

Health in Your Hands

Natural Medicine Guide 2017

We have put together the information in this book for general educational purposes. Please don't mistake this for medical advice! If you have any specific questions about any medical matter, you should always consult your naturopathic doctor or other health care practitioner. They understand your specific medical and treatment history best. Don't delay seeking medical advice, disregard medical advice or discontinue medical treatment because of the information presented here.

Aside from the health claims listed on the labels and approved by the Natural and Non Prescription Health Products Directorate of Canada (NNHPD), the products mentioned within are not intended to diagnose, treat, cure or prevent any medical conditions.

For all natural health products, ours and other brands sold in Canada, we recommend taking note of the Natural Product Numbers (NPNs) listed on the labels of all licensed products, and visiting the NNHPD website to better understand what you are taking. **canprev.ca/npns**.

Finally, we've done our best to make sure the information you read here is accurate. However, sometimes products or formulations might change. For the latest information, please visit our website at canprev.ca. If you think there are any errors or omissions, please let us know by emailing info@canprev.ca.

Thanks again, and please enjoy the read!

The CanPrev Team.

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Health in Your Hands

CanPrev guide to natural medicine



Good health is the gateway to a good life, whether it's feeling good enough to put in a productive day's work, taking in a spectacular view, keeping up with the pack on a run, playing hide and seek with the kids, or just feeling extraordinary, everyday.

CanPrev exists so that you can live the life you want, however you want, without limitations. The catalogue in your hands features our updated line of high-quality natural health products that can help you find your own road to good health, and the road to greater adventures.

What's inside

We've divided our guide into easy-to-reference health topics, so you can easily find the products that best suit your health needs. Detailed product descriptions are provided, along with ways to round out your specific treatment plans.

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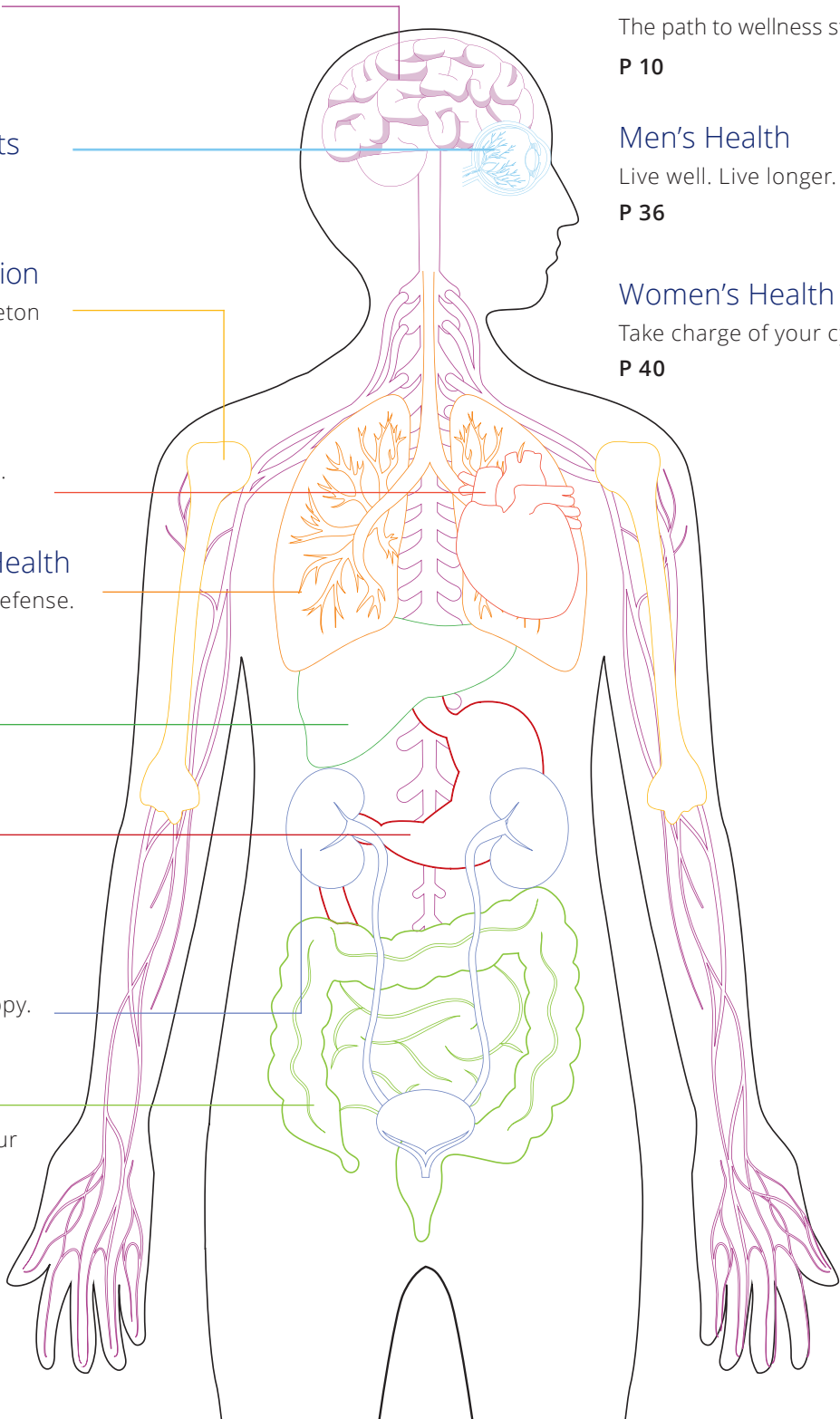
Live well. Live longer.

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CanPrev in action

CanPrev ambassadors are deliberate, active, life-loving goal seekers who embody what it means to take ownership of your health. From all walks of life, they subscribe to the philosophy that good things come from good health.

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Connect + find

Discover all the ways you can get in touch with us and where you can find our products.

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Looking for a product?

Our index is at the back of the guide and arranged in alphabetical order, making it fast and simple to find what you are looking for.

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Our reason for being


CanPrev grew out of a desire to make natural medicine safe, effective and accessible to everyone. Good health is at the heart of all good passions. It is behind every shout-worthy accomplishment, every moment with family, every mountain climbed, every hard-earned victory.

Good health is not given. It's earned.

It involves understanding how your body works. A strong collaboration between patient and practitioner. And tools that you can trust to be reliable and powerful. These are the core values of a company started by a partnership between determined patients and natural health practitioners.

We are focused on making the best possible products that informed patients and real practitioners can use. It demands a real understanding of the underlying root causes. It requires learning the actions and mechanisms of every ingredient before it goes into a capsule. It insists on high standards of purity and potency for each and every ingredient sourced.

Staying true to our mission has helped to create a company that we are proud to work for. And for over a decade, our passion for good health has driven us as much as it has sustained us. We're working to put your health back into your hands.

A portrait of Tanya Salituro, a woman with long dark hair, smiling. She is wearing a white ribbed sweater. The background is a rustic wooden wall with a white star decoration on the right.

A cancer survivor and busy mother of four, Tanya Salituro founded CanPrev in 2005 to share the passion she developed for natural health during her three separate journeys with breast cancer.

"Natural health is about the whole person. It goes beyond treating the symptoms - it also strengthens the body, mind and spirit. It leads to stronger people, stronger families, stronger communities and a stronger planet."

Tanya Salituro
Founder, CanPrev

Why choose us?



In-house experts

Natural health practitioners are deeply embedded in everything we do, from research & development to quality assurance to education. Our nutritionists, naturopathic doctors and other licensed healthcare practitioners shape the way we think and act - which is always in the best interests of the individuals who use our products.



Premium ingredients

We select only the finest quality raw materials from trusted Canadian suppliers. Our team carefully reviews each ingredient and certificate of analysis to ensure they meet CanPrev's exact specifications for identity, purity and potency.



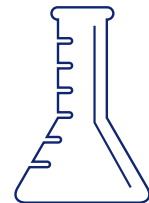
Used by practitioners

Health professionals believe in CanPrev. They understand that our research, ingredient selection and formulations are of premium quality, and they confidently recommend our products in practice.



Quality guaranteed

All of our products are Health Canada licensed and manufactured at Canadian, site-licensed facilities that use modern processing equipment to meet Good Manufacturing Practices (GMP). Every batch is tested by independent laboratories for that extra level of quality.



Advanced formulations

We combine the best of creative and critical thinking with the latest research to develop our products. Designed by a team of health experts, our formulas offer optimal nutrition.



We are Canadian

CanPrev is proud to be Canadian-owned, with our natural health products developed by Canadian licensed healthcare practitioners, licensed by Health Canada, and manufactured in government approved Canadian facilities.

The CanPrev Promise

We take your health as seriously as you do, and we want you to feel confident about choosing CanPrev. If you are not 100% satisfied with your CanPrev product, just return it where you bought it for a full refund, or call us for a hassle-free replacement or exchange.

Whatever the reason, whatever the product, we'll do what it takes to make it right. Every time. That's our promise to you.



General Health

Adopting a preventative strategy is one of the best possible ways to keep your body functioning - and keep you feeling your best. Living a healthy lifestyle starts with a plan of action. It includes understanding how your body works and knowing what it needs. It requires giving yourself clear health goals - what do you want to achieve? Your plan should also identify your support team - that is, qualified natural health care practitioners who can help you meet your overall wellness objectives. Consider the supplements outlined in this chapter as the initial building blocks of your plan to create a healthier you. It all starts with a solid foundation!

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In order to stay healthy, it's important to work with a team of professionals you can trust. Physicians, naturopathic doctors, physiotherapists and other specialists can all make up your core group of support and help you find the right approach to achieving your health goals.



Immuno Multi™

- Advanced daily multivitamin and multi-antioxidant
- 21 essential vitamins and minerals
- 10 powerful antioxidants
- The ideal core nutritional platform for all adults

Immuno Multi™ is an advanced daily and true antioxidant multivitamin that helps to optimize healthy immune system function and support normal growth and development. It provides higher than average levels of antioxidants with 200mg of green tea extract, 200mg of N-acetyl-cysteine and 99mg of grape seed extract, plus others, in a daily dose.

Immuno Multi™ represents the next generation in multivitamins, giving you a well-rounded, effective supplement to help achieve peak function and maintain good health.

Each veg capsule contains:

Vitamin A (acetate)	1,667IU	Plays a major role in maintaining a healthy immune status. Individuals deficient in vitamin A are more susceptible to infectious diseases and tend to have higher mortality rates.
Beta carotene	833.5IU	An antioxidant that scavenges free radicals. Also important for a healthy immune system.
Vitamin C (ascorbic acid)	167mg	Strengthens and protects the immune system by stimulating the activity of antibodies and immune system cells. Also contributes to the maintenance of healthy bones, prevention of periodontal disease and healing of wounds.
Vitamin D3 (cholecalciferol)	200IU	The main regulator of calcium balance in the body and vital for skeletal development and bone mineralization. It has also been shown to help reduce the risk of osteoporosis, prostate and colon cancer.
Vitamin E (d-alpha)	50IU	A fat-soluble antioxidant that helps to reduce oxidation of fat and regenerate other important antioxidants.
Mixed tocopherols (30% α, β, γ, δ)	17mg	Are various forms of vitamin E. D-Alpha is the most active in terms of antioxidant activity. Beta, gamma and delta tocopherols are now the focus of study with respect to heart disease prevention and antitumour activity.
Vitamin K1 (phytonadione)	13mcg	A fat-soluble vitamin known for its important role in blood clotting. Plays a key role in building and maintaining healthy bones by converting the bone protein osteocalcin into its active form.
Vitamin B1 Vitamin B2 Vitamin B3 Vitamin B5 Vitamin B6 Vitamin B7 Folate Vitamin B12	10mg 10mg 17mg 10mg 13mg 100mcg 333mcg 33mcg	Have an essential function in cellular metabolism, breaking down fats and carbohydrates into usable forms of energy for the body and brain. They function as building blocks for coenzymes and are necessary for growth, reproduction and physiological activity like digestion, blood sugar regulation, nerve transmission, toxin elimination and synthesis of hormones, fat and cholesterol.
Magnesium (bisglycinate)	10.7mg	Involved in hundreds of enzymatic reactions in the body and is critical for cardiovascular functioning and energy. Decreased blood levels of magnesium are directly linked to high blood pressure, insomnia, kidney stones and heart disease.
Manganese (citrate)	340mcg	Helps to catalyze many biochemical reactions and is important in digestion, especially of proteins. Manganese deficiency may cause decreased functioning of the pancreatic cells and impaired glucose tolerance.
Molybdenum (sodium molybdate)	13mcg	Critical to several enzyme systems, including the metabolism of uric acid and the freeing of iron from the liver so that it can be used by the body. Plays a very important role in detoxifying sulfates and nitrates, which are known carcinogens, especially in the colon.

Selenium (yeast)	67mcg	A mineral that works synergistically with vitamin E in carrying out antioxidant and immune stimulating functions.
Vanadium (vanadyl sulfate)	10mcg	Supports bones and teeth and is important in collagen synthesis. Low levels are associated with spinal degeneration. Vanadium functions like insulin by helping to maintain blood glucose levels and coaxing cell receptors to be more sensitive to insulin.
Zinc (citrate)	3.8mg	Critical to the immune system and detoxification processes. It plays a key role in cell membrane structure and function.
Curcumin (turmeric)	64mg	Gives turmeric its anti-inflammatory and antioxidant effects. Curcumin can induce apoptosis (self-destruction) in cancer cells and augmentation of cellular glutathione levels (a potent antioxidant).
DL-Alpha lipoic acid	33mg	Enhances the antioxidant impact of vitamin C, vitamin E and glutathione, preventing free radical damage.
Ellagic acid (pomegranate extract)	13.2mg	Is an antioxidant found in fruits and nuts like raspberries, pomegranate and walnuts. It has been shown to protect cells from carcinogens and cause cell death in cancers cells.
Grape seed extract (95% OPCs)	33mg	Contains oligomeric proanthocyanidin complexes (OPCs), which are powerful antioxidants that can help eliminate free radicals and other harmful toxins that contribute to disease. Studies show that they can also slow the destruction of collagen, strengthen capillaries and improve cardiovascular health.
Green tea extract (leaf, 80% catechins)	67mg	Contains polyphenols that are thought to be very potent antioxidants. Some research has shown that these components have antioxidant properties over 200 times more potent than vitamin E.
Lutein (marigold extract)	67mcg	Belongs to the xanthophyll family of carotenoids and is a major component of the macular pigment in the retina and the lens of the eye. It is a potent antioxidant that filters high-energy blue light.
Lycopene (tomato extract)	1mg	A type of carotene that has significant antioxidant capabilities.
N-Acetylcysteine (NAC)	67mg	A potent antioxidant derived from dietary amino acids. Has the ability to increase glutathione production in cells. Glutathione is a powerful antioxidant and also helps recycle other antioxidants in the body like vitamin C and E.
Quercetin (dihydrate)	33mg	A powerful bioflavonoid that has been shown to have strong antioxidant and anti-inflammatory activity. It reduces histamine levels and allergy symptoms due to its ability to stabilize mast cells and basophils.
Resveratrol (polygonum root)	40mcg	A fat-soluble compound found mainly in grapes. As an antioxidant it works to clean up free radical damage that contributes to inflammation.

Directions and duration of use

Adults - Take 1 capsule 3 times per day with meals including protein, a few hours before or after taking other medications or as directed by a healthcare practitioner. For optimal results take daily.

Non-medicinal ingredients

Vegetable-grade magnesium stearate, vegetable capsule.

Cautions and warnings

Contraindicated in pregnant and breastfeeding women, and those with a bile duct obstruction.

Caution advised with medical conditions, including gallstones, stomach ulcers, excess stomach acid, diabetes, cystinuria, iron deficiency and liver disorders or symptoms of liver trouble, such as abdominal pain, dark urine and jaundice.

Caution advised when there is a history of non-

melanoma skin cancer.

Drug interactions

Caution advised when used concurrently with blood thinners, nitroglycerin, cyclosporine or antibiotics.

Side effects

Those sensitive to niacin may experience flushing of the skin that is generally mild and transient. Zinc supplementation can cause a copper deficiency.

Related products

Cold-Pro	Omega-Pro 40/20	Pro-Biotik 15B
ElectroMag	Osteo Prolong	Meno-Prev
Oil of Oregano	pH-Pro	



TIPS FROM THE TEAM



Immuno Multi is the CanPrev supplement that started it all. I have been taking this uniquely formulated, antioxidant-packed multivitamin every day for more than a decade and it's changed my life. It's like my own personal health insurance policy!

Franco Salituro
President



Adult Multi

- An iron-free, high-potency, complete multivitamin and multi-mineral formula in an easy to digest vegetable capsule
- 28 essential vitamins and minerals
- The ideal basic multivitamin

Basic nutritional needs are covered by the food you eat, but taking a premium vitamin and mineral supplement is an ideal way to round out your diet and boost immune protection.

Our health would be compromised without the necessary vitamins and minerals. They keep our cells strong and our organs functioning properly,

help fight infection, regulate metabolism, help form bone and tissue, and convert fat and carbohydrates into energy. Taking antibiotic, cardiac, diabetic, diuretic and gastrointestinal medications can deplete our bodies of important vitamins and minerals. We need to make sure we're replacing them with a high-potency, professional grade supplement like CanPrev Adult Multi.

Adult Multi is a comprehensive formula made for both men and women. It provides a full range of vitamins and minerals in therapeutic dosages and bioavailable forms for rapid absorption and utilization. Adult Multi is iron-free for those who don't require iron supplementation. Make Adult Multi your daily policy for maintaining your best health.

Each veg capsule contains:

Vitamin A (acetate)	2,500IU	Plays a major role in maintaining a healthy immune status. Individuals deficient in vitamin A have a much greater susceptibility to infectious diseases and tend to have higher mortality rates.
Beta carotene (natural)	1,000IU	Is an antioxidant belonging to the class of red, orange and yellow pigments called carotenoids. Beta carotene is important for healthy vision and a healthy immune system.
Vitamin C (ascorbic acid)	100mg	Is a primary antioxidant of the body that strengthens and protects the immune system by stimulating the activity of antibodies and immune system cells. It also contributes to the maintenance of healthy bones, the prevention of periodontal disease and the healing of wounds.
Vitamin D3 (cholecalciferol)	500IU	Is a fat-soluble vitamin that influences key biological functions in the body, including: proper utilization of calcium to help build and maintain strong bones, as well as regulation of the immune system and possibly glucose homeostasis. Deficiency has been linked to a higher risk of chronic diseases, including osteoporosis, diabetes, autoimmune conditions, hypertension, depression and cancers of the breast, colon and prostate. Research suggests that the D3 form of vitamin D, known as cholecalciferol, is the preferred form as it is better able to raise blood levels of vitamin D.
Vitamin E (d-alpha)	50IU	Is a fat-soluble antioxidant that helps to reduce oxidation of fat and regenerate other important antioxidants such as selenium and vitamin A and C.
Vitamin K1 (phytonadione)	60mcg	Is a fat-soluble vitamin known for its important role in blood clotting. It also plays a key role in building and maintaining healthy bones, since it is responsible for the conversion of the bone protein, osteocalcin, into its active form.
Choline (bitartrate)	10mg	Is a key component of the lipid layer of cell membranes and serves to protect their flexibility and integrity. As a lipotropic factor, choline helps to export fat from the liver, which prevents fatty deposits that can negatively impact liver function. It is also a key part of the neurotransmitter, acetylcholine.
Vitamin B1 (thiamine HCl) .. 25mg Vitamin B2 (riboflavin) 25mg Vitamin B3 (niacinamide) .. 25mg Vitamin B5 (d-panthothenic acid) .25mg Vitamin B6 (pyridoxine HCl) .. 25mg Biotin 50mcg Folate (folic acid) 400mcg Vitamin B12 (methylcobalamin).250mcg		Have an essential function in cellular metabolism, breaking down fats and carbohydrates into usable forms of energy for the body and brain. They function as building blocks for coenzymes and are necessary for growth, reproduction and physiological activity like digestion, blood sugar regulation, nerve transmission, toxin elimination and synthesis of hormones, fat and cholesterol.

