

Healthy Living | Makes a Difference!

**BE YOUR BEST YOU!**



Renew Life  
**CleanseSMART**

Ideally, it would be great to avoid pesticides and other chemical pollutants however this is simply not feasible. Therefore, it is up to us to take responsibility for our own health and well-being and the first step towards optimal health is cleansing and detoxification.

Most people in Canada start out with vibrant health, but by age 30 begin to develop 'minor' irritations. These small problems become more serious, causing our health to fall into further decline. Eventually, chronic disease sets in and even everyday activities can cause pain or suffering. There are countless benefits to total body cleansing. After completing a cleanse many people report increased energy, improved digestion, weight loss and a feeling of better overall health.

- Available in 7, 15 or 30 Day Programs
- Improves overall health, and boosts energy levels
- Effective without the use of harsh fibres or habit forming laxatives

**\$29<sup>99</sup>** | 30 day cleanse  
Reg. \$35.99

**DIGESTION/CLEANSING**

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**PREVENTION**

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**BEAUTY**

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**GROCERY**

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**COMMUNITY MARKET**

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**STAFF**

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## RELIEVES CONSTIPATION AND DIARRHEA



Regular Girl treats IBS and aids weight loss with no gas or bloating. Regular Girl contains prebiotic guar fiber, a perfect food source for the good bacteria in your gut, and clinically proven probiotics, which help maintain healthy bacteria in the gastrointestinal tract. Suitable for ages one and up.

Lorna Vanderhaeghe  
**Regular Girl**

**\$29<sup>99</sup>** | 180 grams  
Reg. \$39.99

## HELP THE BODY CLEANSE ITSELF, NATURALLY.



Flora  
**Flor-Essence**

Combining tradition, history, and time-tested results, Flor-Essence® Herbal Cleanse offers a natural way to flush the body of toxins and waste. Inspired by a traditional Ojibwa formula, the 8-herb formula was developed and perfected through years of research by nurse Rene Caisse, with the help of Dr. Charles Brusch. The result is a traditional formula that can help the body cleanse itself, naturally.

- Safe and effective full body cleanse
- 8-herb formula synergistically supports multiple elimination pathways
- Organic + Gluten-Free + Kosher + Non-GMO + Vegan

**\$25<sup>99</sup>** | 500ml  
Reg. \$34.99

## MUSCLE REPAIR &amp; IMMUNITY IN ONE



Iron Vegan  
**Fermented  
L-Glutamine**

- Increases immunity and energy, as well as enhance digestive and brain function
- Maintains integrity of intestinal barrier
- From non-GMO vegan sources
- Fermented using bacterial cultures
- Kosher and gluten free

**\$24<sup>99</sup>** | 400 grams  
Reg. \$26.99

## WHY DRINK WHOLY TEA™ DETOX &amp; CLEANSE?



Innotech Nutrition  
**Wholy Tea**

Our environment contains more toxic chemicals than ever before which can lead to an overload of toxins in your body. Pesticides, air pollution and many other toxic chemicals end up in our water, soil and ultimately our food supply which are linked to health issues like gas, bloating, constipation, fatigue, headaches, body odor, skin irritation, poor microbiome health and sleeplessness.

**\$29<sup>99</sup>** | 30 day supply  
Reg. \$36.99

## ELEVATES DIGESTION FOR BETTER HEALTH



New Roots Herbal  
**Digestive Enzymes**

- Formulated with specific enzymes to digest protein, fat and carbohydrates
- Contains betaine hydrochloride to maintain healthy gastric acidity
- Powerful plant enzymes breakdown complex proteins

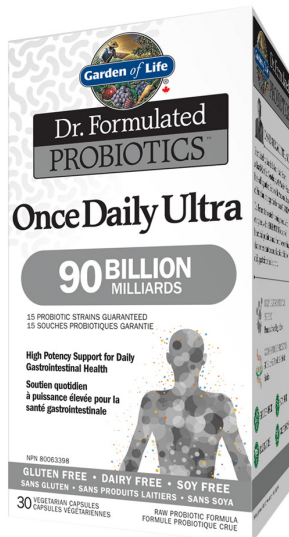
**\$31<sup>99</sup>** | 100 caps  
Reg. \$40.99

