream to help bring back glowing skin.

Food and lifestyle choices play a major role in skin health and the appearance of aging. The importance of supporting our cell regeneration is vital when it comes to plump, dewy, vibrant skin, and we can help cell regeneration by ensuring we get sufficient hydration, healthy nutrition, and...
enough sleep. You can start by drinking half your weight in ounces of water, eating the rainbow in whole foods, and sleeping 7-9 hours each night.

The natural remedies and solutions that we might use to support healthy, glowing skin might change over our lifespan from when we’re a young child to when we’re an adult. Let’s break some of these solutions down by age groups.

FROM THE BEGINNING: CHILDHOOD
The struggle with skin issues begins at an early age for some. Some common ailments for babies and toddlers include: diaper rash, eczema, and even cradle cap. Most of the time, skin conditions like these are related to poor gut flora and digestive inflammation. We need to look to the health of our intestines and embrace healing herbs to help heal these issues. An important step in this process is re-establishing the balance of good and bad bacteria by addressing intestinal health, and also by choosing natural topical remedies. Here are a few ways to help with both of these approaches when it comes to childhood skin issues:

→ AVOID FOOD ALLERGIES/SENSITIVITIES: consuming known food allergens can cause a breakdown in our intestinal lining and lead to inflammatory reactions, such as eczema and skin rashes. Some common food allergens include dairy, wheat, corn, and soy.

→ PROBIOTICS: these help balance gut flora (bacteria) and support optimal immune and gut health.

→ USE NATURAL FIBRE DIAPERS: diaper rash can stem from a reaction to the fabric of the diaper. Using natural fibre diapers ensures that there are no chemicals or irritants against your baby’s skin.

→ ZINC CREAM: zinc cream is a topical remedy that helps with wound healing by supporting skin tissue structure. Zinc also helps with formation of new skin tissue.

→ CHAMOMILE: a soothing herb offering healing and inflammation-calming properties, chamomile salve can be applied topically to affected areas daily.

THE TEENAGE YEARS: ACNE
As we enter the teenage years, the dreaded battle with acne begins. Whether it’s bacterial based, a build up of toxins, or a hormonal imbalance, there are some simple steps that can help you clear up your skin naturally.

→ LOVE YOUR LIVER: when toxins build up in the body, they look for an escape. When they try to escape the skin, a pimple can form. Supporting gentle daily detoxification is an easy way to help prevent breakouts since detoxification rids your body of toxins. Try drinking lemon water first thing in the morning and consuming fibre-rich foods to help eliminate toxins and support the detoxification process.

→ STICK TO A ROUTINE: consistency in your skin care routine is essential, and it doesn’t need to be time-consuming, expensive, or extreme. Cleanse twice daily with a mild cleanser and exfoliate once or twice a week. In the morning, use a light moisturizer and in the evening, follow up with a simple toner (witch hazel or apple cider vinegar + water) and light moisturizer. Using harsh products will dry out the skin too much and cause your skin to produce more oil.

→ SUPPORT HORMONES: testosterone increases oil production, which can clog pores and leads to inflammation, generally on the jaw line. With the change in puberty and hormone fluctuations, most adolescents experience an often-normal degree of hormonal acne. Supporting hormone levels during puberty can help reduce and prevent acne for teens and even into later years. Some great suggestions include taking an omega-3 fish oil supplement to help lower testosterone levels and support oil production in the skin, and also increasing fibre consumption to help support detoxification and removal of excess hormones. Females can also consider taking Chastetree or Vitex to support progesterone levels, especially during their monthly cycle.

CHAMOMILE
A SOOTHING HERB OFFERING HEALING AND INFLAMMATION-CALMING PROPERTIES, CHAMOMILE SALVE CAN BE APPLIED TOPICALLY TO AFFECTED AREAS DAILY.
REDUCE INFLAMMATION: certain foods can trigger an inflammatory response in the body, and this irritation can then lead to a breakout. Homogenized dairy and sugar are two of the biggest culprits when it comes to inflammatory acne. Avoiding these foods might help quell the inflammation.

THE MIDDLE YEARS: GLOWING SKIN
Radiant, glowing skin is something everyone strives for, especially as we hit middle age. Here are a few easy lifestyle tips to help give you that radiant glow.

STAY HYDRATED: drink 8-10 glasses of filtered water a day and eat water-dense foods (cucumbers, celery, watermelon). Hydration is crucial for cell health and key to a healthy, dewy glow.

CONSUME OMEGA-3 FATTY ACIDS: these help reduce inflammation throughout the body, maintain fluidity of your cell membranes, and relieve and prevent dry, itchy skin. Eat fish, nuts/seeds (flaxseeds, walnuts), avocados, and dark leafy greens, or fish oil daily to increase healthy fat intake.

SAY GOODBYE TO WRINKLES
Wrinkles are one of those things we cannot avoid as we age, but we can help reduce the appearance of them. Here are some natural tips to reduce or prevent wrinkles.

COLLAGEN: this is the structure for your skin. As we age, our collagen production begins to decline and the scaffolding that brings structure to our skin slowly starts to breakdown. This is when the structure becomes weak and wrinkles start to show. You can support natural collagen by drinking bone broth, eating protein-rich foods, adding collagen powder to smoothies, or boosting your body’s natural production with silicon supplementation.

GLA OIL: this helps to prevent inflammation along with wrinkles and dry skin, and is important for the fluidity and structure of our skin cells. GLA helps keep our skin moist and strong, and is the key to preventing wrinkles and achieving that healthy complexion.

ANTIOXIDANTS: Vitamin C is an antioxidant that helps prevent free radical damage and signs of aging. You can get it through certain foods, or supplement with it.

THE GLORY YEARS: AGE SPOTS
After 40, our skin cells regenerate slower and reversing blemishes takes more time and support. Here are some ways to help prevent or diminish age spots.

REDUCE UV EXPOSURE: age spots are most commonly a result of sun damage due to over-exposure to the harsh UV rays. Protect yourself with natural sunscreen, hats or clothing, or limiting your time in direct sunlight.

SUNSCREEN: reduce and prevent the appearance of age spots with the use of natural, chemical-free, broad-spectrum sunscreens.

DIY MASK: for centuries, acid has been used in at-home masks to reduce the appearance of age spots and brighten complexion. Combine lemon + yogurt for a simple brightening mask.

The struggles with skin span the ages and include anything from diaper rash to acne to wrinkles and dull complexion. Nature has the answer for beautiful skin, like the suggestions above. Try this Nourishing Face Mask to brighten and healthify your skin even more!

NOURISHING FACE MASK
1 AVOCADO
2 TBSP UNPASTEURIZED HONEY
2 TSP CACAO POWDER

*In a small bowl, mash the avocado using a fork. Stir in the honey and cacao powder until everything is well combined. Apply a thin layer to your entire face, leave on for 10 minutes, and rinse off.
Natural Factors has been the leader in probiotics for over 35 years. We have the most experience in Canada producing stabilized and effective probiotics. We can guarantee the best results for digestive health. No other probiotic manufacturer can compare.

These updated premium formulas provide innovative, effective, condition-specific solutions.