Inositol	10mg	Functions closely with choline in maintaining the health of cell membranes and also has lipotropic effects.
Lutein esters (marigold extract)	3mg	Belongs to the xanthophyll family of carotenoids and is a major component of the macular pigment in the retina and the lens of the eye. It is a potent antioxidant that filters high-energy blue light, thereby protecting against light-induced oxidative damage.
Calcium (citrate)	40mg	Is involved in most metabolic processes in the body and provides mechanical structure and rigidity to the teeth and bones. It is widely acknowledged that inadequate calcium intake results in reduced bone mass and increased risk of osteoporosis.
Chromium (polynicotinate)	50mcg	Is a trace mineral essential for the burning of carbohydrates and fats in the body. As a component of a molecule called 'glucose tolerance factor', which regulates blood sugar levels, chromium also plays a key role in healthy glucose metabolism.
Copper (citrate)	500mcg	Is an essential trace mineral for the formation of bone, collagen and haemoglobin.
Iodine (ascophyllum nodosum)	100mcg	Is a key trace mineral for the healthy functioning of the thyroid gland and production of thyroid hormones.
Magnesium (bisglycinate)	10mg	Is involved in hundreds of enzymatic reactions in the body and is critical for cardiovascular functioning and energy. Decreased blood levels of magnesium are directly linked to high blood pressure, insulin resistance, insomnia, kidney stones and heart disease.
Manganese (citrate)	500mcg	Helps to catalyze many biochemical reactions and is important in digestion, especially of proteins. Manganese deficiency may cause decreased functioning of the pancreatic cells and impaired glucose tolerance.
Molybdenum (sodium molybdate)	15mcg	Is critical to several enzyme systems, including the metabolism of uric acid and the freeing of iron from the liver so that it can be used by the body. It plays a very important role in detoxifying sulfates and nitrates, which are known carcinogens, especially in the colon.
Potassium (citrate)	10mg	A very significant body mineral, important to both cellular and electrical function, regulating heart rhythm.
Selenium (yeast)	50mcg	Is a trace mineral that activates the antioxidant enzyme, glutathione peroxidase, which helps to protect the body from free radical damage. It works synergistically with vitamin E in carrying out antioxidant and immune stimulating functions.
Vanadium (vanadyl sulfate)	15mcg	A micronutrient that supports bones and teeth and is important in collagen synthesis. Low levels are associated with spinal degeneration. It also functions to coax cell receptors to be more sensitive to insulin to support blood sugar balance.
Zinc (citrate)	5mg	Is an essential trace mineral that plays a key role in many bodily functions including the immune system, the reproductive system, growth, taste, vision, smell and proper insulin and thyroid function. It also has antioxidant properties and is a component of the body's natural antioxidant enzyme systems, which provide an important defence against free radicals.

Directions and duration of use

Adults - Take 2 capsules per day with food, a few hours before or after taking other medications or as directed by a healthcare practitioner.

Non-medicinal ingredients

Vegetable-grade magnesium stearate, vegetable capsule.

Cautions and warnings

Caution advised during pregnancy and breastfeeding.

The iodine in this product is naturally sourced from seaweed and may have come into contact with crustaceans. Caution advised with allergies to shellfish.

Drug interactions

Caution advised when used concurrently with blood thinners.

Related products

Adrenal-Pro
Antioxidant Network
Blood Sugar Support
Eye-Pro

Iron Bis-Glycinate 20
Magnesium Bis-Glycinate 200
Omega Pro 40/20

Osteo Prolong
pH-Pro
Pro-Biotik 15B
Thyroid-Pro



Sugar can suppress your immune system and feed pathogens, potentially causing disease or illness. CanPrev designs natural health products with only pure, naturally sourced ingredients - and without any added sugar.

The bioavailability of vitamins and minerals are an important factor for absorption.

That's why we included superior forms of these nutrients, like vitamin B12 as methylcobalamin, and calcium as calcium citrate.



Pro-Biotik™ 15B (Adults)

- Helps restore natural gut flora
- Shelf stable with a minimum 15 Billion CFU
- 5 critical, balanced, therapeutic species
- Contains bacteria naturally found in the human GI tract

“I want to thank CanPrev for making Pro-Biotik 15B. My 58-year-old mother has suffered from irregularity for many years. She had tried all kinds of medications and was even sent to a specialist, and nothing seemed to help.

I decided to buy her Pro-Biotik 15B. She has been taking them every day for about 3 months and now goes to the washroom everyday. She never believed in natural health products before, but she does now.”

Giuseppe B.
CanPrev user

Did you know that 70 to 80% of your immunity resides within your gut? The idea of ingesting live bacteria to keep you healthy might seem a bit hard to swallow, but studies show that probiotics can help resolve the uncomfortable effects of bowel and intestinal upset and keep our gastrointestinal tract healthy. Our digestive tract contains millions of beneficial bacteria to help with digestion and protect us from invaders. If the bacteria population becomes depleted, there will not be enough friendly bacteria on the job to keep you healthy - leading to issues like pain, cramping and diarrhoea.

Approximately 100 trillion microorganisms made up of more than 500 species already live in a normal, healthy colon. There is “good” bacteria as well as “bad” found in our GI tract, but in order for them to work together, they need to be balanced. Lifestyle choices can throw the balance off - a poor diet, stress, lack of sleep, overuse of antibiotics - all can tip the scales and let bad bacteria take over. Good bacteria patrol the gut (gastrointestinal tract) and keep harmful microorganisms in line by helping with food digestion and nutrient absorption. They also play a role in maintaining a healthy immune system and synthesizing vitamins and minerals.

CanPrev Pro-Biotik™ 15B is a shelf-stable probiotic capsule formula containing five critical probiotic species naturally found in the human intestinal tract, including bifidobacteria and lactobacilli. Each species is represented at optimal levels to enhance the natural gut flora and provide a health benefit. Pro-Biotik™ 15B is completely shelf stable for ease of use anytime, anywhere - no refrigeration is required. At the time of manufacture, CanPrev Probiotik™ 15B contains 40 billion CFU (colony forming units - a measure of friendly bacteria activity). By the time it reaches its expiry date it is still guaranteed to have an activity level of 15 billion CFU - now that’s impressive!

Keep a bottle of Probiotik™ 15B in your bag, knowing with confidence that you have a probiotic that works for you, wherever life takes you.

Probiotics are beneficial bacteria, or live microorganisms that work by colonizing the small and large intestines and inhibiting the growth and activity of harmful organisms. They have been found to stimulate the immune system and enhance the absorption of certain nutrients. Research shows that certain strains can be helpful for restoring a healthy gut flora after the use of antibiotics and in cases of diarrhoea. Studies continue to investigate the use of probiotics for colon cancer, immune health, atopic dermatitis, dental caries, allergies, H. pylori infections, and digestive disturbances such as IBS, Crohn’s disease and ulcerative colitis.

Each veg capsule contains:

Lactobacillus plantarum HA-119 4.95 billion CFU	Is a lactic acid bacterium from vegetable origin found mainly in the human small intestine. The human body recognizes this species well, as it has been colonizing the human intestinal tract for generations.
Lactobacillus rhamnosus HA-111 4.05 billion CFU	Are lactic acid bacteria found mainly in the human small intestine and vagina. They are known for their antimicrobial effects against food pathogens such as Salmonella, Listeria and E. coli, and for maintaining healthy human flora and immune function, preventing intestinal imbalance caused by Candida albicans, preventing and controlling constipation and diarrhoea, and moderating lactose intolerance.
Lactobacillus acidophilus HA-122 1.50 billion CFU	
Bifidobacterium bifidum HA-132 2.25 billion CFU	Are lactic acid bacteria found mainly in the human large intestine. They have demonstrated ability in maintaining a healthy intestinal flora and immune system, and in preventing and controlling constipation and diarrhoea.
Bifidobacterium longum HA-135 2.25 billion CF	

Directions and duration of use

Adults - Take 1 or 2 capsules per day with food or as directed by a healthcare practitioner.

Non-medicinal ingredients

Ascorbic acid, fatty acids, silicon dioxide, potato starch, vegetable capsule.

Cautions and warnings

Contraindicated in those experiencing nausea, fever, vomiting, bloody diarrhoea or severe abdominal pain; those with immunocompromised conditions such as AIDS and lymphoma; and those undergoing long-term corticosteroid treatment.

This product has come into contact with milk and soy.

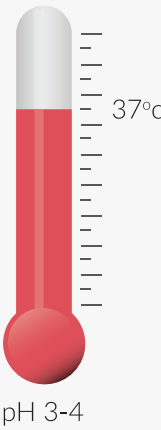
Contraindicated in those with allergies to dairy or soy products.

Drug interactions

Discontinue use and consult a healthcare practitioner if symptoms of digestive upset such as diarrhoea occur, worsen or persist beyond 3 days.

Related products

- | | |
|---------------------|----------------|
| Adult Multi | Healthy Lungs |
| Antioxidant Network | Immuno Multi |
| D3 Drops | Meno-Prev |
| D3 Softgels | pH-Pro |
| Detox-Pro | Prenatal Multi |
| Digestion & IBS | Slim-Pro |
| Fibre Flow | Synergy C |
| Healthy Hormones | |



Our researchers tested how well each of the strains in Probiotik 15B can handle the stomach environment. After 3 hours of subjecting the strains to a temperature of 37°C and an acidic pH of 3 and 4, no concentration loss was found. Pretty resilient little bugs!





Pro-Biotik™ Powder (Toddler to Teen)

- Shelf stable, family-friendly multispecies and multistrain probiotic formula
- 8 predominant probiotic species
- Easy to use powder form
- Specially formulated for toddlers, children and adolescents

Approximately 100 trillion microorganisms made up of more than 500 species already live in a normal healthy colon, with no two kids having the same mix of bacteria. But there are

several reasons why the balance between “good” and “bad” bacteria can be thrown off and leave a child’s delicate gut vulnerable, causing uncomfortable symptoms of diarrhoea, bloating, pain, cramping, gas and even colic.

Think about the infection-causing bacteria lurking in your child’s classroom, on the toys at preschool, and the mats at Mommy and Me class. Every day kids are exposed to bacteria that infiltrate their immune and digestive systems. Even sugary treats and a diet low in fibre can let bad bacteria taking over. Giving your child a regular dose of probiotics helps reduce the chances of gastrointestinal upset and can resolve bowel-related pain and diarrhoea that can accompany the use of antibiotics.

CanPrev Pro-Biotik™ Powder is a family friendly probiotic powder that contains eight human strain probiotic species particular to the growing needs of toddlers, children and adolescents. Each species is represented at optimal levels to enhance the natural gut flora. Pro-Biotik™ Powder is completely shelf stable for ease of use anytime, anywhere - no refrigeration required. At the time of manufacture, it contains eight billion CFU (colony forming units - a measure of friendly bacteria activity), and three billion CFU at the expiry date.

Probiotics are beneficial bacteria that work by colonizing the small and large intestines inhibiting the growth of harmful organisms. They have been found to stimulate the immune system and enhance the absorption of certain nutrients. Research shows that certain strains can be helpful for restoring a healthy gut flora after the use of antibiotics and in cases of diarrhoea.

Each ¼ teaspoon contains:

Lactobacillus rhamnosus HA-500	1.194 billion CFU	Are lactic acid bacteria found mainly in the human small intestine and vagina. They are known for their antimicrobial effects against food pathogens such as Salmonella, Listeria and E. coli, as well as moderating lactose intolerance, maintaining healthy human flora and immune function and preventing and controlling constipation and diarrhoea.
Lactobacillus acidophilus HA-122	0.300 billion CFU	
Lactobacillus plantarum HA-119	0.780 billion CFU	Is a lactic acid bacterium from vegetable origin found mainly in the human small intestine. The human body recognizes this species well as it has been colonizing the human intestinal tract for generations.

Lactobacillus helveticus HA-501	0.102 billion CFU	Is a lactic acid bacterium shown to be helpful in maintaining the intestinal barrier, inhibiting intestinal pathogens, and beneficially modulating the immune system by increasing circulating IgM and IgG antibodies.
Bifidobacterium longum HA-135	0.300 billion CFU	Are lactic acid bacteria found mainly in the human large intestine. They have demonstrated an ability for maintaining a healthy intestinal flora and immune system and for preventing and controlling constipation and diarrhoea.
Bifidobacterium bifidum HA-132	0.102 billion CFU	
Bifidobacterium breve HA-129	0.120 billion CFU	Is a lactic acid bacterium shown to comprise a majority of the bacterial species found in breast-fed babies. It has been found to be effective in increasing stool frequency and decreasing abdominal pain in children with functional constipation.
Bifidobacterium infantis HA-116	0.102 billion CFU	Is essential for good digestive health in both children and adults. It is one of the primary species found in the digestive tracts of newborns. B. infantis, like other Bifidobacterium species, produces water-soluble B vitamins, but in greater amounts than most.

Directions and duration of use

Dissolve powder in liquid and take with food, or take as directed by a healthcare practitioner. Take at least 2-3 hours before or after antibiotics.

Ages 1-2 years: ¼ teaspoon per day; ages 3-5 years: ¼ teaspoon 2 times per day; ages 6-11 years: ¼ teaspoon 3 times per day; ages 12 years and over: ½ teaspoon 2 times per day.

Non-medicinal ingredients

Maltodextrin, silicon dioxide, ascorbic acid.

Cautions and warnings

Contraindicated in those experiencing nausea, fever, vomiting, bloody diarrhoea or severe abdominal pain; those with immune-compromised conditions such as AIDS and lymphoma; and those undergoing long-term

corticosteroid treatment.

This product has come into contact with milk and soy. Contraindicated in those with allergies to dairy or soy products.

Side effects

Discontinue use and consult a healthcare practitioner if symptoms of digestive upset such as diarrhoea occur, worsen or persist beyond 3 days.

Pro-Biotik Powder can be easily given to children by adding it to the following foods and beverages: water, formula, milk of choice, yoghurt, cereal, oatmeal and apple sauce.

Related products		
Adult Multi	Healthy Hormones	
Antioxidant Network	Healthy Lungs	
Cold-Pro	Immuno Multi	
D3 Drops	Meno-Prev	
D3 Softgels	pH-Pro	
Detox-Pro	Prenatal Multi	
Digestion & IBS	Slim-Pro	
Fibre Flow	Synergy C	





D3/D3 & K2 Softgels

- Absorption enhanced with organic coconut oil
- Helps build and maintain bone health
- Vitamin D3 cholecalciferol from lanolin
- Vitamin K2 from natto-derived MK-7
- No fillers, excipients or artificial colours

Tropical vacations are something we might manage once a year, but how do we get vitamin D the other 50 weeks? Vitamin D helps with the absorption of calcium and phosphorus to keep

your bones and teeth strong and protect against disease. Supplements are made from one of two forms - D2 or D3. CanPrev only uses vitamin D3 in our softgels and here's why:

Vitamin D2 (ergocalciferol) is photosynthesized in plants, mushrooms and yeasts and typically used in vitamin D fortified foods and some supplements. Vitamin D3 (cholecalciferol), is known as the "sunshine" vitamin and is easily synthesized by the body when the sun's UVB rays strike the skin. It is the most natural form of vitamin D and offers superior absorption compared to vitamin D2.

CanPrev D3 and D3 & K2 Softgels offer a convenient way to supplement this critical vitamin. Each softgel of D3 is formulated to provide 1,000 IU of vitamin D3. D3 & K2 softgels deliver 1,000IU of vitamin D3 and 120 mcg of vitamin K2, or menaquinone-7, a potent form of vitamin K derived from natto, or fermented soy. Menaquinone-7 is an effective activator of osteocalcin, the protein essential for calcium deposition in bone. It works synergistically with vitamin D3 to help influence mineral strength in bones and teeth.

CanPrev D3 and D3 & K2 softgels are suspended in a medium chain triglyceride base made from organic coconut oil. Coconut oil is a stable fatty acid that enhances the absorption of fat-soluble nutrients.

Get the benefits of a sunshine vacation every day of the year with CanPrev D3 and D3 & K2 softgels.

Each D3 softgel contains:

Vitamin D3 (cholecalciferol) 1,000IU

A fat-soluble vitamin that influences key biological functions in the body. It is well known for its role in supporting the utilization of calcium to help build and maintain strong bones, but is also involved in regulating the immune system and possibly glucose homeostasis. Several randomized, controlled trials have shown that vitamin D and calcium supplementation can help to prevent fractures in the elderly. Deficiency has also been linked to a higher risk of chronic diseases, including osteoporosis, diabetes, autoimmune conditions, hypertension, depression and cancers of the breast, colon and prostate.

Obtaining sufficient vitamin D from food sources and sunlight in northern climates may be difficult. Supplementation is often recommended for the elderly, menopausal women along with those who have darker skin tone, fat malabsorption issues or who have undergone gastric bypass surgery.

TIPS FROM THE TEAM



"Instead of storing my supplements in the bathroom medicine cabinet, I store them by my bedside as a reminder for me to take them when I wake up. Any vitamins I need to take with food I keep handy in a kitchen cupboard. Remember, supplements last longer when kept in a cool, dry place."

Harold Thomson
Sales Manager

Each D3 & K2 softgel contains:

Vitamin D3 (cholecalciferol) 1,000IU

A fat-soluble vitamin that influences key biological functions in the body. It is well known for its role in supporting the utilization of calcium to help build and maintain strong bones, but is also involved in regulating the immune system and possibly glucose homeostasis. Several randomized, controlled trials have shown that vitamin D and calcium supplementation can help to prevent fractures in the elderly. Deficiency has also been linked to a higher risk of chronic diseases, including osteoporosis, diabetes, autoimmune conditions, hypertension, depression and cancers of the breast, colon and prostate.

Obtaining sufficient vitamin D from food sources and sunlight in northern climates may be difficult. Supplementation is often recommended for the elderly, menopausal women along with those who have darker skin tone, fat malabsorption issues or who have undergone gastric bypass surgery.

Vitamin K2 120mcg (natto-derived menaquinone-7)

Also a fat-soluble vitamin essential for the functioning of several proteins involved in normal blood clotting and bone metabolism. There are three forms of vitamin K: K1 (phytoquinone), K2 (menaquinone), which can be made by natural bacteria in the intestines, and K3 (menadione), which is a synthetic version of vitamin K. Clinical research has demonstrated significant protection of bone strength with the K2 form of vitamin K. The best food source of K2 is natto. Epidemiological studies from Japan report lower occurrences of fractures in regions with a higher intake of natto. Other studies have found that vitamin K2 in the diet significantly reduces the risk of coronary heart disease mortality by 50%, compared to a low K2 diet.