STORE HOURS: Monday - Friday 9am-7pm | Saturday 9:30am-6pm STORE LOCATION: 116 Park Road W., Steinbach, MB

PHONE: 204-326-9565 / 1-866-794-4613 EMAIL: orders@goodnnatural.ca

\*Sale prices cannot be combined with additional discounts

## HIGH POTENCY PROBIOTIC FORMULA



- Once Daily Ultra 90 Billion with 15 Probiotic Strains
- 1:2 Lactobacilli to Bifidobacteria ratio providing high potency support
- Hypoallergenic/Gluten, Soy & Dairy Free
- 30 Day Supply
- Entire Dr. Formulated selections on sale

### Garden of Life Dr. Formulated Probiotics

It's time to take care of our microbiome. It's up to us to support and nourish it through what we eat, what we expose ourselves to in our environment and the kind of lifestyle we lead. Dr. Perlmutter advocates honoring this system of health through understanding and avoiding the three biggest forces that work against the health of the gut's good bugs.

Force #1: Exposure to substances that kill or otherwise adversely change the composition of the bacterial colonies. These include toxic chemicals used in conventional agriculture, household cleaners, in food (e.g., sugar, gluten), and even in water (e.g., chlorine and fluoride)

Force #2: Poor nutritional support for healthy, diverse tribes of bacteria (eg. prebiotic fiber)

Force #3: Stress

**\$44<sup>99</sup>** | Starting at \$59.95

## ACTIVATE HEALTHY DIGESTION



### Prairie Naturals Digest Force

- Activated coconut charcoal & ginger extract
- Rapidly alleviates nausea, bloating, gas
- Soothes reactions to allergenic foods
- Neutralizes excessive stomach acid
- Improves digestion & detoxification

**\$17<sup>99</sup>** | 60 v-caps  
Reg. \$19.99

## GEORGE'S "ALWAYS ACTIVE" ALOE VERA



### George's Aloe Vera

George's has the refreshing taste of spring water with all of the benefits of the Aloe Vera Plant

- 100% Fractionally Distilled from Aloe Vera Leaves
- Never Slimy, Thick or Bitter Tasting

**\$14<sup>99</sup>** | 32 fl. oz.  
Reg. \$17.99

## REDUCE GAS AND BLOATING



### Flora Swedish Bitters

- Bitterness plays an important role in digestion, stimulating bile production, breaking down fats, lessening feelings of fullness or gas, and promoting regularity
- Natural tonic that blends traditional herbs used for generations to fill the bitter void and ease digestion

**\$24<sup>99</sup>** | 250 ml  
Reg. \$32.99

## How Do You Eliminate Toxins?

The body has seven channels of elimination which are directly utilized to eliminate toxins:

The Liver - changes or detoxifies harmful toxins into substances that can be safely eliminated from the body.

The Colon - eliminates toxins from the liver as well as the waste which has accumulated in the intestines.

The Blood - flows through the vascular system and carries oxygen and nutrients to the cells of the body while removing harmful waste.

The Lymphatic System - eliminates poisons from cells through a network of vessels that extend throughout the body.

The Skin - eliminates waste and toxins through perspiration.

The Lungs - expel toxins through breathing (ex. Carbon dioxide). Deep breathing stimulates lymphatic flow to eliminate toxins.

The Kidneys - receive water-soluble waste from the liver, so that they can be further filtered and finally eliminated through the bladder.

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## INCREASE ENERGY, STAMINA AND VITALITY WITH ESSENTIAL NUTRIENTS



### Platinum Naturals activ-X Multi

- Maximize athletic performance with ginseng and cordyceps.
- Recover faster with rhodiola, milk thistle and antioxidant support.
- Reduce injuries and the impact of inflammation with curcumin.
- Detox and support your liver with milk thistle and alpha lipoic acid.
- All Platinum Naturals multivitamins on sale in-store

**\$38<sup>99</sup>** | 60 sg  
Reg. \$47.95

## NATURALLY DERIVED ANTI-INFLAMMATORY



### Jamieson Omega Complete Krill Oil

Omega COMPLETE™ Super Krill 1,000 mg is made of 100% pure Antarctic krill to help support heart health and reduce pain associated with osteoarthritis. These easy-to-swallow softgels are highly absorbable with no fishy repeat.