Directions and duration of use

Adults - Take 1 softgel per day with food or as directed by a healthcare practitioner.

Non-medical ingredients

Medium chain triglycerides from certified organic coconut oil, bovine gelatin, glycerin, purified water.

Drug interactions

D3 & K2 Softgels: Caution advised when used concurrently with blood thinners.

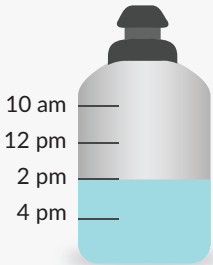
Related products

D3 Softgels

Cold-Pro
ElectroMag
Immuno Multi
Omega-Pro HP 40/20
Osteo Prolong
Prenatal Multi
Pro-Biotik 15B
Synergy C

D3&K2 Softgels

ElectroMag
Healthy Heart
Magnesium
Bis-Glycinate 200
Meno-Prev
Omega-Pro 40/20
Osteo Prolong
pH-Pro
Synergy C



Mark a clear water bottle so that approximately 1 glass of water is indicated in 1 hour intervals. When it's the time marked on your bottle, your water should be at that level.

Keep it on your desk as a visual reminder to drink regularly!





D3 Drops

- Liquid sunshine in a bottle to help support bone health
- Each drop contains 1000IU D3
- 450 drops per bottle

D3 & K2 Drops

- Liquid sunshine in a bottle, enhanced with vitamin K to help support bone health
- Each drop contains 250IU D3 and 30mcg MK-7 K2
- 450 drops per bottle

If you have difficulty swallowing capsules, but still want to reap the benefits of the sunshine vitamin, try our D3 Drops and D3 & K2 Drops. CanPrev uses only vitamin D3 in our drops and here’s why:

Vitamin D3 is far more bio-available and shelf stable than D2. It is also more effective at raising and maintaining vitamin D levels when measured by vitamin D blood tests. Natural vitamin D3 used in supplementation is derived from the cholesterol in oils from wool and it is the same form of vitamin D that is synthesized when the sun strikes the skin. Vegans tend to look for supplements with vitamin D2 as it is not made from animal sources.

CanPrev D3 Drops and D3 & K2 Drops offer a convenient way to supplement this critical vitamin. Each drop of D3 is formulated to provide 1,000 IU of vitamin D3. D3 & K2 delivers 250 IU of vitamin D3 and 30 mcg of vitamin K2, or menaquinone-7, a potent form of vitamin K derived from natto, or fermented soy. Menaquinone-7 is an effective activator of osteocalcin, the protein essential for calcium deposition in bone. It works synergistically with vitamin D3 to help influence mineral strength in bones and teeth.

These fat-soluble vitamins are suspended in a medium chain triglyceride (MCT) oil base. MCT oil consists of stable fatty acids that enhance the absorption of fat-soluble nutrients.

Each D3 drop contains:

Vitamin D3 (cholecalciferol) 1000IU	<p>A fat-soluble vitamin that influences key biological functions in the body. It is well known for its role in supporting the utilization of calcium to help build and maintain strong bones, but is also involved in regulating the immune system and possibly glucose homeostasis. Several randomized, controlled trials have shown that vitamin D and calcium supplementation can help to prevent fractures in the elderly. Deficiency has also been linked to a higher risk of chronic diseases, including osteoporosis, diabetes, autoimmune conditions, hypertension, depression and cancers of the breast, colon and prostate.</p> <p>Obtaining sufficient vitamin D from food sources and sunlight in northern climates may be difficult. Supplementation is often recommended for the elderly, menopausal women, those who have darker skin tone, fat malabsorption issues or those who have undergone gastric bypass surgery.</p>
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Each D3 & K2 drop contains:

Vitamin D3 (cholecalciferol) 250IU	<p>A fat-soluble vitamin that influences key biological functions in the body. It is well known for its role in supporting the utilization of calcium to help build and maintain strong bones, but is also involved in regulating the immune system and possibly glucose homeostasis. Several randomized, controlled trials have shown that vitamin D and calcium supplementation can help to prevent fractures in the elderly. Deficiency has also been linked to a higher risk of chronic diseases, including osteoporosis, diabetes, autoimmune conditions, hypertension, depression and cancers of the breast, colon and prostate.</p> <p>Obtaining sufficient vitamin D from food sources and sunlight in northern climates may be difficult. Supplementation is often recommended for the elderly and menopausal women, along with those who have darker skin tone, fat malabsorption issues or who have undergone gastric bypass surgery.</p>
Vitamin K2 30mcg (natto-derived menaquinone-7)	<p>Also a fat-soluble vitamin essential for the functioning of several proteins involved in normal blood clotting and bone metabolism. There are three forms of vitamin K: K1 (phytoquinone), K2 (menaquinone), which can be made by natural bacteria in the intestines, and K3 (menadione), which is a synthetic version of vitamin K. Clinical research has demonstrated significant protection of bone strength with the K2 form of vitamin K. The best food source of K2 is natto. Epidemiological studies from Japan report lower occurrences of fractures in regions with a higher intake of natto. Other studies have found that vitamin K2 in the diet significantly reduces the risk of coronary heart disease mortality by 50% compared to a low K2 diet.</p>

Directions and duration of use

D3 Drops: Infants and older (age 0 and up) - Take 1 drop per day or as directed by a healthcare practitioner.

D3 & K2 Drops: Adults - Take 4 drops per day or as directed by a healthcare practitioner.

Non-medicinal ingredients

D3 Drops: Medium chain triglycerides, d-alpha tocopherol.

D3 & K2 Drops: Medium chain triglycerides, d-alpha tocopherol, sunflower oil.

Drug interactions

D3 & K2 Drops: Caution advised when used concurrently with blood thinners.

Related products

D3 Drops

Cold-Pro
ElectroMag
Immuno Multi
Omega-Pro 40/20
Osteo Prolong
Prenatal Multi
Pro-Biotik 15B
Synergy C

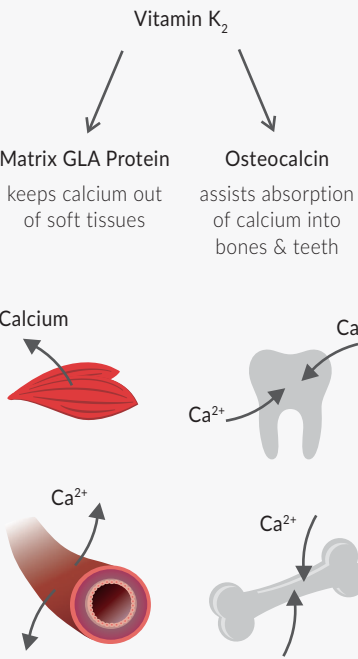
D3&K2 Drops

ElectroMag
Healthy Heart
Magnesium
Bis-Glycinate 200
Meno-Prev
Omega-Pro 40/20
Osteo Prolong
pH-Pro
Synergy C



How does vitamin K2 help?

Vitamin D and calcium may be important for our bones, but you need vitamin K2 to get dietary minerals to where they need to be absorbed. Vitamin K2 activates the proteins (matrix GLA) that guide calcium into bones and teeth, and out of soft tissues, like arteries.





D3 Drops Kids (400IU)

- Liquid sunshine in a bottle to help support bone health
- Each drop contains 400IU D3
- 450 drops per bottle

TIPS FROM THE TEAM



D3 Drops Kids were so easy to add to my breast milk when my baby was small. Now that she's older, she has no problem taking the drops directly - she loves the coconut taste!

Samaria Gonzalez
Logistics Team

Every member of your family should be taking a vitamin D supplement, even the little ones. A deficiency can cause rickets (softening of the bones), particularly in the first two years of life. Lack of vitamin D can also compromise bone density and strength and can even cause joint pain. Vitamin D is vital for the growth, development and maintenance of healthy bones and teeth and may play a role in preventing chronic diseases of the immune and cardiovascular systems later in life.

Doesn't my baby get vitamin D through breast milk?

Infants that are partially or fully breastfed do not get enough vitamin D through breast milk and are at risk of poor teeth and bone growth, or even worse, developing rickets. Although breast milk does contain small amounts of vitamin D (about 25 IU per litre or less), it does not contain adequate amounts for rapidly growing babies, so supplementation with drops is necessary.

Don't kids who drink a lot of milk and play outside get enough vitamin D?

Not really. Due to the increased use of sunscreens and lifestyle changes that have parents moving away from dairy and more towards soy and nut milks, kids are absorbing lower amounts of vitamin D if their usual beverages aren't fortified.

How do I know how much vitamin D is safe for my child?

Health Canada recommends that all breastfed babies be given a daily vitamin D supplement of 400 IU, beginning at birth until age one. For children age 1 to 13, the dosage should increase to 1,000 IU daily.

CanPrev D3 Drops Kids is a vitamin D supplement speciffaly formulated for children. One drop daily helps develop and maintain healthy bones and teeth and prevent vitamin D deficiency.

Each D3 drop contains:

Vitamin D3 (cholecalciferol) 400IU

A fat-soluble vitamin that influences key biological functions in the body. It is well known for its role in supporting the utilization of calcium to help build and maintain strong bones, but is also involved in regulating the immune system and possibly glucose homeostasis. Several randomized, controlled trials have shown that vitamin D and calcium supplementation can help to prevent fractures in the elderly. Deficiency has also been linked to a higher risk of chronic diseases, including osteoporosis, diabetes, autoimmune conditions, hypertension, depression and cancers of the breast, colon and prostate.

Obtaining sufficient vitamin D from food sources and sunlight in northern climates may be difficult.

Directions and duration of use

Infants and older (age 0 and up) - Take 1 drop per day or as directed by a healthcare practitioner.

Non-medicinal ingredients

Medium chain triglycerides from coconut and palm, d-alpha tocopherol.

Related products

Pro-Biotik Powder



You are at risk of a vitamin D deficiency if:

- You live at a northern latitude. The low angle of the sun in Canada means we cannot make enough vitamin D during winter months.
- You are pregnant. Pregnant women have a higher demand for Vitamin D.
- You use sunscreen. Even a sunscreen as low as SPF 15 reduces vitamin D synthesis by 99%.
- You take certain medications that can speed up the breakdown of vitamin D, resulting in low levels.
- You are older. Vitamin D synthesis decreases by about 75% once you reach age 70.
- You have dark skin. Dark skin contains more of the pigment melanin, which can reduce vitamin D synthesis by up to 99%.



Nutrition

We put our bodies through a lot. And while our organs, muscles and circulatory systems do everything they can to meet our expectations, we have to make sure to replace the energy and material they've expended. That's what nutrition is all about.

We think it's important to understand what nutrients your body needs and to pick wholesome foods that will achieve that. Support from CanPrev can help you fill in any gaps.

Chapter overview

Core for Men	30
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Related products

Adult-Multi	14
Immuno Multi™	12
Pro-Biotik™ 15B	16

Nutrition forms the basis of complementary medical practice. Aim for a diet based on whole, natural foods, with an emphasis on fresh, seasonal fruits and vegetables. Animal-based foods are best consumed in moderation.



Clean. Compact. Complete.

Two scoops starts your day the right way. Alkalizing leafy greens, antioxidant-rich berries and therapeutic levels of cinnamon deliver enhanced daily nutrition and balanced blood sugar. Plus, additional supplements in our custom formulas for men and women.

- 18g easily digested plant proteins
- 28 vitamins and minerals
- 8 servings of fresh fruits and vegetables
- 7g of fibre

Everyday nutrition for extraordinary performance. That's core strength.





Core for Men

- 18g of complete plant protein
- 30+ therapeutic nutrients
- 8 servings of antioxidant-rich superfruits and vegetables
- 7g of fibre

Fortify your body with a nutrient-rich, premium natural supplement like CanPrev Core Daily Performance Shake. Core for Men is supplemented with therapeutic levels of cinnamon for balanced blood sugar, lycopene for prostate health and CoQ10 for the heart.

Two scoops added to your favourite beverage

gives you 18 grams of easily digested plant protein, alkalizing leafy greens and antioxidant-rich berries like goji and acai - equivalent to eight servings of fresh fruits and vegetables. Each serving of Core also contains 28 vitamins and minerals at naturopathic doctor recommended dosages.

Every day you test your body's limits just a little bit more - pushing it harder, further, faster. You know what it's capable of and sometimes its strength surprises you. So when it comes to supporting the countless functions your body is called on to perform, you would definitely want a product that will deliver all the nutrients you need to maintain its strength and even boost it to the next level.

2 rounded scoops (40g) contain:

NUTRIENT DENSE PLANTS		
Plant Protein Blend 18g		
Yellow Pea Protein.....13g		Alfalfa Leaf & Stem Extract 4:1 125mg
Brown Rice Protein..... 5g		Chlorella 100mg
Greens Blend 4g		Superfruit Blend 1g
Beet Root 900mg		Cherry Fruit 250mg
Broccoli..... 750mg		Blueberry Fruit..... 200mg
Parsley Leaf 725mg		Goji Fruit Juice..... 200mg
Kale 525mg		Mangosteen Fruit 150mg
Spinach Leaf 500mg		Acai Fruit Extract 4:1 50mg
NUTRIENTS SPECIFIC TO MEN'S HEALTH		
Cassia Cinnamon Bark Extract 4:1 (Cinnamomum aromaticum)	750mg	Maintains healthy blood glucose levels
Coenzyme Q10	30mg	Major antioxidant - maintains cardiovascular health
Lycopene	6.5mg	Supports prostate health
MEN'S MULTI		
Vitamin A (acetate)	1500IU	
Beta-carotene (natural)	600IU	

"In May of 2001 I was in a car accident that left me paraplegic. I was in the hospital for about a year and when I was released, I had to learn how to do everything all over again. With the help of my mentor I learned how to move forward, try new things and keep pushing on. For me, there was no other alternative.

Hand cycling is a demanding sport and I need to maintain a lot of upper body strength to stay competitive. I work out at the gym regularly to build muscle and improve my speed times.

I take 1 scoop of CanPrev Core in my morning shake, with almond milk, blueberries, blackberries, strawberries and a banana. I hit the gym, then take another scoop with a teaspoon of spirulina and water. Finishing my workout with a good source of protein really helps with muscle building."

Flavio P.
CanPrev Ambassador

Vitamin C (ascorbic acid)	60mg
Vitamin D2 (ergocalciferol)	1000IU
Vitamin E (d-alpha)	30IU
Vitamin K1 (phytonadione)	36mcg
Vitamin B1 (thiamine hydrochloride).....	15mg
Vitamin B2 (riboflavin).....	15mg
Vitamin B3 (niacinamide)	15mg
Vitamin B5 (calcium pantothenate)	15mg
Vitamin B6 (pyridoxine hydrochloride)	15mg
Vitamin B7 (biotin)	30mcg
Vitamin B9 (folic acid).....	240mcg
Vitamin B12 (methylcobalamin).....	150mcg
Choline (bitartrate)	6mg
Inositol	6mg
Lutein (marigold)	1.8mg
Calcium (citrate)	200mg
Chromium (polynicotinate)	45mcg
Copper (citrate)	500mcg
Iodine (brown kelp)	100mcg
Magnesium (bisglycinate)	110mg
Manganese (citrate)	1.5mg
Molybdenum (sodium molybdate)	100mcg
Potassium (citrate)	100mg
Selenium (selenium yeast)	50mcg
Vanadium (vanadyl sulfate)	15mcg
Zinc (citrate)	5mg
Includes naturally occurring minerals from proteins, greens and superfruits.	

Directions and duration of use

Adult men - Add 2 rounded scoops (40g) to 250ml of your favourite beverage and shake well. For a delicious smoothie, blend with a ½ cup of fresh or frozen fruit. Enjoy every day for optimal health!

Non-medicinal ingredients

Psyllium husk powder, apple

pectin, inulin, guar gum, natural green tea flavour, natural french vanilla flavour, natural vanilla flavour, xylitol, organic stevia.

Cautions and warnings

Consult a healthcare practitioner prior to use if you are following a low protein diet, taking blood thinners, antiplatelet or blood pressure

medications, or if you have diabetes or a blood clotting disorder.

Side effects

May cause temporary gas or bloating. Allergy to acai, plants of the Arecaceae family and inhaled or ingested psyllium has been known to occur. Discontinue use if you experience any allergic reaction.

We made CanPrev Core from wholesome foods, quality ingredients and without sugar, so you can enjoy a drink that is both nutritious and delicious, wherever you are!



Core Men's Shake Tub ID 195501
Core Men's Shake Box ID 195505
Core Men's Shake Pouch ID 195503

NPN 80044122 840g Powder
NPN 80044122 10 Pouches
NPN 80044122 40g Powder



Core for Women

- 18g of complete plant protein
- 30+ therapeutic nutrients
- 8 servings of antioxidant-rich superfruits & vegetables
- 7g of fibre

Fortify your body with a nutrient-rich, premium natural supplement like CanPrev Core Daily Performance Shake. Core for Women is additionally supplemented with cranberry for urinary tract health and calcium for strong bones. Therapeutic levels of cinnamon are added to maintain balanced blood sugar.

Two scoops added to your favourite beverage gives you 18 grams of easily digested plant protein, alkalizing leafy greens and antioxidant-rich berries like goji and acai - equivalent to eight servings of fresh fruits and vegetables. Each serving of Core also contains 28 vitamins and minerals at naturopathic doctor recommended dosages.

Every day you test your body's limits just a little bit more - pushing it harder, further, faster. You know what it's capable of and sometimes its strength surprises you. So when it comes to supporting the countless functions your body is called on to perform, you would definitely want a product that will deliver all the nutrients you need to maintain its strength and even boost it to the next level.

TIPS FROM THE TEAM



"I never eat out on an empty stomach. Filling up on nuts or raw veggies before I head out to a party or dinner at a restaurant allows me to enjoy myself without the risk of making unhealthy food choices!"

Julia Petriglia
Logistics Team

2 rounded scoops (40g) contain:

NUTRIENT DENSE PLANTS		
Plant Protein Blend	18g	
Yellow Pea Protein.....	13g	
Brown Rice Protein.....	5g	
Greens Blend	4g	
Beet Root	900mg	
Broccoli.....	750mg	
Parsley Leaf	725mg	
Kale	525mg	
Spinach Leaf	500mg	
Alfalfa Leaf & Stem Extract 4:1	125mg	
Chlorella	100mg	
Superfruit Blend	1g	
Cherry Fruit	250mg	
Blueberry Fruit.....	200mg	
Goji Fruit Juice.....	200mg	
Mangosteen Fruit.....	150mg	
Acai Fruit Extract 4:1	50mg	
NUTRIENTS SPECIFIC TO WOMEN'S HEALTH		
Cassia Cinnamon Bark Extract 4:1 (Cinnamomum aromaticum)	750mg	Maintains healthy blood glucose levels
Cranberry Fruit Extract 40:1 (Vaccinium macrocarpon)	300mg	Used in herbal medicine to prevent urinary tract infections
Calcium (citrate)	250mg	To help prevent bone loss (osteo-porosis)
WOMEN'S MULTI		
Vitamin A (acetate)	1250IU	

Beta-carotene (natural)	500IU
Vitamin C (ascorbic acid)	50mg
Vitamin D2 (ergocalciferol)	1000IU
Vitamin E (d-alpha)	25IU
Vitamin K1 (phytonadione)	120mcg
Vitamin B1 (thiamine hydrochloride).....	12.5mg
Vitamin B2 (riboflavin).....	12.5mg
Vitamin B3 (niacinamide)	12.5mg
Vitamin B5 (calcium pantothenate)	12.5mg
Vitamin B6 (pyridoxine hydrochloride).....	12.5mg
Vitamin B7 (biotin)	25mcg
Vitamin B9 (folic acid).....	200mcg
Vitamin B12 (methylcobalamin).....	125mcg
Choline (bitartrate)	5mg
Inositol	5mg
Lutein (marigold)	1.5mg
Chromium (polynicotinate)	45mcg
Copper (citrate)	500mcg
Iodine (brown kelp)	100mcg
Magnesium (bisglycinate)	110mg
Manganese (citrate)	1.5mg
Molybdenum (sodium molybdate)	100mcg
Potassium (citrate)	100mg
Selenium (selenium yeast)	50mcg
Vanadium (vanadyl sulfate)	15mcg
Zinc (citrate)	5mg
Includes naturally occurring minerals from proteins, greens and superfruits.	

Directions and duration of use

Adult women - Add 2 rounded scoops (40g) to 250ml of your favourite beverage and shake well. For a delicious smoothie, blend with a ½ cup of fresh or frozen fruit. Enjoy every day for optimal health!

Non-medicinal ingredients

Psyllium husk powder, apple

pectin, inulin, guar gum, natural green tea flavour, natural french vanilla flavour, natural vanilla flavour, xylitol, organic stevia.

Cautions and warnings

Consult a healthcare practitioner prior to use if you are following a low protein diet, taking blood thinners, antiplatelet or blood pressure

medications, or if you have diabetes or a blood clotting disorder.

Side effects

May cause temporary gas or bloating. Allergy to acai, plants of the Arecaceae family and inhaled or ingested psyllium has been known to occur. Discontinue use if you experience any allergic reaction.

We use xylitol as a natural sweetener because it has little effect on our blood sugar levels. It can even help reduce bacteria in the saliva and prevent dental cavities. Sweet.



Core Women's Shake Tub ID 195502
Core Women's Shake Box ID 195506
Core Women's Shake Pouch ID 195504

NPN 80044941 840g Powder
NPN 80044941 10 Pouches
NPN 80044941 40g Powder



Jessie Lam

Trainer, fitness guru & nutritionist

As a teen, Jessie had no idea that her part-time job at a local gym would lead to a career in fitness. After all, working at the gym was only temporary while she made her way through university. Plus, teaching fitness classes seemed to balance out the increasingly hectic party lifestyle she was adopting in her twenties.

Indulging in unhealthy foods and celebrating

with a little too much alcohol left Jessie with painful intestinal cramps and frequent visits to the bathroom - symptoms of Irritable Bowel Syndrome. Preparing for her first fitness competition meant that she had to completely change her diet, and along with it, her IBS symptoms disappeared. "I used to think I was fit because I worked out all the time," says Jessie, "but I realized you can't be healthy unless you change your diet, too."

Her favourites

"I wake up at 5 a.m. and teach yoga and train clients all day long. In the morning I throw some overnight soaked oats or cooked oatmeal into my blender, plus a banana, some goji berries, chia seeds, avocado and spinach with some unsweetened soy milk or water and a scoop of CanPrev Core."



Joseph Cheung

Physical rehabilitation therapist

Joseph made the switch from a number-crunching accountant to a pain-relieving massage therapist after events in his life led him to this major career change.

He learned how short life really is when his father passed away after an 8-year battle with cancer. Then he realized that helping people was what could really bring him joy, both professionally and personally, after being

treated for back pain by his physiotherapist - who would later become his mentor.

To say that Joseph knows more about the importance of good supplementation now than he did before is an understatement. His connection with CanPrev is solid. Joseph wants to be associated with a company whose products he believes in and can recommend to patients with confidence.

His favourite

"CanPrev Core for Men supplements my life in a way that I know I'm getting the correct kinds and combinations of vitamins and minerals for my body. The yellow pea and brown rice proteins are clean proteins, the kinds I prefer."



Men's Health

Self-reliance is a cornerstone for health-conscious men. There is no reason to let the growing rate of heart disease or the unique challenges of BPH slow you down. Your health is in your capable hands. You may not always stop and ask for directions, but you can steer yourself down the road to a longer, healthier life.

Chapter overview

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Detox-Pro™	82
Healthy Heart™	68
Immuno-Multi™	12
Omega-Pro™ HP 40/20	76



Prostate-Pro™

- Reduces prostate swelling
- Improves urinary system complaints
- Supports optimal prostate health and libido
- Provides 1,500mg of Maca per dose

The prostate is a small, walnut-shaped gland in men located near the bladder. Its job is to produce seminal fluid that nourishes and transports sperm. Prostate enlargement, or benign prostatic hyperplasia (BPH), happens to most men as they age. As the prostate gets bigger, it presses on the urethra and can cause bladder and urination problems.

Prostate-Pro™ helps to relieve urologic symptoms associated with early stages of benign prostatic hyperplasia, including difficulty urinating, weak urine flow, incomplete voiding and frequent day and nighttime urination. The natural ingredients in Prostate-Pro™ help to discourage prostate inflammation and enhance circulation, which is especially important when the prostate is congested.

Each veg capsule contains:

Maca extract (root, 0.6% glucosinolates)	375mg	Used traditionally for its aphrodisiac properties, and to relieve stress and enhance fertility. It has also shown an inhibitory effect on prostate gland growth in animals.
Saw palmetto extract (fruit, 45% free fatty acids)	140mg	Long used in Europe to treat an enlarged prostate and BPH. It appears to have an anti-inflammatory effect and may be able to block the conversion of testosterone into dihydrotestosterone, an unhealthy form of testosterone, implicated in BPH.
Stinging nettle extract (root, 5:1)	50mg	Shown in laboratory studies to be comparable to finasteride, a medication commonly prescribed to slow the growth of prostate cells.
Rye pollen extract (20:1)	31.3mg	Used in Europe for centuries to treat problems of the prostate, ranging from prostatitis to BPH. It has been found to relax the smooth muscles of the urethra, increase bladder tone and improve urinary symptoms. It may also inhibit prostate cell growth.

American ginseng extract (root, 10:1)	30mg	An adaptogenic herb that helps the body to manage various forms of stress.
Pygeum extract (stem bark, 15:1, 15% beta-sitosterol)	18.8mg	Pygeum's active constituents include phytosterols that have both anti-inflammatory and decongesting effects on the prostate.
Free plant sterols (75% beta-sitosterol, campesterol and stigmasterol)	15mg	Free plant sterols, including beta-sitosterols, have shown benefits comparable to those commonly seen with prescription BPH drugs. They appear to inhibit the action of the enzyme that converts testosterone into dihydrotestosterone.
Tomato extract (fruit, 5% lycopene)	7.5mg	Contains high levels of lycopene. A study published by members of the Department of Epidemiology at the Harvard School of Public Health stated that "the strongest known dietary risk factor for prostate cancer is a lycopene deficiency."
Zinc (citrate)	7.5mg	Deficiency has been linked in many studies with prostate enlargement and prostatitis.
Selenium (yeast)	50mcg	Shown in studies to have protective effects against prostate cancer.
Vitamin D3 (cholecalciferol)	100IU	Deficiency may increase the risk of prostate cancer.

Directions and duration of use

Adult men - Take 2 capsules 2 times per day with food, a few hours before or after taking other medications. Consult a healthcare practitioner for use beyond 3 months.

Non-medicinal ingredients

Vegetable-grade magnesium

stearate, vegetable capsule.

Cautions and warnings

Caution advised with medical conditions, including diabetes and high blood pressure.

Caution advised when there is a history of non-melanoma skin cancer.

Consult a healthcare practitioner prior to use in order to exclude a diagnosis

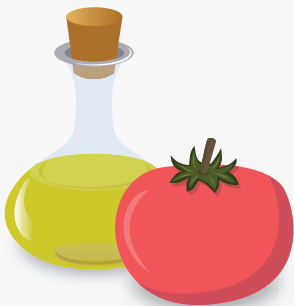
of prostate cancer.

Drug interactions

Caution advised when used concurrently with antidepressants, blood thinners or digoxin.

Side effects

Zinc supplementation can cause a copper deficiency.



Lycopene is fat soluble, so taking a healthy oil and lycopene around the same time can help increase absorption.

Related products

D3 Drops
D3 Softgels
Detox-Pro

Immuno Multi
Omega-Pro 40/20



Women's Health

From bloating to baby bumps, the pillar of women's health is undoubtedly marked by the menstrual cycle. And while you're trying to juggle everything life throws your way, it can really cramp your style.

No matter what stage of life you're at, whether it's your first pregnancy or the first signs of menopause, support is available in the form of natural remedies. Because you're way too busy to be a slave to your cycle.

Chapter overview

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Detox-Pro™	82
Magnesium Bis-Glycinate 200 Capsules or Powders	70
Pro-Biotik™ 15B	16
Synergy B™	136
Thyroid-Pro™	100



Healthy Hormones™

- Relieves menstrual cycle symptoms and PMS
- Relieves pain, breast tenderness and nervous tension
- Includes 400mg of Indole-3-carbinol to detoxify harmful estrogen by-products
- For estrogen dominance related conditions

Hormones travel through your blood stream carrying chemical messages to tissues and organs, telling them what to do. They are made by the endocrine glands, which include

the pituitary, pineal, thymus, thyroid, adrenal glands and the pancreas. While men's hormones are produced mainly in the testes, women's are produced in the ovaries. Hormones work slowly but steadily and affect growth and development, reproduction, sexual function, mood and metabolism.

They can also influence how the immune system works and modify a person's behaviour. Hormones need to be balanced. Too much or too little can cause distinct changes that affect your entire body. Endocrine disruptors are chemicals that can affect hormone balance. They can interfere with hormones binding with their receptors, which can wreak havoc on the body.

Estrogen dominance is a common hormonal imbalance that can occur in women. It is characterized by excess estrogen and low progesterone in the body. Common female estrogen dominant conditions include PMS, endometriosis, ovarian cysts, uterine fibroids, cystic breasts, heavy periods, hormonal acne and severe menopausal symptoms, among others.

Healthy Hormones™ is an all-natural formula designed to promote healthy estrogen detoxification and relief of PMS. It contains a clinically significant 400mg daily dose of indole-3-carbinol, which research shows can improve the liver's ability to detoxify harmful estrogens. Other key nutrients and herbs in the formula work synergistically to ease PMS and balance estrogen and progesterone.

Each veg capsule contains:

Indole-3-carbinol (I-3-C) 200mg

A naturally occurring component of the cruciferous vegetable family. Animal and human studies have identified a number of its beneficial effects, including the ability to improve estrogen metabolism. It appears that I-3-C supports more favourable forms of estrogen by increasing the 2:16 hydroxyestron ratio. An increase in 16-hydroxyestron has been linked to PMS, PCOS, cervical dysplasia and the development of fibroids, whereas 2-hydroxyestron has not shown any such effects. Oral supplementation with I-3-C has been found in clinical trials to increase the 2-hydroxylation of estrogens, with no toxicity reported.

Chasteberry extract (fruit, 4:1)	200mg	Known for its ability to balance female hormones. It acts on the pituitary and hypothalamus glands to increase luteinizing hormone (LH) and mildly inhibit the release of follicle-stimulating hormone (FSH). The result is a shift in favour of progesterone for a more optimal hormone balance. In German studies, chasteberry was found to offer relief from PMS symptoms in the vast majority of participants.
Magnesium (bisglycinate)	75mg	Levels have been found to be lower in women with PMS. In studies using magnesium supplementation, significant improvements in PMS symptoms over several cycles were observed. The glycinate form is extremely well tolerated and absorbed by the tissues.
Vitamin B6 (pyridoxine HCl)	25mg	Can help to prevent breast tenderness by inhibiting the release of the hormone prolactin, which is the primary causative factor in breast swelling. It does this by aiding in the production of dopamine in the hypothalamus, which in turn inhibits prolactin release. When taken with magnesium, B6 has been shown to reduce symptoms such as nervous tension, mood swings and irritability.
Black cohosh (root)	20mg	Used to reduce premenstrual and perimenopausal symptoms. It may also be beneficial for treating irregular bleeding and headaches.
Vitamin D3 (cholecalciferol)	500IU	Supplementation has been associated with decreased PMS symptoms and a reduction in breast density, a strong breast cancer risk factor.

Directions and duration of use

Adult women - Take 2 capsules per day with food or as directed by a healthcare practitioner. For optimal results take for a minimum of 3 months. Periodic intervals of abstinence (2 week breaks before continuing) is recommended for long-term use.

Non-medicinal ingredients

Vegetable-grade magnesium stearate, vegetable capsule.

Cautions and warnings

Contraindicated in pregnant and breastfeeding women.

Use of this product may decrease the efficacy of birth control pills.

Consult a healthcare practitioner prior to use if you are attempting to conceive, or if you have or develop low estrogen or symptoms of low estrogen.

Caution advised with medical conditions, including liver disorders or symptoms of liver trouble, such as abdominal pain, dark urine and jaundice.

Drug interactions

Consult a healthcare practitioner on the use of this product, especially if you are taking any medication, including medications for Parkinson's disease or hormone medications such as progesterone preparations, oral contraceptives and hormone replacement therapy.

Related products

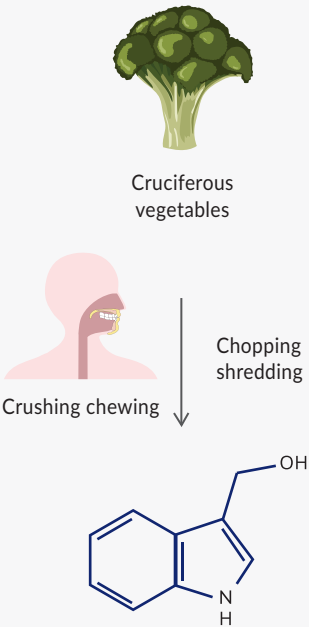
Adrenal-Pro
D3 Drops
D3 Softgels
Detox-Pro
Iron Bis-Glycinate 20

Magnesium Bis-Glycinate 200
Pro-Biotik 15B
Synergy B
Thyroid-Pro



Does your Healthy Hormones smell off?

You may have also noticed that same odour in cruciferous vegetables like broccoli, which are a natural source of I3C. As we chomp and chew the vegetables, our bodies release an enzyme that breaks down glucobrassicin into I3C. The mothball-like smell is actually caused by the indole ring, the compound of I3C, that delivers all the health benefits, plus a natural musty smell. Rest assured, your product is still safe to take - the smell is actually an indication of a pure, high-potency product!



Prenatal Multi



- Complete and well-balanced prenatal multivitamin with iron
 - Full spectrum of 24 vitamins and minerals
 - 1mg of folic acid for prevention of neural tube defects*
 - 20mg of easy to absorb, non-constipating iron*
 - 1000IU of vitamin D to ensure development of strong bones*
- *per daily dose

TIPS FROM THE TEAM



“I was thrilled to find a multivitamin with the easy-to-absorb iron I need to support my pregnancy! Starting Prenatal Multi a few months before my pregnancy also really helped.”

Tina Amouzgar
Art Director

There’s already a lot to think about when you’re pregnant or planning to be. A good prenatal multivitamin like CanPrev Prenatal Multi can help with some of the nutritional worries.

Prenatal multivitamins are different from your regular multis because they’re specially formulated to prepare your body to support the developing nutritional needs of mother and fetus. They contain more folic acid to help prevent spina bifida (defect of the spine) and anencephaly (defect of the brain) that can happen early in pregnancy when the neural tube, which becomes the brain, and the spine don’t fuse properly.

Prenatal vitamins also contain more iron than standard adult multis. Iron supports fetal growth and development and helps prevent anemia, a condition where the blood lacks enough healthy red blood cells.

Some research also suggests that prenatal vitamins decrease the risk of having a baby who is small for his or her gestational age.

CanPrev Prenatal Multi is specially formulated with nutrients critical for pregnant and nursing women. It provides 24 vitamins and minerals, including folic acid, calcium, magnesium, and a gentle form of iron to support the developing nutritional needs of both mother and fetus. Prenatal Multi helps to reduce the risk of neural tube defects when taken daily, prior to and during early pregnancy, and aids in the development of tissues, red blood cells and bones.

Each veg capsule contains:

Beta carotene (natural)	1,667IU	Is an antioxidant belonging to the class of red, orange and yellow pigments called carotenoids. Beta carotene is important for healthy vision and a healthy immune system.
Vitamin C (ascorbic acid)	66.7mg	Is a first line antioxidant of the body that strengthens and protects the immune system by stimulating the activity of antibodies and immune system cells. It also contributes to the maintenance of healthy bones, the prevention of periodontal disease and the healing of wounds.
Vitamin D3 (cholecalciferol)	333IU	Is a fat-soluble vitamin that influences key biological functions in the body, including proper utilization of calcium to help build and maintain strong bones, as well as regulation of the immune system and possibly glucose homeostasis. Deficiency has been linked to a higher risk of chronic diseases, including osteoporosis, diabetes, autoimmune conditions, hypertension, depression and cancers of the breast, colon and prostate. Research suggests that the D3 form of vitamin D, known as cholecalciferol, is the preferred form as it is better able to raise blood levels of vitamin D.
Vitamin E (d-alpha)	16.7IU	Is a fat-soluble antioxidant that helps to reduce oxidation of fat and regenerate other important antioxidants such as selenium and vitamin A and C.
Vitamin K1 (phytonadione)	30mcg	A fat-soluble vitamin known for its important role in blood clotting. It plays a key role in building and maintaining healthy bones, since it is responsible for the conversion of the bone protein osteocalcin into its active form.