**\$17<sup>99</sup>** | 30 sg  
Reg. \$26.99

## DE-STRESS AND RELAX

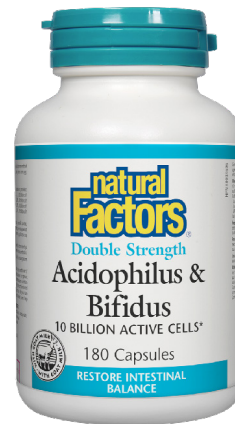


### CanPrev Magnesium Bis-Glycinate

This unique magnesium-glycine complex provides a therapeutic 200mg of pure, elemental magnesium with every vegetable capsule. Designed to maximize magnesium intake while maintaining gentleness and absorption, Magnesium Bis-Glycinate is meant for most of us in mind.

**\$35<sup>99</sup>** | 240 caps  
Reg. \$42.99

## PROMOTES GOOD DIGESTIVE HEALTH



### Natural Factors Acidophilus & Bifidus

- Lactobacillus rhamnosus as the predominant strain – considered one of the most important beneficial bacteria
- Keeps a proper pH balance in the small intestine
- May prevent antibiotic-induced diarrhea, promotes regularity
- Helps reduce cholesterol levels

**\$22<sup>99</sup>** | 180 caps  
Reg. \$28.99

## FAST ACTING POTENT COMBINATION TO BOOST IMMUNE HEALTH



### Sisu Ester-C 600mg

Only Ester-C provides 24-hour immune support and potent antioxidant protection. It's clinically proven to be absorbed faster and remain in the immune system for up to 24 hrs. Ester-C is gentle on the stomach and tooth enamel and is the only form that contains active vitamin C metabolites for superior absorption.

**\$22<sup>99</sup>** | 120 caps  
Reg. \$29.99

## REDUCE STRESS AND IMPROVE HEALTH PLUS FAT LOSS!



### Ultimate Anti-Stress

Natural adaptogens like rhodiola, lemon balm ashwagandha, and valerian root help keep stress under control by normalizing the body's response to stress and balancing cortisol levels.

- Relieve Nervousness
- Promote Healthy Sleep
- Help Calm and Soothe

**\$23<sup>99</sup>** | 120 caps  
Reg. \$29.95

**\$42<sup>99</sup>** | 240 caps  
Reg. \$53.95

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ROCK THAT SMILE



My Magic Mud  
Toothpaste

My Magic Mud Activated Charcoal Toothpaste and Powder combine activated coconut shell charcoal and bentonite clay to whiten, detox and deeply clean the teeth and gums. The Toothpaste is made with the finest ingredients and is deliciously flavoured.

**\$16<sup>49</sup>** | 30g Powder  
Reg. \$18.99    **\$9<sup>99</sup>** | 113 grams  
Reg. \$11.99

NATURALLY BETTER HAIR COLOUR



Naturtint  
Permanent Hair  
Colour

Vibrant long lasting hair colour. Covers gray in one application and free from ammonia, parabens, and resorcinol.

**\$15<sup>49</sup>** | 165 ml  
Reg. \$18.99

BEAUTY 2 GO



Andalou  
Starter Kits

- Kits contain 5 skin care essentials perfect for travel or trying the line.
- Age defying, Brightening, Clarifying and Sensitive.
- Non GMO skin care with Fruit Stem cell science

**\$19<sup>99</sup>** | 250ml  
Reg. \$23.99

ENGAGING BATH PRODUCTS THAT CHANGE LIVES



Pacha  
Froth Bombs

- Pacha Soap Froth Bombs are a bath bomb and bubble bath all-in-one.
- Your Pacha Soap purchases help fuel clean water initiatives, small-scale soap shops and other sustainable ventures in developing countries!

**\$5<sup>99</sup>** | Froth Bomb  
Reg. \$6.99

EFFECTIVE. PRAIRIE MADE. PURE.