Vitamin B1 (thiamine HCl)...5mg Vitamin B2 (riboflavin).....5mg Vitamin B3 (niacinamide)...10mg Vitamin B5 (d-panthothenic acid) ..5mg Vitamin B6 (pyridoxine HCl)..16.7mg Biotin10mcg VitaminB12(methylcobalamin).333mcg		Have an essential function in cellular metabolism, breaking down fats and carbohydrates into usable forms of energy for the body and brain. They function as building blocks for coenzymes and are necessary for growth, reproduction and physiological activity.
Folate (folic acid)	333mcg	Especially important during pregnancy to prevent birth defects such as spina bifida. Folate works with B12 in the production of red bloods cells. A folate deficiency can cause anaemia.
Choline (bitartrate)	8.3mg	A key component of the lipid layer of cell membranes and serves to protect their flexibility and integrity. As a lipotropic factor, choline helps to export fat from the liver, which prevents fatty deposits that can negatively impact liver function.
Calcium (citrate)	83.3mg	Involved in most metabolic processes in the body and provides mechanical structure and rigidity to the teeth and bones. Supplementation may also help to reduce pregnancy-related hypertension and preeclampsia, with a greater effect observed in high-risk women and women with low calcium levels.
Chromium (polynicotinate)	66.7mcg	A trace mineral essential for the burning of carbohydrates and fats in the body. It is a component of a molecule called 'glucose tolerance factor', which regulates blood sugar levels in the body. As such, it is important for healthy glucose metabolism, which is critical in pregnancy.
Copper (citrate)	333mcg	An essential trace mineral for the formation of bone, collagen and haemoglobin.
Iodine (bladderwrack/ knotted wrack)	73.3mcg	A key trace mineral for the healthy functioning of the thyroid gland and production of thyroid hormones.
Iron (bisglycinate)	6.7mg	Found mainly in red blood cells and carries oxygen to every cell in the body. The need for iron often increases during pregnancy. The bisglycinate form is easy to absorb and gentle on both the stomach and the digestive tract.
Magnesium (bisglycinate)	33.3mg	Involved in hundreds of enzymatic reactions in the body and is critical for cardiovascular functioning and energy. It also plays an important role in maintaining healthy blood sugar levels by improving insulin secretion and action, which is essential for the prevention of gestational diabetes. Magnesium also mediates proper muscle function, providing the mechanism for relaxation of muscles. As such, it may play an important role in the prevention and treatment of muscle cramping, leg spasms and circulation problems.
Manganes (citrate)	666mcg	Helps to catalyze many biochemical reactions and is important in digestion, especially of proteins. Manganese deficiency may cause decreased functioning of the pancreatic cells and impaired glucose tolerance.
Molybdenum (sodium molybdate)	16.7mcg	Critical to several enzyme systems, including the metabolism of uric acid and the freeing of iron from the liver so that it can be used by the body. It plays a very important role in detoxifying sulfates and nitrates, which are known carcinogens, especially in the colon.
Selenium (yeast)	20mcg	Is a trace mineral that activates the antioxidant enzyme, glutathione peroxidase, which helps to protect the body from free radical damage.
Zinc (citrate)	5mg	Is an essential trace mineral and antioxidant that plays a key role in many bodily functions, including the immune system, the reproductive system, growth, taste, vision, smell and proper insulin and thyroid function.

Directions and duration of use

Adult women - Take 1 capsule, 3 times per day with food, a few hours before or after taking other medications or as directed by a healthcare practitioner.

Non-medicinal ingredients

Vegetable-grade magnesium stearate, vegetable capsule.

is naturally sourced from seaweed and may have come into contact with crustaceans. Caution advised with allergies to shellfish.

Cautions and warnings

The iodine in this product

Drug interactions

Caution advised when used concurrently with blood thinners.

Related products

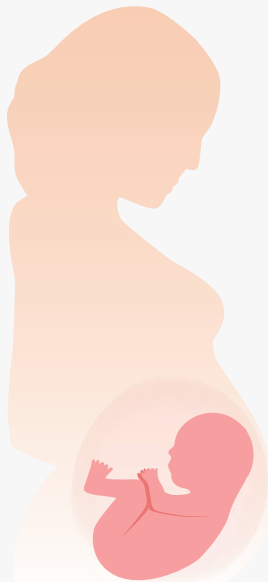
- D3 Drops
- Magnesium Bis-Glycinate 200
- Omega Pro 40/20
- Pro-Biotik 15B



Pregnant? You need 3 times more iron

During pregnancy a woman's iron requirements increase three fold the recommended amount to support the growth of the fetus, placenta and increased red blood cell mass. That's a lot of iron for a little peanut!

Have your iron levels checked pre-pregnancy if possible.





Meno-Prev™

- For menopausal and perimenopausal complaints
- Relieves hot flashes, night sweats and nervous tension
- Support for mood, memory and libido
- Includes an equivalent of 3000mg maca per daily dose

TIPS FROM THE TEAM



"I often recommend a glass of homemade sage iced tea to stay dry and comfortable when hot flashes and night sweats flare up. Simply add chopped sage to steeped black tea and enjoy chilled, with a bit of honey to sweeten the taste, if desired. Sage is a great natural anti-perspirant, too!"

Tatiana Khoudiachova
ND, Scientific Advisor
& Educator

Menopause signals the end of menstruation as the ovaries produce less estrogen and progesterone. These altered hormone levels can bring many unfamiliar and uncomfortable changes, like insomnia, hot flashes, weight gain, fatigue, short-term memory problems, mood swings and reduced sexual desire.

Meno-Prev™ is an all-natural formula designed to provide relief from menopausal complaints, including subtle changes in mood and memory. It is a workhorse herbal combination that offers considerable relief by alleviating menopausal symptoms, fostering a healthy mood balance, enhancing memory and supporting sexual health.

Each veg capsule contains:

Maca extract (root, 4:1)	250mg	Has been used traditionally as an energizer, stress reliever, aphrodisiac and fertility enhancer. It is widely used to help alleviate symptoms of menopause, including hot flashes, breast tenderness and vaginal dryness, without affecting hormone levels.
Milk thistle extract (seed, 80% silymarin)	116.7mg	Known to promote liver health and support the detoxification of certain hormones. In combination with maca, milk thistle has shown in studies to have a positive effect on lipid and glucose metabolism where elevated cholesterol, triglyceride and blood sugar levels are present. There is also some evidence that milk thistle has a positive effect on bone building and preventing menopause-related osteoporosis.
Gamma oryzanol	100mg	An important antioxidant most commonly derived from rice bran oil. It has been used to treat menopausal hot flashes in particular. A number of promising studies have confirmed the ability of rice bran oil to reduce LDL cholesterol while increasing HDL.
Rhodiola extract (root, 3% rosavins)	80mg	Recognized for its ability to help reduce fatigue and improve sleep, mental performance and energy.
Ginkgo biloba extract (leaf, 24% flavonoid glycosides, 6% terpene lactones)	53.3mg	Has a long tradition of improving mental performance. More recently, ginkgo has been shown to increase mood and sexual response levels.

Sage (leaf)	53.3mg	Has long been a popular remedy for ailments like urinary tract infections, night sweats and inflammation. A number of double-blind, placebo-controlled studies have also demonstrated sage's positive effect on mood and cognition.
Black cohosh (root)	40mg	Another herb widely used for alleviating menopausal symptoms, including hot flashes, depression, mood changes and sleep disturbances.
Chasteberry extract (fruit, 4:1)	40mg	Is a herb that regulates the hypothalamic-pituitary-ovarian axis to influence the ratio of estrogen to progesterone in favour of progesterone. A decline in progesterone is usually the first physiological change in perimenopause to cause noticeable symptoms.

Directions and duration of use

Adult women - Take 1 capsule 3 times per day, a few hours before or after taking other medications. Do not take immediately before going to bed. Consult a healthcare practitioner for use beyond 6 weeks. Periodic intervals of abstinence (2 week breaks before continuing) are recommended for long-term use.

Non-medicinal ingredients

Vegetable-grade magnesium stearate, vegetable capsule.

Cautions and warnings

Contraindicated in pregnant and breastfeeding women.

Caution advised with medical conditions, including high blood pressure; a clotting or liver disorder; a bipolar spectrum disorder; any psychological disorder such as frequent anxiety or depression; if you develop symptoms of liver trouble; or if symptoms persist or worsen.

Drug interactions

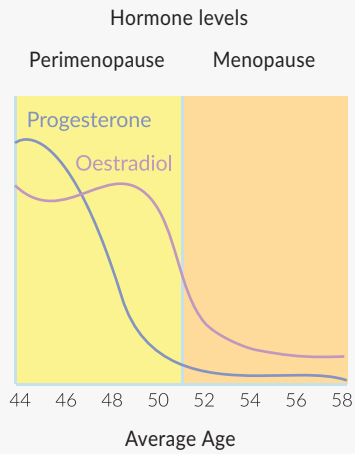
Contraindicated with health products that affect blood coagulation, such as blood thinners, fish oils,

acetylsalicylic acid and vitamin E.

Caution advised when taking any medication, including medications for diabetes, high blood pressure or seizures, antidepressants or hormone medications such as progesterone preparations, oral contraceptives or hormone replacement therapy.

Side effects

Discontinue use if hypersensitivity to milk thistle occurs.



The first hormone that declines during perimenopause is not estrogen, but progesterone. It's this state of high estrogen and low progesterone levels that causes ongoing PMS-like symptoms.

We've included Chasteberry in this formulation to help progesterone levels stay balanced.

Related products

- | | |
|-----------------------------|----------------|
| 5-HTP 100 | Mind-Pro |
| D3 & K2 Drops | Osteo Prolong |
| D3 & K2 Softgels | Pro-Biotik 15B |
| Adrenal-Pro | Resvera-Pro |
| ElectroMag | Synergy B |
| Healthy Heart | |
| Magnesium Bis-Glycinate 200 | |





I-3-C 200

- 200mg dose of pure indole-3 carbinol in every capsule
- Antioxidant that stimulates the production of enzymes that detoxifies and protects cells from oxidative damage

On days when you don't have time to steam broccoli or prepare a kale salad, you can still get important health benefits from cruciferous vegetables in CanPrev I-3-C 200. Phytonutrients in broccoli, kale, brussels sprouts, bok choy and cauliflower contain indole-3-carbinol (I-3-C), a strong antioxidant that has been shown to suppress the development of xenoestrogens.

Xenoestrogens are chemically-based, man-made estrogens that are found in everything from our food, drinking water, cleaning products and plastics to deodorants, pharmaceuticals and beyond. These imitation estrogens build up in fatty tissue in women and men and over time cause estrogen overload or estrogen dominance. The result? Xenoestrogens have been linked to the development of fibroids, tumours, cysts and many more serious diseases.

I-3-C works by improving the ratio of circulating “good” estrogens to “bad” estrogens in the body. Research suggests that I-3-C aids the bad estrogen detoxification process by altering how the body actually breaks down estrogen itself. It favours the pathway (a sequence of reactions where one organic substance is converted to another) that produces more good estrogen, and it acts as a potent antioxidant by scavenging potentially damaging chemicals or toxins.

Research also points to the fact that I-3-C helps the liver to make a more favourable form of estrogen known as 2-OH and less of a more damaging estrogen known as 16-OH. In human studies, an increase in 16-OH has been linked to PMS, polycystic ovarian syndrome, cervical dysplasia and the development of fibroids. In contrast, 2-OH estrogen has not been linked with any of these negative health effects. Oral supplementation with I-3-C has been found in clinical trials to increase the amount of circulating 2-OH estrogen without any reports of toxicity, making it very safe and easy to take.

CanPrev I-3-C 200 delivers a therapeutic 200mg dose of pure indole-3-carbinol in every capsule. Maybe you're short on time, maybe you experience gas and bloating that sometimes accompanies eating cruciferous vegetables. I-3-C 200 gives you the antioxidant and estrogen protection benefits you need, quickly and without the uncomfortable side effects.

Make CanPrev I-3-C 200 your shortcut to good health!

You can minimize your exposure to harmful xenoestrogens by using glass containers instead of plastics, and by choosing more organic foods. Pesticides and growth hormones are a major source of xenoestrogens.

Each veg capsule contains:

Indole-3-carbinol	200mg	A naturally occurring component of the cruciferous vegetable family.
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Directions and duration of use

Adults - Take 1 to 2 capsules per day or as directed by a healthcare practitioner.

Non-medicinal ingredients

Magnesium carbonate, vegetable capsule.

Cautions and warnings

Contraindicated in pregnant and breastfeeding women.

Caution advised with medical conditions, including liver disorders or symptoms of liver trouble, such as abdominal pain, dark urine and jaundice.

User should consult a healthcare practitioner if attempting to conceive, or if low estrogen or symptoms of low estrogen are present.

Related products

- | | |
|----------------------|-----------------------------|
| D3 Drops | Magnesium Bis-Glycinate 200 |
| D3 Softgels | Pro-Biotik 15B |
| Detox-Pro | Prostate-Pro |
| ElectroMag | Synergy B |
| Healthy Hormones | |
| Iron BisGlycinate 20 | |



Fact: You would need to eat 18kg of broccoli to equal one 200mg dose of I-3-C!



Iron Bis-Glycinate 20

- Easy to absorb iron complex providing 20mg of iron per capsule
- High absorption rate without bowel irritation
- Enhanced with vitamins C, B6, B12, folic acid and the important minerals magnesium and copper to help maximize absorption

It's a surprising fact that out of all the nutrients, iron happens to be the one women in North America are most deficient in. 35 to 58% of young, healthy women experience some degree of low iron levels and the number goes slightly higher during pregnancy. Fatigue, a weakened immune system and impaired brain activity are all symptoms of iron deficiency. By the time you're diagnosed with anaemia, your iron levels can be in the danger zone.

A low iron count means your body isn't making enough healthy red blood cells to deliver oxygen from your lungs to your body's tissues. About 70% of the body's iron is contained in the blood in the form of hemoglobin, a protein in red blood cells that carries and delivers oxygen to tissues in the body for survival. Myoglobin, a protein in the heart and skeletal muscles, also requires iron to function efficiently. Iron is needed for several key enzymes to assist in energy production and metabolism, particularly in DNA construction.

Taking a daily iron supplement is a quick and easy way to pump the body's stores, but not all supplements are free from uncomfortable side effects like constipation, diarrhoea, stomach upset and nausea. CanPrev Iron Bis-Glycinate 20 contains iron bisglycinate, a chelated iron that is easy to absorb, gentle on the stomach and doesn't cause gastrointestinal upset like those that contain ferrous sulphate can.

Each 20mg capsule of elemental iron is enhanced with vitamins C, B6, B12 and folic acid, all cofactors that help in the absorption and assimilation of iron for the production of healthy red blood cells.

More isn't always better. With a mineral like iron, you want only the right amount in the right form. CanPrev Iron Bis-Glycinate was made with that in mind.

Each veg capsule contains:

Iron (bisglycinate)	20mg	An essential mineral found mainly in red blood cells that carries oxygen to every cell in the body. It is also involved in producing adenosine triphosphate (ATP), the body's primary source of energy.
Vitamin C (ascorbic acid)	450mg	Increases iron uptake in part by acting as a weak chelator that helps to solubilize the metal in the small intestine.
Vitamin B6 (pyridoxal-5-phosphate)	25mg	Functions as a coenzyme in the synthesis of haeme, the iron-containing component of haemoglobin. Haemoglobin is found in red blood cells and is critical to their ability to transport oxygen throughout the body.
Folate (folic acid)	200mcg	Works with vitamins B6 and B12 to help form red blood cells.
Vitamin B12 (methylcobalamin)	400mcg	Works closely with folate to regulate the formation of red blood cells and aid in the proper absorption and function of iron in the body. A lack of either B12 or folate can contribute to anaemia.
Magnesium (bisglycinate)	42mg	An essential mineral required for the production of cellular energy in the body.
Copper (citrate)	35mcg	Deficiency can impair iron metabolism. The protein ceruloplasmin (Cp) contains most of the copper found in the blood serum. Cp stimulates iron uptake by cells.

Directions and duration of use

Adults - Take 1 to 2 capsules per day with food, a few hours before or after taking other medications or as directed by a healthcare practitioner.

Non-medicinal ingredients

Vegetable-grade magnesium stearate, vegetable capsule.

Side effects

Constipation, diarrhoea or vomiting may occur.

Related products

Adult Multi
Healthy Hormones
Immuno Multi

Synergy B
Synergy C



Some foods interfere with iron absorption. Try avoiding the following for at least 1 hour before or after your main iron-rich meal:

- Eggs
- Dairy
- Tea
- Coffee

Bone Health + Inflammation

Your bones, muscles and joints are like the parts of a machine, seamlessly moving and humming behind the scenes to keep you going. It's important for all your parts to work together fluidly - because we know what happens when metal rusts, gears grind or belts screech to a halt. Keeping your skeletal structure strong, your joints lubricated and your muscles flexible is crucial to avoid a mechanical breakdown. That's where maintaining bone health and guarding against inflammation come in.

Chapter overview

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Joint-Pro™	58
Joint-Pro™ NEM	58
Osteo Prolong™	54
Pain-Pro™	60
pH-Pro™	56

Related products

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D3 Softgels	20
D3 & K2 Drops	22
D3 & K2 Softgels	20
ElectroMag™	72
Immuno-Multi™	12
Magnesium Bis-Glycinate 200 Capsules or Powder	70
Meno-Prev™	46
Omega-Pro™ HP 40/20	76



Osteo Prolong™

- Optimizes calcium absorption and utilization
- Contains a balanced ratio of elemental calcium and magnesium
- Magnesium bis-glycinate is easy and gentle on the bowels
- With added vitamin D3, vitamin K1, boron and zinc

TIPS FROM THE TEAM



“For me, avoiding the nightshade family of vegetables (tomatoes, eggplant, potatoes and peppers) helps to reduce my joint pain. It’s a simple way to naturally reduce inflammation.”

Mario Luciani
Logistics Team

Your bones are constantly remodelling, dissolving and replacing minerals, much like you would do with your old fixtures when a room looks worn or dated. You take the old kitchen or bathroom fixtures out and put all new ones in. Your bones do the same. They actively dissolve and then replace minerals to keep your skeleton strong and stable.

Normally your body has no problem keeping up with this continuous give and take, but when you have osteoporosis, you lose bone faster than you can replace it. Bones become more porous and brittle and can shatter simply from a fall, bumping into furniture, or even picking up a heavy grocery bag.

So you think, no problem, I'll just find a good quality calcium supplement and that should cover me. But it's a common misconception that calcium alone goes straight to the bones to make them stronger. You also need the support of minerals like magnesium, boron and zinc, and vitamins like K1 and D3, to make sure bone-building calcium goes where it needs to.

These are all conveniently found in CanPrev Osteo Prolong™.

Extensively researched and specially formulated by CanPrev team of naturopathic doctors, Osteo Prolong™ has all the ingredients that work together and help protect against the effects of osteoporosis. And not only that, Osteo Prolong™ promotes bone health, and helps to maintain your muscles, tissues, teeth and glowing skin as well.

Each veg capsule contains:

Calcium (citrate & carbonate blend)	200mg	Involved in most metabolic processes in the body and provides mechanical structure and rigidity to the teeth and bones. It is a well-known fact that inadequate calcium intake results in reduced bone mass and increased risk of osteoporosis.
Magnesium (bisglycinate)	86mg	Affects bone mineralization through its action on the parathyroid gland and promotes the conversion of vitamin D into a usable form. Magnesium bisglycinate is a chelated mineral form, which is generally easier to digest and has been shown to offer improved absorption.
Zinc (citrate)	3mg	Important for the uptake of calcium and has shown in preliminary studies to stimulate bone formation and inhibit loss, making it a promising nutrient in the prevention and treatment of osteoporosis.
Boron (citrate)	175mcg	Assists with the proper metabolism of vitamins and minerals involved in bone development, including calcium, magnesium and vitamin D. It is essential for the conversion of vitamin D to its active form and may reduce calcium loss by increasing the magnitude of estrogen's beneficial effects on skeletal health.
Vitamin K1 (phytonadione)	30mcg	Necessary for building and maintaining healthy bones and is responsible for the conversion of the bone protein osteocalcin into its active form. Osteocalcin binds with calcium to help anchor it within the bone structure.
Vitamin D3 (cholecalciferol)	250IU	A precursor to its active form, calcitriol. Calcitriol is widely known for its important role in regulating body levels of calcium and phosphorus, and in the mineralization of bone.

Directions and duration of use

Adults - Take 2 capsules 2 times per day with food, a few hours before or after taking other medications or as directed by a healthcare practitioner. Take daily for best results.

Non-medicinal ingredients

Vegetable-grade magnesium stearate, vegetable capsule.

Drug interactions

Caution advised when used concurrently with blood thinners.

Related products

D3 Drops	Omega-Pro 40/20
D3 Softgels	Magnesium
D3 & K2 Drops	Bis-Glycinate 200
D3 & K2 Softgels	Meno-Prev
ElectroMag	pH-Pro
Immuno-Multi	

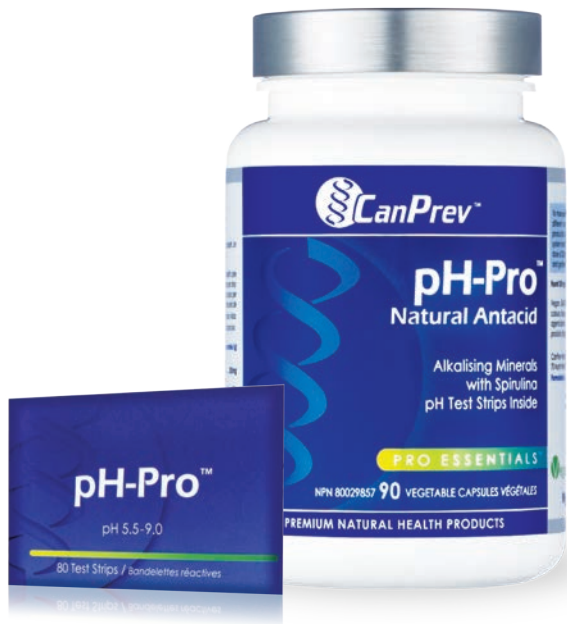


If you suffer from osteoporosis, you may want to avoid the following foods:

Soda - Phosphoric acid in soda can increase the amount of calcium lost through urine.

Caffeine - About 6mg of calcium is lost for every 100mg of caffeine ingested. A 16 ounce cup of coffee (which contains about 320 milligrams of caffeine) can leach almost 20mg of calcium from your body. That adds up.

Salt - For every 2.3g of sodium ingested, 40mg of calcium is lost in the urine.



pH-Pro™

- Alkalisng minerals in a spirulina base
- Reduces acidity in the body
- Just 1 or 2 vegetable capsules daily can achieve an alkalisng effect
- pH test strips included

Your body maintains a very delicate balance of acidity and alkalinity to allow our cells and organs to function properly. Stress and diets high in sugar, grains and animal products can dramatically influence the body’s acid-base regulation. In addition, our bodies produce acids when we exercise, eat and breathe. CanPrev pH-Pro™ helps to neutralize excess acidity and promote alkalinity.

Ranging from 0 to 14, the pH scale indicates how acid or alkaline something is, whether it’s household bleach, stomach acid or a dash of vinegar. A lower number indicates a greater level of acidity and a higher number means a greater level of alkalinity. A neutral pH environment hovers around 7. Your body tries to maintain a slightly alkaline level, from 7 to 7.4, as the body’s repair, metabolic, enzymatic and immunologic mechanisms work best when in this range.

Every living thing depends on having a healthy and correct pH to survive. When we become too acidic, or in some rare cases too alkaline, many functions of the body are impacted - from digestive health to bone health to immune health.

CanPrev pH-Pro™ is an innovative alkalisng (acid-reducing) product that provides approximately twice the amount of acid neutralizing capacity in a single vegetable capsule, compared to pH balancing tablets. The formula is blended in a base of all natural spirulina, avoiding the need for artificial fillers and providing a rich whole food source of phytonutrients, carotene and B vitamins. pH-Pro™ comes in easy-to-swallow vegetable capsules and just one or two can achieve an alkalisng effect. Individuals suffering from acid reflux or GERD (gastroesophageal reflux disorder) also find pH-Pro™ very effective.

For your convenience, a pH test strip booklet for saliva or urine testing is included in a separately wrapped packet inside the bottle. The pH reading on the test strip is generally a good indicator of how acidic or alkaline the total body pH is. Testing several times a day - first thing in the morning, mid-morning, mid-afternoon and in the evening for three days in a row, will give a very reasonable idea of whether the body is functioning within a healthy pH range. In a healthy body, there exists a natural circadian shift between acidity and alkalinity. We are all more acidic in the morning, become more alkaline in the mid-afternoon and return to a more acidic state in the evening.

Each veg capsule contains:

Sodium (bicarbonate)	350mg	Derived from a naturally occurring mineral called trona. It is found in all living things and its purpose is to maintain pH balance in the bloodstream. The most important effect of oral ingestion is the impact it has on the acid-base balance in the blood and the bicarbonate concentration in the body’s fluids. It has a strong alkalisng effect.
Spirulina platensis	275mg	A type of microscopic blue-green algae that is rich in protein, vitamins, minerals and essential amino acids. It is a highly alkaline food source.
Magnesium (carbonate)	250mg	A mineral found in dolomite. It helps the body to metabolize carbohydrates, proteins and fats, supports the development and maintenance of bones and teeth, aids in tissue formation, and is critical to the proper functioning of muscles. Medicinally, the carbonate form of magnesium is used as an antacid.
Potassium (citrate)	25mg	Found in many foods and needed for numerous functions in the body, including maintaining a stable heart rhythm. The citrate form has been used in cases of heart arrhythmias and as a diuretic.

Directions and duration of use

Adults - Take 1 capsule 1 to 2 times per day away from food or as directed by a healthcare practitioner. Do not take within 2 hours of another medicine because the effectiveness of the other medicine may

be altered. Do not take continuously for more than 2 weeks unless directed by a healthcare practitioner.

Non-medicinal ingredients

Vegetable-grade magnesium stearate, vegetable capsule.

Cautions and warnings

Contraindicated in pregnant women and those on a low sodium diet.

Contraindicated with kidney disease except on the advice of a healthcare practitioner.

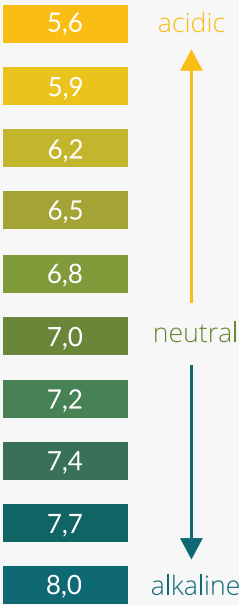
Related products

Adult Multi	Immuno Multi
Curcumin-Pro	Joint-Pro
D3 & K2 Drops	Osteo Prolong
D3 & K2 Softgels	Pain-Pro
Detox-Pro	Pro-Biotik 15B
Digestion & IBS	Synergy C
Healthy Heart	



Testing your pH

It’s important to be consistent when you measure pH as your levels fluctuate during the day. The easiest way is to test your urine’s pH, first thing in the morning. Note that a morning measurement may be slightly more acidic because metabolic acids in the kidneys build up overnight. For a more accurate reading try to take several measurements throughout the day and calculate your daily average.





Joint-Pro™

- Reduces joint inflammation
- Helps maintain healthy joints and cartilage
- Helps relieve joint pain associated with osteoarthritis

Joint-Pro™ NEM

- Unique advanced formula for maintenance of joint and cartilage health
- Natural eggshell membrane (NEM) contains a natural source of hyaluronic acid
- Reduces joint inflammation and pain associated with osteoarthritis

TIPS FROM THE TEAM



“Physically demanding activities can sometimes cause my shoulder issues to flare up. That’s why I rely on Joint-Pro to keep my joints loose and to help protect my shoulder from further injury.”

Altaf Mirzai
Logistics Team

Our joints make walking, bending, sitting and even writing possible. Keeping them flexible and fluid as we age is important to avoiding the pain and stiffness that can set in from overuse, and inflammation from diseases like osteoarthritis.

CanPrev Joint-Pro™ is a supportive therapy for maintaining joint and cartilage health. Joint-Pro™ contains glucosamine hydrochloride, a naturally occurring compound the body uses to make cartilage, bones, tendons, ligaments and the synovial fluid that cushions the joints. Glucosamine is especially effective when paired with chondroitin sulfate, a supplement that may reverse cartilage loss when used in combination with glucosamine. Joint-Pro™ also contains a combination of herbs like boswellia and devil’s claw that provide an anti-inflammatory effect.

Joint-Pro™ NEM is an advanced formula featuring natural eggshell membrane that helps to maintain joint and cartilage health and reduces the pain and stiffness associated with osteoarthritis. NEM also naturally contains hyaluronic acid, glucosamine and chondroitin, which are important building blocks for cartilage and connective tissue.

Though both products are especially effective in treating joint inflammation and pain, they contain slightly different blends of ingredients depending on your needs. Joint-Pro™ NEM may be a better choice for those who are not able to tolerate chondroitin and MSM (methylsulfonylmethane). Joint-Pro™ may be best for those with allergies to eggs or egg by-products.

Each Joint-Pro™ capsule contains:

Glucosamine HCl (shellfish)	400mg	Stimulates the manufacture of glycosaminoglycans, structural components of cartilage required to produce the lubricating synovial fluid. Aging and joint overuse may reduce glucosamine made by the body, which is believed to be a major cause of osteoarthritis.
Methylsulfonylmethane (MSM)	200mg	Important for the proper maintenance of cartilage. Its analgesic and anti-inflammatory properties have been found to replenish sulfur which is typically low in arthritic joints.
Chondroitin sulfate (bovine)	180mg	Able to block enzymes that may damage or destroy cartilage. Combining glucosamine and chondroitin has shown favourable results in balancing cartilage matrix synthesis and degradation.

Boswellia serrata extract (45% boswellic acid)	50mg	Contains active anti-inflammatory ingredients called boswellic acids. Does not lead to irritation or stomach ulceration and appears to have no significant side effects or toxicity.
Devil’s claw extract (harpagophyllum procumbens, 4:1)	50mg	Contains phytochemicals that stimulate circulation and carry inflammatory chemicals away from affected tissues.
Curcumin (turmeric)	48mg	The main biologically-active phytochemical compound found in turmeric. Has antioxidant effects and modulates the production of inflammatory signal molecules.

Directions and duration of use

Adults - Take 2 capsules 2 times per day with food or as directed by a healthcare practitioner. Avoid taking at bedtime. Take for a minimum of 1 month to see beneficial effects.

Non-medicinal ingredients

Vegetable-grade

magnesium stearate, vegetable capsule.

Cautions and warnings

Caution advised if you are pregnant, breastfeeding, or taking any medication including blood thinners, or if you have a medical condition including a bile duct/biliary tract obstruction, stomach ulcers, excess stomach acid, a history of gallstones or allergies to shellfish. Consult

a healthcare practitioner if symptoms persist beyond 6 months or if you experience gastrointestinal pain or disturbances in bowel movements. Discontinue use if allergic reaction or prolonged gastrointestinal discomfort occurs.

Side effects

Mild gastrointestinal bloating, constipation or indigestion may occur.

Each Joint-Pro™ NEM capsule contains:

Natural eggshell membrane (partially hydrolysed chicken eggshell membrane)	250mg	A natural, combined source of glucosamine, chondroitin and hyaluronic acid, all of which are integral to joint and connective tissue health.
Glucosamine HCl	750mg	An amino sugar manufactured by the body from glucose and the amino acid, glutamine. It stimulates the manufacture of glycosaminoglycans, which are structural components of cartilage required to produce the lubricating synovial fluid in joints. Aging and overuse of the joints may reduce the manufacturing capacity of glucosamine by the body, which is believed to be a major cause of osteoarthritis.

Directions and duration of use

Adults - Take 1 capsule 2 times per day or as directed by a healthcare practitioner. Use for a minimum of 4 weeks to see beneficial effects. Consult a healthcare practitioner for use beyond 8 weeks.

Non-medicinal ingredients

Vegetable-grade magnesium stearate, vegetable capsule.

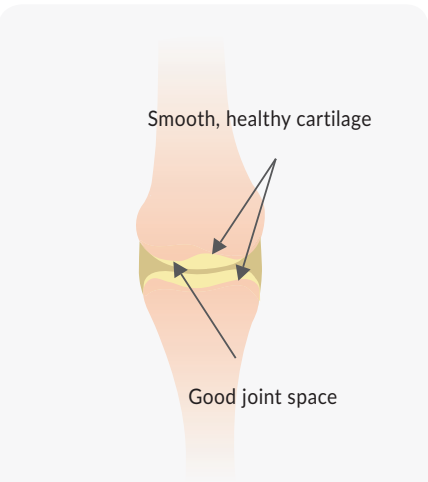
Cautions and warnings

Contraindicated if you have a known allergy to eggs or

egg by-products.

Caution advised if you are pregnant or breastfeeding.

Caution advised when taking any medication or if you have a medical condition, including allergies to shellfish, or if symptoms worsen.



Ingredients in Joint-Pro work synergistically to support joint cartilage and decrease joint inflammation and pain.

For additional relief, consider combining Joint-Pro with Pain-Pro, which works as a natural painkiller by further reducing inflammation.

Related products

Joint-Pro™ Curcumin-Pro Omega-Pro HP 40/20 pH-Pro Pro-Biotik 15B	Joint-Pro™ NEM Curcumin-Pro Omega-Pro HP 40/20 pH-Pro Pro-Biotik 15B
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Joint-Pro™ ID 195215
Joint-Pro™ NEM ID 195455

NPN 80012288
NPN 80031555

90 Vegetable Capsules
60 Vegetable Capsules



Pain-Pro™

- All herbal anti-inflammatory
- Reduces pain due to inflammation
- For joint and muscle pain
- Reduces swelling to help speed recovery
- Contains antioxidants for the maintenance of good health

There are countless reasons why we feel pain. It's an effective way our bodies alert us to injury or illness and ask us to remedy it. Our nerves act as messengers, sending repeated signals to the brain, which lets us feel the intensity. Chronic inflammation and joint pain can be particularly acute and disabling. Types of arthritis, tendonitis and conditions like fibromyalgia are just a few diseases that can bring on intense pain, causing sufferers to seek effective relief.

If you're looking for a safe, natural way to treat joint and inflammation discomfort, consider Pain-Pro™.

Pain-Pro™ contains a natural blend of food enzymes and herbs that have been used for centuries as safe alternatives and natural substitutes for conventional drug painkillers. Natural anti-inflammatory herbs like curcumin, boswellia and ginger along with parts of the stinging nettle plant are natural diuretics, which have been traditionally used in herbal medicine to commonly relieve swelling and rheumatic complaints.

Pain-Pro™ is ideal for those who want to reduce sporadic or chronic pain while avoiding COX-2 drugs (non-steroidal anti-inflammatory) and their potential side effects. It combines an array of herbs and antioxidants that reduce pain and inflammation in the body, particularly in the joints.

Each veg capsule contains:

Bromelain (pineapple stem)	140mg	Can inhibit the production of pro-inflammatory prostaglandins, particularly in cases of rheumatoid arthritis.
Boswellia extract (resin, 45% boswellic acid)	100mg	A traditional Ayurvedic herb. Researchers and clinicians have confirmed that boswellia is both an anti-inflammatory and an arthritic pain reliever.
Ginger extract (root, 5% gingerols)	100mg	Contains five constituents that have been identified to inhibit prostaglandin synthesis, the same mechanism by which aspirin and other non-steroidal anti-inflammatory drugs (NSAIDs) exert their anti-inflammatory effects.

Stinging nettle extract (root, 4:1)	83mg	Has a long-standing use as an anti-inflammatory for arthritis. It interrupts the production and activity of inflammation-producing immune cells in the body.
Rosemary extract (leaf, 4:1)	67mg	A COX-2 inhibitor, potent antioxidant, antiseptic, decongestant and antispasmodic. It relaxes muscles, including those of the digestive tract and the uterus. Rosemary is also known to relieve headaches related to gastric upset.
Curcumin (turmeric)	64mg	Contains phytochemicals that act as natural COX-2 inhibitors in the body. Researchers found that turmeric, from which curcumin is derived, relieved joint pain and swelling in people suffering from arthritis, with effectiveness comparable to NSAIDs.
Green tea extract (leaf, 95% polyphenols)	35mg	Rich in polyphenols, particularly EGCGs, which have demonstrated significant antioxidant and anti-inflammatory properties.
Holy basil extract (leaf, 4:1)	33mg	An adaptogenic herb with anti-inflammatory properties. Active molecules within the herb promote a healthy inflammatory response, regulate blood sugar levels and decrease an individual's stress response.
Resveratrol (polygonum, root)	400mcg	An important COX-2 inhibitor and an impressive antioxidant that cleans up the free radicals contributing to inflammation.

Directions and duration of use

Adults - Take 2 capsules 3 times per day with food or as directed by a healthcare practitioner. Consult a healthcare practitioner for use beyond 3 months.

Non-medicinal ingredients

Vegetable-grade magnesium stearate, vegetable capsule.

Cautions and warnings

Contraindicated in pregnant

and breastfeeding women and women attempting to conceive.

Caution advised before surgery.

Caution advised with medical conditions, including kidney or heart disease, circulation problems, biliary tract obstructions, gastrointestinal lesions, stomach ulcers, excess stomach acid, gallstones and liver disorders, or symptoms of liver trouble such as abdominal pain,

dark urine and jaundice.

Drug interactions

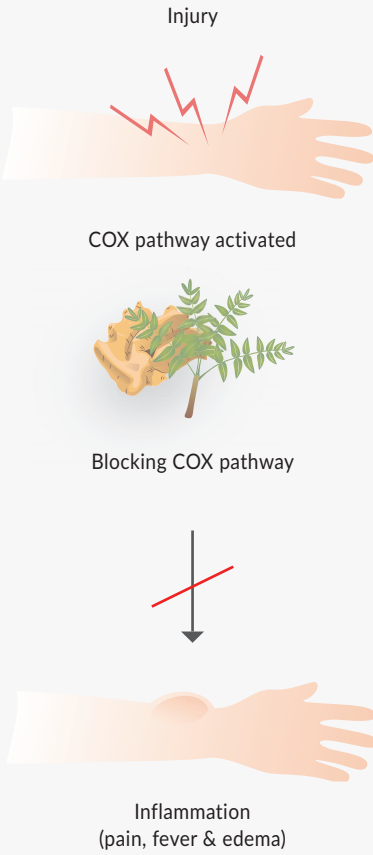
Caution advised when used concurrently with anticoagulants, antihypertensives, anti-inflammatories, antibiotics, chemotherapeutic agents or diabetic medications.

Side effects

Discontinue use if hypersensitivity, nausea, vomiting or diarrhoea occurs.

Botanicals - effective COX inhibitors

Botanicals like turmeric and boswellia serve as potent and safe natural anti-inflammatories that are well tolerated by the body. They work as COX inhibitors, blocking one of the COX enzymes responsible for pain, bruising and swelling.



Related products		
5-HTP 100	Joint-Pro NEM	
Antioxidant Network	Magnesium Bis-Glycinate 200	
Curcumin-Pro	Omega-Pro 40/20	
Immuno Multi	pH-Pro	
Joint-Pro		



Spencer Raymond Madden

Adventurer & explorer

Meet Spencer, the founder of Mountain Obsession, a welcoming tribe of likeminded people who share their passion for outdoor exploration with each other and the world. In July of 2015, Spencer embarked on an 18-month solo Explore Everything Epic trek where his goal was to hike any challenging mountain peaks and trails he came across with anyone who was willing to join him. Though he's in excellent physical shape, an old back injury and a knee that sometimes acts up can force him to abandon a climb, something that's definitely not his nature. With the help of supplements like Pain-Pro and Curcumin-Pro, Spencer is conquering his pain like he conquers his mountains.