River City Herbals  
Calendula

- Dry, cracked, or sensitive skin
- Bacterial or fungal infections
- Chronic conditions (ex. Eczema, Psoriasis)
- Gentle and moisturizing for babies

**15% OFF** | Starting  
at \$3.49

I AM NOT SYNTHETIC



Burt's Bees  
Mascara, Eye Shadow  
& Liner

- All day wear that resists creasing, fading and smudging
- Easy to blend rich mineral colour
- 99.9% natural

**15% OFF** | Starting  
at \$12.99

THE POWER OF SCENT



NOW  
Essential Oil Kits

- NOW Essential Oil Kits offer our most popular oils and blends
- Enjoy the relaxing, balancing, romantic, or uplifting attributes of aromatherapy in a kit
- Purity tested and quality assured

**\$31<sup>49</sup>** | 10 ml  
Reg. \$36.99

MADE WITH LOVE AND RECYCLED YOGURT CUPS



Preserve  
Shave 5 Razor

- For men and women
- Ergonomic handle made from recycled materials
- Ceramic coated blades for improved comfort
- Lubricating strip with cocoa butter and aloe
- Handle compatible with Preserve Shave 5 replacement blades

**\$13<sup>49</sup>** | Shave 5 Razor  
Reg. \$15.99

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## WHAT MAKES US SO PUR?

Pur  
Gum

- Aspartame Free
- Sugar Free
- Allergen Free
- Diabetic Friendly
- Gluten Free
- Vegan
- Non-GMO
- Promotes Oral Health
- Naturally Flavoured

**\$1.49** | Blister Packs  
Reg. \$1.75

**\$3.99** | 55 pc  
Reg. \$4.69

## RAW, LOCAL, NATURAL

Reger Honey  
Wildflower & Clover

- Raw and unpasteurized
- Slowly whipped, to preserve creaminess
- Sourced in Marchand

**\$16.99** | 1.4 kg  
Reg. \$19.39

## ORGANIC, RAW, UNREFINED

VegiDay  
Organic Coconut Oil

- Organic, virgin, cold pressed, unrefined and raw.
- Ideal cooking oil for sautéing, stir-frying, or baking.
- Coconut oil supports weight management, immune strength, and hair health.

**\$29.99** | 1 L  
Reg. \$34.99

## TASTE THE SUNSHINE

Gold Rush  
Frozen Foods

- Gold Rush brings good old fashioned natural ingredients to your table like mom intended.
- Gold Rush products are not previously fried (contain no cooking oil)

**\$5.00** | Starting  
at \$5.99

## A MODERN TAKE ON A TRADITIONAL FAVOURITE



Crafted in small batches with just the right whole food ingredients. Organic, non-GMO, vegan. Available in three varieties:

- Reishi Hot Chocolate
- Chocolate Turmeric Golden Mylk
- Turmeric Golden Mylk

Botanica  
Beverages

**15% OFF** | Starting  
at \$19.99

## SUGAR ALTERNATIVES

Good n' Natural  
Coconut Sugar &  
Xylitol

- Lower carb alternatives to sugar
- Beneficial for weight control and diabetes management
- Xylitol promotes good oral health

**15% OFF** | Starting at  
\$12.99

## TASTE YOU'LL LOVE-NUTRITION YOU NEED

Bragg  
Liquid Soy Seasoning

- Better than Soy Sauce
- Bragg Liquid Soy Seasoning is a liquid protein concentrate made from Certified Non-GMO soybeans and purified water.
- It contains 16 essential Amino Acids

**\$11.49** | 946ml  
Reg. \$13.49

## FAMILY TRADITION SINCE 1910

Nunweiler's Flour Company  
Assorted Flours

- Low-temperature impact milling
- Proudly made on the Canadian Prairies
- Organic, kosher, Non-GMO

**15% OFF** | 1 kg starting  
at \$5.49

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# A Good n' Natural Christmas

Getting your Christmas shopping started? You may not have thought a health food store could be a one-stop shop to pick up not only your groceries and supplements but your gift shopping needs as well. Whether you need stocking stuffers, a gift for your significant other, or a backup gift for that get together you are pretty sure will have a gift game, we've got you covered!