His favourites

"What can I say other than Pain-Pro works. The amazing synergy between the herbs keeps me on the trail. I like to use it in concert with Curcumin-Pro. Forget Advil, forget Tylenol - use Pain-Pro and lots of it! Of course, I always recommend checking with your Naturopathic doctor before starting, but I have seen amazing results with Pain-Pro."





Curcumin-Pro™

- 1200mg daily of pure absorbable curcumin
- 100% curcuminoids from turmeric
- Potent antioxidant and anti-inflammatory action
- Absorption enhanced with phosphatidylcholine and bromelain

TIPS FROM THE TEAM



“Love the outdoors? I do! Try taking along Curcumin-Pro on your next hike or climb. I take Curcumin-Pro throughout the day to prevent cramping of my lower calf and pains in the arches of my feet. That means I can hike further, climb higher and enjoy more vistas in a day.”

Norman Goh
Vice President of Marketing

Curcumin is a phytochemical derived from the spice tumeric. For thousands of years, tumeric has been one of the most commonly prescribed Ayurvedic remedies to treat arthritis-related inflammation. Curcuminoids in tumeric slow the enzymes that cause inflammation and give the spice its bright yellow colour.

Curcuminoids are also responsible for tumeric’s powerful antioxidant capabilities. Antioxidants neutralize free radicals (damaged rogue cells that debilitate more cells as they circulate) that go on to prompt the start of aging and disease in the body.

Human clinical trials have shown that the body’s absorption rate of curcumin is low when taken orally. To compensate, phosphatidylcholine from naturally sourced lecithin and bromelain have been added to our Curcumin-Pro™ formula to enhance absorption and support curcumin’s anti-inflammatory properties.

Each veg capsule contains::

Curcumin (turmeric)	400mg	The main biologically active phytochemical compound found in turmeric. It is extracted, concentrated and standardized to 95% curcuminoids in this formula. On its own, curcumin is unstable in the GI tract and the traces that do pass through tend to rapidly degrade or are conjugated through glucuronidation. Phosphatidylcholine and bromelain are added to enhance its absorption and bioavailability. Extensive research on curcumin supports a wide range of health benefits, including antioxidant effects, modulation of the production of inflammatory signal molecules, induction of apoptosis in cancer cells and augmentation of cellular glutathione levels.
Bromelain (pineapple stem)	60mg	A natural, anti-inflammatory enzyme derived from pineapple juice pulp that assists in the breakdown of proteins to improve digestion. It is included in the formulation to enhance the bioavailability and anti-inflammatory effects of curcumin.
Lecithin (20% Phosphatidylcholine)	125mg	Provides phosphatidylcholine, a phospholipid found in egg yolks and soy that is a major component of human cell membranes. Research shows that phosphatidylcholine can increase the bioavailability of curcumin because it has a highly polarized head that can conjugate with a variety of poorly soluble phenolics, including curcumin.

Directions and duration of use

Adults - Take 1 capsule 3 times per day away from food or as directed by a healthcare practitioner. For prolonged use, consult a healthcare practitioner.

Non-medicinal ingredients

Vegetable-grade magnesium stearate, vegetable capsule.

Cautions and warnings
Contraindicated in pregnant and breastfeeding women.
Caution advised before surgery.
Caution advised with medical conditions, including gallstone, bile duct obstruction, gastrointestinal lesions or ulcers and excess stomach acid.

Drug interactions
Caution advised when used concurrently with anticoagulants, antibiotics or antiplatelet medications.
Side effects
User should discontinue use if hypersensitivity, nausea, vomiting or diarrhoea occurs.

Related products

- | | |
|-----------------------|-----------------|
| 5-HTP | Mind-Pro |
| Alpha Lipoic Acid 600 | Omega-Pro 40/20 |
| Antioxidant Network | pH-Pro |
| Detox-Pro | Pain-Pro |
| Healthy Heart | Resvera-Pro |
| Joint-Pro | Synergy C |
| Joint-Pro NEM | |



Adding turmeric to your next meal is a great way to get a dose of natural anti-inflammatory curcuminoids. But avoid food spills on your clothes and wash your dishes promptly - turmeric is also a great textile dye!



Cardiovascular Health

The cardiovascular system intertwines like a big city roadmap inside your body, working to carry food, oxygen and waste to the appropriate organs for processing. Blood navigates the streets and avenues of arteries, veins and capillaries to deliver oxygen and other key nutrients, as well as to remove waste products.

Your heart is at the centre at this metropolis, and it's important to keep the roadways reinforced and clear of congestion to keep your blood pumping and flowing. CanPrev can help with that.

Chapter overview

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Related products

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Blood Sugar Support	102
Curcumin-Pro™	64
D3 & K2 Drops	22
D3 & K2 Softgels	20
Fibre Flow™	90
L-Theanine	132
Mind-Pro™	126
pH-Pro™	56
Resvera-Pro™	110
Slim-Pro™	104
Synergy B™	136



Healthy Heart™

- Supports healthy cholesterol levels
- Includes 200mg CoQ10 daily
- With magnesium for optimal heart muscle function
- Hawthorn traditionally used to maintain cardiovascular health
- Includes garlic, grape seed, policosanol, B12 and folic acid

The heart is an amazing muscle about the size of your fist. The right side takes in blood and pumps it to the lungs and the left side does the reverse. The heart beats an astounding 100,000 times a day and forces just over 7,500 litres of blood through an average adult body daily.

A beating heart pumps blood through the circulatory system, a complex tangle of vessels that carries blood through the body. Arteries, capillaries and veins are three types of blood vessels that provide almost 97,000 kilometres of tubing for blood to flow through.

The heart is a complex organ and is susceptible to damage and injury. The most common concerns include heart disease, hypertension, heart attack, stroke, high cholesterol and valve disorders.

Healthy Heart™ is a comprehensive nutritional formula designed to address multiple cardiovascular issues, including circulation, arterial damage, blood aggregation, high blood pressure, and elevated blood lipid and cholesterol levels.

Healthy Heart™ combines an impressive 200mg dosage of the heart-specific antioxidant coenzyme Q10, with a rich blend of polyphenols, herbs and vitamins, shown by research to aid in the maintenance of cardiovascular health, cholesterol levels, proper formation of red blood cells, and the metabolism of proteins, fats and carbohydrates.

Each veg capsule contains:

Garlic extract (bulb, 2% allicin)	150mg	May help prevent atherosclerosis by reducing cholesterol and triglyceride levels and slowing platelet stickiness in the blood. Over 1,800 studies have examined garlic's effectiveness in lowering cholesterol and blood sugar levels, preventing heart attack and stroke, and treating infections.
Hawthorn extract (leaf/flower, 18.75% OPCs)	100mg	Contains components that interact with key enzymes in the heart to increase the pumping force of the heart muscle and eliminate arrhythmias. It dilates the coronary arteries to improve circulation and in turn relieve cardiac hypoxia. Hawthorn also helps increase the rate at which the liver converts LDL cholesterol into HDL and dissolves cholesterol deposits. Its rich concentration of antioxidants helps prevent arterial plaque formation.

Grape seed extract (95% OPCs)	94mg	Rich in oligomeric proanthocyanidin complexes (OPCs), which are known primarily for their antioxidant activity. They protect the endothelial tissue in the lining of blood vessels and have been reported to demonstrate anti-inflammatory and vasodilatory actions.
Magnesium (bisglycinate)	56mg	Deficiency can lead to the increased risk of abnormal heart rhythms and contribute to heart attacks and strokes. Evidence suggests that magnesium may help to regulate blood pressure due to its natural muscle relaxant ability. When blood vessels are relaxed, there is less resistance to the flow of blood, resulting in lower blood pressure.
Coenzyme Q10 (ubiquinone)	50mg	Thought to help lower blood pressure by lowering cholesterol levels and stabilizing the walls of the vascular system through its powerful antioxidant properties.
Policosanol (sugar cane wax)	5mg	Derived from sugarcane wax. Studies indicate it may increase the uptake and breakdown of cholesterol by the liver and has consistently demonstrated LDL-lowering ability with little evidence of toxicity.
Vitamin B12 (methylcobalamin) . 250mcg Folate (folic acid) 200mcg		Are essential vitamins for the production of enzymes necessary to remove homocysteine efficiently from the blood. This is important because evidence suggests that homocysteine, if found in high levels in the blood, may promote atherosclerosis by damaging the inner lining of arteries and promoting blood clots.

Directions and duration of use

Adults - Take 2 capsules 2 times per day with food, a few hours before or after taking other medications or as directed by a healthcare practitioner. Take for a minimum of 2 months for optimum effect. Consult a healthcare practitioner for use beyond 3 months.

Non-medicinal ingredients

Vegetable-grade

magnesium stearate, vegetable capsule.

Cautions and warnings

Caution advised during pregnancy and breastfeeding, and with medical conditions, including diabetes and blood clotting disorders.

Drug interactions

Caution advised when used concurrently with anticoagulants such as warfarin, anti-platelet

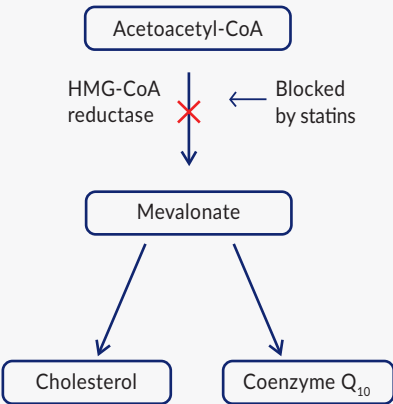
medications such as acetylsalicylic acid, blood pressure medications, protease inhibitors, or cardiac glycosides such as digitalis and digoxin.

Side effects

Discontinue use if hypersensitivity to garlic occurs.

Cholesterol & CoQ10

While statin drugs are designed to block the production of cholesterol, they also inhibit the body's natural ability to make CoQ10 as well. That's because cholesterol and CoQ10 share the same precursor, Acetoacetyl-CoA.



Related products

Antioxidant Network	Magnesium
Blood Sugar Support	Bis-Glycinate 200
Curcumin-Pro	Mind-Pro
D3 & K2 Drops	Omega-Pro 40/20
D3 & K2 Softgels	pH-Pro
ElectroMag	Slim-Pro
Fibre Flow	Resvera-Pro
L-Theanine	Synergy B





Magnesium Bis • Glycinate 200

- Preferred and highly absorbable Bis-glycinate form
- Easy and gentle on the bowels
- 200mg of pure elemental magnesium per capsule or scoop

TIPS FROM THE TEAM



“It’s easy to take sleep for granted, but waking up refreshed is one of the most wonderful feelings in the world. It does wonders for everyone around me, too! Magnesium Bis-Glycinate 200 helps me relax for a more restful sleep.”

Dorvan Davoudi
Graphic Designer

Magnesium is one of those hard-working minerals that simply doesn't get the attention it deserves. It plays a key role in over 300 different chemical reactions in the body and is involved in everything from DNA synthesis, energy production and metabolism, to muscle strength, nerve function, heart rate regulation and bone building. Magnesium is also an active ingredient in alleviating constipation. That’s one busy mineral.

Unfortunately, magnesium deficiency is extremely common. Medications like antibiotics, corticosteroids, diuretics and contraceptives hinder our ability to absorb magnesium. Refining and processing strips magnesium from our food. Even agricultural soil and water are being depleted of magnesium. It’s no wonder that 68% of adults have trouble getting enough from their diets.

CanPrev Magnesium Bis-Glycinate 200 contains as much as 20% more elemental magnesium than other magnesium supplements. It works to restore magnesium to optimum levels and help fuel all the important functions it’s called on to perform. Magnesium Bis-Glycinate 200 offers a potent, therapeutic dose of 200mg of pure elemental magnesium in a form known for its superior absorption and gentleness on the bowels - all in easy to swallow vegetable capsules or powder, with no fillers.

Each capsule or 1 rounded scoop contains:

Magnesium (bisglycinate)	200mg	Is the fourth most abundant mineral in the human body and is essential for energy production within our cells. 60% of the body's magnesium is found in our bones and the remainder in our major organs and tissues. In order to be properly absorbed, nutrients like magnesium need to be either in pure, organic form or attached to an organic molecule that will allow it to be more easily transported and absorbed in the intestines. Inorganic forms of magnesium, such as magnesium oxide, magnesium chloride and magnesium carbonate, tend to be less easily absorbed and can cause diarrhoea at high doses, which can lead to a serious depletion of minerals. In a study comparing the bioavailability of magnesium bisglycinate to that of magnesium oxide, magnesium bisglycinate was found to be 50% more absorbable.
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Magnesium Bis • Glycinate 200 Veg caps

Directions and duration of use

Adults – Take 1 capsule per day or as directed by a healthcare practitioner.

Non-medicinal ingredients

Vegetable-grade magnesium stearate, vegetable capsule.

Magnesium Bis • Glycinate Powder

Directions and duration of use

Dissolve powder in liquid or take as directed by a health care practitioner. Children: ages 1-3 years: ¼ scoop per day; ages 4-8 years: ½ scoop per day. Adolescents:

ages 9-18 years: 1 rounded scoop per day. Adults: 1-2 rounded scoops per day.

Non-medicinal ingredients

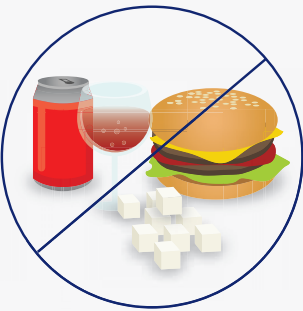
Citric acid.

Side effects

When taking 2 scoops per day, some people may experience diarrhoea.

Related products

5-HTP	Healthy Lungs
Adrenal-Pro	I-3-C 200
Alpha Lipoic Acid 600	L-Theanine
Blood Sugar Support	Meno-Prev
D3 & K2 Drops	Omega-Pro HP 40/20
D3 & K2 Softgels	Osteo Prolong
Digestion & IBS	Pain-Pro
ElectroMag	Pro-Biotik 15B
Fibre Flow	Pro-Biotik Powder
Healthy Heart	Resvera-Pro
Healthy Hormones	Synergy B



Build healthy levels of magnesium by taking Magnesium Bis-Glycinate, and try to avoid the following:

- Processed foods and sodas
- Stress
- Alcohol
- Sugar



ID 195335	NPN 80015411	90 Vegetable Capsules
ID 195336	NPN 80015411	240 Vegetable Capsules
ID 195337	NPN 80058007	120g Powder



ElectroMag™

- Highly absorbable bisglycinate form in a quick and easy effervescent powder
- 150mg of pure elemental magnesium per packet
- Added electrolytes and vitamin C with zesty lemon-lime fizz

Magnesium is an amazing mineral used in over 300 enzymatic reactions in the body. Things like building proteins, synthesizing DNA, strengthening bones, adjusting insulin sensitivity, activating muscles, conducting nerve impulses and regulating heart rhythm - just to name a few!

Your body even uses magnesium as a power source. The trillions of cells in your body use magnesium to biologically activate adenosine triphosphate (ATP), an energy-bearing molecule used to drive various chemical and mechanical activities.

Makes you wonder whether we're getting enough, doesn't it? While it is a common mineral found on earth, and we do consume magnesium through our diet from foods like leafy greens, concentrations of magnesium in our foods aren't as high as they once were. Intensive agricultural methods have made our soil dirt poor in nutrients like magnesium. Less magnesium in our soil means less in our food and in our bodies where we need it.

To make matters worse, our modern lifestyle also consumes and demands a high magnesium intake. When we are under stress (which we often are), our body depletes reserves of magnesium to make stress hormones. Even medications and common drinks like coffee or wine can impair absorption or increase the excretion of magnesium by our kidneys.

A deficiency can affect every organ in the body. While common symptoms of magnesium deficiency are fatigue, low energy, agitation, anxiety, restless legs, headaches, irritability, cramping and low blood pressure, the most worrying part is that we may not experience any symptoms at all. It is possible to be deficient and not even know it.

Whether you are an athlete looking to keep those muscles pumping or protect against stress fractures, a student looking to calm some nerves before an exam, or just feeling stressed that you don't have enough magnesium in your life, you can try CanPrev ElectroMag as a convenient, easy-to-enjoy insurance for making sure you get the magnesium your body craves.

Each serving contains 150mg of magnesium from magnesium bis-glycinate, a chelated form of magnesium with some of the highest levels of absorption and bioavailability. Unlike other forms of magnesium, bis-glycinate doesn't react in the stomach, making it easier on the bowels and easier to absorb.

We also included a little extra boost of vitamin C and electrolytes for some added antioxidants and support for an active lifestyle.

Add some zing to your water with ElectroMag, a refreshing effervescent drink mix. This lime-flavoured supplement not only kicks your H₂O up a notch, but also delivers vitamin C, electrolytes and pure, easily absorbable magnesium bis-glycinate to every cell in your body.

Each packet contains:

Magnesium (magnesium bisglycinate)	150mg	Is the fourth most abundant mineral in the human body and is essential for energy production within our cells. 60% of the body's magnesium is found in our bones and the remainder in our major organs and tissues. In order to be properly absorbed, nutrients like magnesium need to be either in pure, organic form or attached to an organic molecule that will allow it to be more easily transported and absorbed in the intestines. Inorganic forms of magnesium, such as magnesium oxide, magnesium chloride and magnesium carbonate, tend to be less easily absorbed and can cause diarrhoea at high doses, which can lead to a serious depletion of minerals. In a study comparing the bioavailability of magnesium bisglycinate to that of magnesium oxide, magnesium bisglycinate was found to be 50% more absorbable.
Vitamin C (ascorbic acid)	375mg	Is a first line antioxidant of the body that strengthens and protects the immune system by stimulating the activity of antibodies and immune system cells. It also contributes to the maintenance of healthy bones, the prevention of periodontal disease and the healing of wounds.

Directions and duration of use

Empty contents into a glass and add 150 to 250ml of water, or to taste. Ages 9 years and up: Take 1 packet 1 to 2 times per day or as directed by a healthcare practitioner.

Non-medicinal ingredients

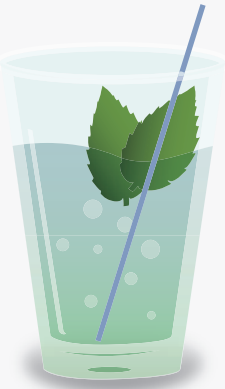
Citric acid, tartaric acid, sodium bicarbonate*, calcium carbonate*, potassium carbonate*, stevia, xylitol, tapioca maltodextrin, natural lemon-lime flavour, natural

lemon flavour, natural lime flavour.

***Provides electrolytes.**

Related products

5-HTP	I-3-C 200
Adrenal-Pro	L-Theanine
Alpha Lipoic Acid 600	Meno-Prev
Blood Sugar Support	Omega-Pro HP 40/20
D3 & K2 Drops	Osteo Prolong
D3 & K2 Softgels	Pain-Pro
Digestion & IBS	Pro-Biotik 15B
Fibre Flow	Pro-Biotik Powder
Healthy Heart	Resvera-Pro
Healthy Hormones	Synergy B
Healthy Lungs	



Our bodies crave magnesium because it's involved in several important biological processes. Why not satisfy that craving with a tasty mocktail?