Give gifts with a different meaning and purpose this year! While you can get chocolates and bath bombs anywhere, the products we carry have a greater goal in mind than just tasting or to smelling good. Give the gift of Fair trade chocolate from Galerie au Chocolat in their delicious Christmas inspired shapes and flavours! Milk or dark chocolate gingerbread men for children (or the child in you!) or an assorted box of truffles to wish someone Merry Christmas. They make a Candy Cane one as well, of course, and all their chocolate is lovingly made in a peanut free facility. Pacha Soap. Co, a creator of beautiful bath bombs that make water sparkle and whipped soaps that exfoliate as you wash, is not your average soap company. Only using clean ingredients, scented with essential oils and contain no harsh chemicals, Pacha is watching out for the environment, and they also give back to communities globally by providing education, clean water and job opportunities to those in need.

Reusable straws are all the rage to reduce waste and take care of our planet, but where is your reusable straw made? The straws we carry are from Enviro Glass Straw Ltd. a company hailing from Vancouver Island, where they blow the most durable commercial glass available to make their straws. Extremely durable, these straws come in an assortment of shapes and sizes as well as in packs, and make great stocking stuffers!

Have a gentleman in your life? We'll help you take care of his gift too! Every Man Jack is a men's body care company that uses plant-derived ingredients to make their products. They are also cruelty-free and free of harsh chemicals that are damaging to not only your body but the environment as well. Look out for their gift packs in our store. Have a man that takes pride in his luxuriant beard? Then Beard and Brawn make the products that will be right for him! These local, handmade products contain only quality ingredients scented with essential oil blends. Their beard oils contain seven different carrier oils to keep that beard well hydrated, and they also make beard wash, creams and balms for all their beard needs as well as an aftershave for the non-bearded men.

Looking for a gift for your mother, sister, wife or friend? Pacifica body care might be what you are after. They make perfumes scented with essential oils, nail polish without the seven most harmful chemicals found in nail polish, and hydrating lotions. Look for their gift packs to make gift giving effortless! Another beautiful line is from basd body care, a Canadian company using organic, plant-derived ingredients to make their coffee body scrubs, body wash and lotions in delicious smelling creme brulee. This company makes it their goal to encourage all women to love the skin they are in and take care of it well. You can give all three products to a loved one with their affordable gift pack.

Essential oils are becoming popular in everyone's home these days and make great gifts! We carry a wide range of scents and blends for everyone and kits with a variety when you are not sure which one to choose! We also have many different types of diffusers for essential oils that fit any style and space. Did you know we also carry jewelry that you can scent with essential oils? Lava bead bracelets and necklaces hold the scent of oils with just one drop and look beautiful with their rustic charm. We also have dog tags that carry the smell of essential oils on a cotton pad in a locket for that pooch in your life. Lavender has been shown to be very soothing to pups as well as humans.

We also carry a wide variety of teas, coffees and hot chocolates that pair beautifully with our sustainable bamboo travel mugs that make great teacher gifts or generic get-together gifts. (Not a bad idea to have a backup gift on hand for all the holiday get-togethers!)

Try something new this year and give the gift of healthy products that are good for you loved ones and the environment. Give gifts that give back by purchasing products that share their proceeds to communities in need. Make this Christmas a Good n' Natural Christmas!

Happy Holidays!  
From: Team GNN

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# experience & product information

top-notch customer service *you can rely on*



**DENNIS**  
owner



**LEANE**  
general manager



**HEATHER**  
purchasing



**TRICIA**  
marketing coordinator



**SARAH**  
store manager / product advisor



**KAITLIN**  
senior product advisor



**ERIKA**  
product adviser



**TROY**  
community market/  
product advisor



**LORI**  
e-commerce & IT



**NICOLE**  
e-commerce assistant



**VANESSA**  
part-time  
product merchandiser



**RACHELLE**  
customer service



**CLAIR**  
receptionist cashier



**AMY**  
part-time  
receptionist/cashier



**LANCE**  
accountant



**TAMI**  
healthy living coach/  
product advisor



**KELLY**  
naturopathic doctor/  
acupuncturist

QUESTIONS?

Come visit our detailed, in-store information section for resources on

## we've got answers!

Condition Management, Symptom Information, Healthy Living Sheets, Basic Supplement Education, Great Recipes & more!

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