ElectroMag-Jito

- 1 cup of coconut water
- 1 packet of ElectroMag
- A splash of orange juice
- 3-4 muddled mint leaves

Muddle mint leaves in a glass and set aside. In a separate glass, dissolve ElectroMag in coconut water and add orange juice. Pour into glass with mint leaves, stir and enjoy!



Shockingly good
magnesium.



Magnesium Bis-Glycinate. In capsule, pure powder
and now in your morning drink. tryelectromag.ca



Jenna Mangan

Yoga instructor & nutritionist

Blink too long and you'll miss her - Jenna's always on the move. She's a textbook example of how to live a healthy body, mind and spirit lifestyle. As a certified nutritional practitioner and registered holistic nutritionist, Jenna has a passion for teaching others how to source and prepare what's grown in the ground instead of what comes from a box.

Jenna is also a joga instructor, a form of yoga taught to competitive athletes. One of her favourite things to do is put hockey players through a series of dynamic stretches! All fun aside, though Jenna has a ton of energy, she still needs to make sure her body can keep up with her schedule. That's where CanPrev comes in. With a line of vitamins, supplements and shakes designed for the high-energy personality, CanPrev ticks all the boxes for the nutritional requirements of someone like Jenna.

Her favourite

"I love ElectroMag because it makes sense for the active individual. It tastes delicious and offers nutrients that are needed to stay hydrated and keep muscles healthy while training. It can also be used for individuals that suffer from anxiety, restlessness caused by stress or muscle cramps."





Omega-Pro™ HP 40/20

- Pure omega-3 fish oil
- 400/200mg EPA/DHA ratio
- Molecularly distilled
- Derived from small wild fish (sardine, anchovy, mackerel)
- With added vitamin E for freshness

Think you might not be getting enough essential fatty acids? Check your hands, feet and hair! Cracked heels, dry hair and brittle nails are common signs of an EFA deficiency.

When it comes to good fats, nothing can beat the health benefits of omega-3 essential fatty acids found in fish oil.

Your body doesn't make essential fatty acids on its own, so they must be obtained through food or supplement sources. Fish oil contains two kinds of omega-3 fatty acids - docosahexaenoic acid (DHA), essential for life-long cognitive function (DHA deficiencies have been linked to Alzheimer's disease) and eicosapentaenoic acid (EPA), a mood regulator essential for heart health that is found in the fatty tissues of cold water oily fish. Some nuts, seeds and vegetables oils contain alpha-linolenic acid, which the body converts into DHA and EPA.

Your body needs a balanced amount of both omega-3 and omega-6 fatty acids for maintaining good health, brain function, growth and development. However, a typical North American diet high in fried foods, cookies, crackers and other snack foods contains elevated amounts of omega-6 fatty acids. This creates an imbalance, leaving the door open to inflammation. Experts claim that inflammation is at the root of almost every medical issue, including heart attacks, strokes and arthritis, and it also reduces your ability to fight infectious diseases.

Making sure you are taking adequate amounts of omega-3 daily, like the kind found in CanPrev Omega-Pro™ HP 40/20, helps maintain a healthy balance of omega-3 and omega-6 fatty acids in the body. CanPrev uses molecularly distilled fish oils derived from small, wild, deep sea fish from South America, with added vitamin E to retain freshness. The Omega-Pro™ formula goes through rigorous testing by an independent laboratory for 14 separate stringent quality tests.

Omega-Pro™ HP 40/20 provides a high potency of 400mg of EPA and 200mg of DHA. Add CanPrev Omega-Pro™ HP 40/20 to your daily health maintenance plan.

"Because I try to mainly consume a Ketogenic diet, adding Omega-Pro to my meals has been a great way to ensure I get enough omega-3 fatty acids from a quality source of fish oil. Since taking Omega-Pro I've noticed a big difference in my skin and hair. This is a product I never skip out on because the benefits are just too good! Omega-Pro is a must have!"

Josie G.
CanPrev Ambassador

Each softgel contains:

Omega-Pro Essential HP 40/20
Fish oil 1,000mg

Fatty Acid Profile:
EPA400mg
DHA 200mg

Fish oil is a source of essential fatty acids. Fatty acids are the "building blocks" of fat. Some fatty acids are termed "essential" because the body cannot make them on its own and so they must be obtained through food or supplemental sources.

Essential fatty acids (EFAs) are polyunsaturated fats, which are fats that have more than one double-bonded carbon in the molecule. They are considered "good" fats that can help to reduce cholesterol levels in the blood and lower the risk of heart disease.

EFAs are made up of 2 families of fatty acids: omega-3 and omega-6. Experts generally recommend the consumption of more omega-3 fatty acids compared to omega-6, as a deficiency of omega-3 relative to omega-6 can result in inflammation in the body and an increased risk of degenerative disease. Fish oil is a rich source of omega-3 fatty acids.

There are in turn 2 major types of omega-3 fatty acids that are ingested in foods and used by the body: eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Extensive research suggests that EPA and DHA reduce inflammation and help to prevent certain chronic diseases, such as heart disease and arthritis. In addition, EPA and DHA are highly concentrated in the brain and appear to be particularly important for cognitive and behavioural function. In fact, infants who do not get enough omega-3 fatty acids from their mothers during pregnancy are at risk of developing vision and nerve defects.

Purity and quality are uncompromised in CanPrev Omega-Pro™ Essential. The fish oil is tested by an independent laboratory for 14 separate, stringent quality tests including arsenic, cadmium, lead, mercury, peroxide, PCBs, dioxins and furans, acid value and disintegration, and 5 separate tests for microbiological clarity. The d-alpha form of vitamin E is added to prevent degradation of the fish oil due to light or heat exposure.

Directions and duration of use

Adults - Take 1 to 3 softgels per day with food or as directed by a healthcare practitioner. For optimal results take daily.

Non-medicinal ingredients

D-Alpha tocopherol, bovine gelatin, glycerin, purified water.

Related products

- | | |
|---------------------|-------------------|
| Adult Multi | Joint-Pro |
| Antioxidant Network | Joint-Pro NEM |
| Curcumin-Pro | Magnesium |
| D3 Drops | Bis-Glycinate 200 |
| D3 Softgels | Mind-Pro |
| D3 & K2 Drops | Osteo Prolong |
| D3 & K2 Softgels | Pain-Pro |
| ElectroMag | Pro-Biotik 15B |
| Healthy Heart | Prostate-Pro |
| Immuno Multi | |



The Mercury Question

Some fish oils may contain high levels of toxic contaminants like mercury and lead. We stick to strict Good Manufacturing Practice (GMP) to ensure you don't have to worry about that when taking Omega-Pro Essential.





Ubiquinol 100

- Promotes heart health and migraine prevention
- Powerful antioxidant
- Active form of CoQ10
- Vital for energy production
- With MCT oil to enhance absorption

Ubiquinol is an active form of Coenzyme Q10 (CoQ10). CoQ10 is a vitamin-like essential component of the mitochondria, an organelle found in virtually all cells. CoQ10 helps your cells’ mitochondria to generate adenosine triphosphate (ATP), your body’s energy currency. In fact, the body cannot function without CoQ10. Therefore, it’s no surprise that organs with the highest energy needs like the heart, liver and kidneys all contain large amounts of CoQ10.

Ubiquinol is a fat-soluble molecule that’s stored in the liver and fatty tissue and provides the necessary amount of energy that your heart needs to function properly. Research shows that CoQ10 helps to maintain normal cholesterol levels and heart muscle strength and support, the health of blood vessel walls. The heart is one of the most metabolically active organs in our body, and thus a deficiency in CoQ10 usually affects the heart first. It is important to note that pharmaceutical treatment with statins (cholesterol lowering medications) can inhibit CoQ10 activity and lead to a serious deficiency. Supplementing with a daily dose of CanPrev Ubiquinol 100 can help restore what’s lost.

As a powerful antioxidant, ubiquinol can help protect your heart and other organs from free radical damage. Supplementing with CanPrev Ubiquinol 100 can contribute to a renewed sense of energy, as ubiquinol plays a role in the production of ATP, a transporter responsible for generating 90 to 95% of your body’s energy.

Using Ubiquinol preventatively may also play a role in migraine prevention. A double-blind, randomized, placebo-controlled trial* at University Hospital in Zurich, Switzerland showed that patients taking 300mg of CoQ10 daily had fewer and shorter headaches and less headache-related nausea. Other studies have shown similar results. It is recommended that CoQ10 is taken for a minimum of three months in order to see beneficial effects with migraines.

After age 30, your body is less able to metabolize CoQ10 on its own. Each capsule of CanPrev Ubiquinol 100 contains 100mg of active form CoQ10 for cardiovascular support and migraine prevention. Each softgel is formed from a base of medium chain triglyceride oil for enhanced absorption.

For the health of your heart, as a powerful antioxidant, and to guard against migraines, make CanPrev Ubiquinol 100 part of your daily health regimen.

Each softgel contains:

Ubiquinol	100mg	Vitamin-like antioxidant essential for cellular energy production.
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Directions and duration of use

Adults - Take 1 softgel per day with food or as directed by a healthcare practitioner. For migraine prevention, take 1 softgel, 2 times per day.

As a migraine prevention, use for a minimum of 3 months to see beneficial effects.

Non-medicinal ingredients

Medium chain triglycerides (from coconut and palm), purified water, glycerin, gelatin, silica, iron oxide.

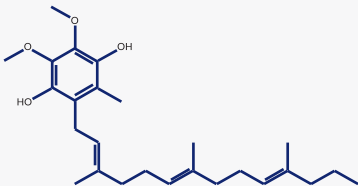
Cautions and warnings

Consult a healthcare practitioner on the use of this product if you are taking blood thinners or

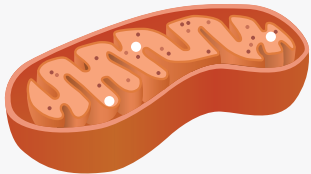
blood pressure medication. Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding. Consult a health care practitioner if migraine frequency increases and associated nausea or vomiting persists or worsens.

Related products

5-HTP 100	Magnesium Bis-Glycinate 200
Alpha Lipoic Acid 600	Mind-Pro
Antioxidant Network	Omega-Pro 40/20
Curcumin-Pro	Resvera-Pro
ElectroMag	Synergy B
Healthy Heart	



As we age, we become less capable of naturally converting coenzyme Q10 (CoQ10) into ubiquinol (the more bioavailable form of CoQ10).



Ubiquinol works inside of our cells’ mitochondria - the bean-shaped powerhouses of cells where energy is made. We need our mitochondria working well to produce energy.

* (Sandor et al. 2005)



Detox + Liver Health

Feeling heavy, bloated or just plain blah? A detox is a great way to ease your body into a change of seasons or to mark the start of a healthier lifestyle. Your liver already acts as your body's natural detoxifier, but sometimes it could use a little help getting rid of all the toxins and carcinogens that have built up over time.

You don't need to deprive yourself, you just need to take a step in the right direction, starting with supplements designed to recharge and revitalize.

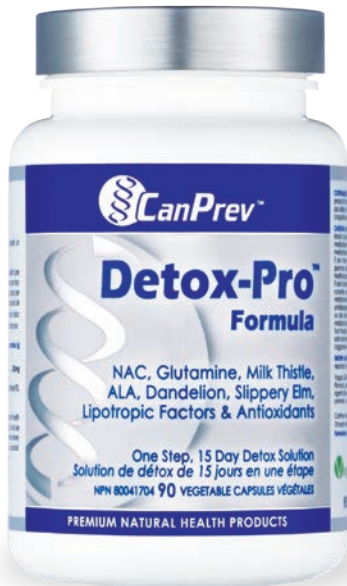
Chapter overview

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Related products

Antioxidant Network™	112
Curcumin-Pro™	64
Pro-Biotik™ 15B	16
Digestion & IBS	88
pH-Pro™	56
Fibre Flow™	90

Detox-Pro™



- 15 day total body detox
- Easy, one-step cleanse
- Antioxidants, trace minerals and herbs to help neutralize toxins
- Optimizes liver function, the body's prime organ of elimination

We're exposed to toxins like pesticides, heavy metals, drugs and hormones from our environment and in our food every single day. All the cells in our body can be affected by some level of toxicity, leading to fatigue, irregular elimination, irritated skin, allergies or low-grade infections. Toxins are also typically fat-soluble

and are often stored in our fat cells where they can sometimes remain for years. If we do nothing to remove them, they can contribute to more chronic diseases like asthma, cardiovascular disease, neurological disorders and obesity.

So how do we protect ourselves from this constant toxic bombardment? The answer lies with our liver. Blood detoxification is one of our most important liver functions - especially if it's healthy and has an array of optimal nutritional tools with which to do its vital work.

Detoxification happens in two phases. In Phase I, the liver converts toxic chemicals into less toxic ones, sometimes creating dangerous free radical by-products. Fortunately, antioxidants like vitamins C, E and natural carotenoids can quickly counteract them. In Phase II, liver cells chemically alter the toxic by-products of Phase I, making them water-soluble and easy to excrete.

Detox-Pro™ is a one-step, 15-day detoxification solution that provides critical nutrients to help support your liver function and optimize Phase I and Phase II pathways. It also contains a blend of medicinal herbs that gently stimulate the gallbladder, intestinal tract and bowel for enhanced toxin elimination.

Each veg capsule contains:

N-Acetylcysteine (NAC)	100mg	A precursor to the powerful antioxidant glutathione, an exceptional anti-toxin and immune support agent.
Vitamin A (acetate)	833IU	Key antioxidants that provide cofactors for Phase I and II detoxification.
Vitamin C(ascorbic acid).....	83.3mg	
Vitamin E (d-alpha)	67IU	
Vitamin B1 (thiamine HCl) ..	8.3mg	Required for energy production and to support various reactions in both Phase I and II detoxification.
Vitamin B2 (riboflavin)	8.3mg	
Vitamin B3 (niacin)	8.3mg	
Vitamin B6 (pyridoxine HCl) ..	8.3mg	
Vitamin B5 (calcium d-pantothenate)	25mg	Is an essential cofactor for energy production in the cells. It is also important for glucuronidation, an enzymatic step in Phase II detoxification.
Folate (folic acid)	133mcg	Provide cofactors for Phase II detoxification and aid in methylation.
Vitamin B12 (methylcobalamin) .	167mcg	
Choline (bitartrate)	10mg	Helps the liver to metabolize and transport fat.
Copper (citrate)	500mcg	Cofactors for the antioxidant enzyme, superoxide dismutase. Zinc also supports a healthy immune system.
Zinc (citrate)	5mg	
Magnesium (bisglycinate)	8.3mg	Macro mineral, essential for Phase I and Intermediate Phase detoxification.
Manganese (citrate)	416.7mcg	Trace mineral and component of the enzyme manganese superoxide dismutase.
Molybdenum (sodium molybdate)	8.35mcg	Essential trace mineral that forms and activates detoxification enzymes.
Selenium (yeast)	33.4mcg	Trace mineral that works as an antioxidant, especially in synergy with vitamin E.

TIPS FROM THE TEAM



“Reaching a healthy weight is a great way to support the liver, but be careful not to lose it too fast by fasting! Fasting causes your body to release a lot of stored fat, which floods the liver. Instead, try a stable, long-term weight loss plan by cutting refined carbohydrates and adding more whole foods like quinoa, yoghurt, apples and almonds!”

Cecilia Ho
ND, Scientific Advisor
& Formulator

Glycine	41.7mg	An amino acid utilized in Phase II detoxification to neutralize toxic acids.
L-Glutamine	50mg	Aids, protects and supports digestion during detoxification.
L-Methionine	41.7mg	A sulfur-containing essential amino acid that acts as a precursor to glutathione, the body's master detoxifier and one that is critical for the methylation of DNA and RNA.
Taurine	41.7mg	Acts in Phase II detoxification by neutralizing toxic acids and helping form bile acids.
DL-Alpha lipoic acid	16.7mg	Acts as an antioxidant in both fat and water-soluble tissues. Works synergistically with vitamins C and E and glutathione, which have liver protective properties.
Artichoke extract (leaf, 4:1)	53.3mg	Has strong antioxidant and liver protective properties and helps to prevent depletion of glutathione.
Turmeric (95% curcuminoids)	33.3mg	Acts as an antioxidant in both fat and water-soluble tissues. Works synergistically with vitamins C and E and glutathione, which have liver protective properties.
Dandelion extract (root, 10:1)	16.7mg	Dandelion's bitter compounds, taraxacum and inulin stimulate the digestive glands and liver.
Green tea extract (leaf, 95% polyphenols)	20mg	Contains catechin polyphenols that help modulate and support Phase I and II activities.
Milk thistle extract (seed, 80% silymarin)	33.3mg	Milk thistle's active ingredient silymarin is an antioxidant that protects and regenerates the liver.
Rosemary extract (leaf, 4:1)	16.7mg	Has antioxidant properties and inhibits some cancer-causing effects of carcinogens.
Slippery elm extract (stem bark, 10:1)	16.7mg	Forms a gel-like substance when mixed with water that protects the mucous membranes. Supports the detoxification of chemicals and metabolic irritants.

Directions and duration of use

Take 2 capsules 3 times per day with meals including protein a few hours before or after taking other medications, or as directed by a healthcare practitioner. Take for 15 days. May be repeated periodically throughout the year. For optimal effectiveness, take with plenty of fibre and probiotics. Avoid red meat, dairy, gluten, sugar and alcohol. No other vitamin supplements are required during this time.

Non-medicinal ingredients

Vegetable-grade magnesium stearate, vegetable capsule.

Cautions and warnings

Contraindicated in pregnant

and breastfeeding women and those with biliary tract or bowel obstructions, liver or gall bladder disorders, or allergies to plants of the daisy family.

Caution advised with medical conditions, including cancer, diabetes, cystinuria, gallstones, iron deficiency, excess stomach acid and stomach ulcers.

Caution advised with a low protein diet.

Caution advised when there is a history of non-melanoma skin cancer.

Detox-Pro contains natural diuretics. Consult a healthcare practitioner prior to use in cases of heart disease, high or low blood pressure, kidney disorder or edema (swelling of the hands, face or feet) or if

taking products containing diuretics.

Drug interactions

Caution advised when used concurrently with antiplatelet agents, blood thinners, nitroglycerin or antibiotics.

Side effects

Stop use and seek immediate medical attention if dizziness, confusion, abnormal heartbeat, difficulty breathing or muscle pain or weakness occurs after taking this product.

Discontinue use if hypersensitivity or symptoms of liver trouble, such as abdominal pain, dark urine and jaundice occur.

Those sensitive to nicotinic acid may experience flushing of the skin that is generally mild and transient.

If you experience 3 or more of these symptoms, you may have a congested liver that might benefit from a detox.

☐ Constant aches and pain

☐ Chronic fatigue

☐ Frequent headaches

☐ Bloating feeling

☐ Mental fog

☐ Constipation or diarrhoea

☐ Sensitivity to alcohol and chemicals

☐ Skin problems (eczema, psoriasis)

Related products

Alpha Lipoic Acid 600

Curcumin-Pro

Fibre Flow

Healthy Lungs

I-3-C 200

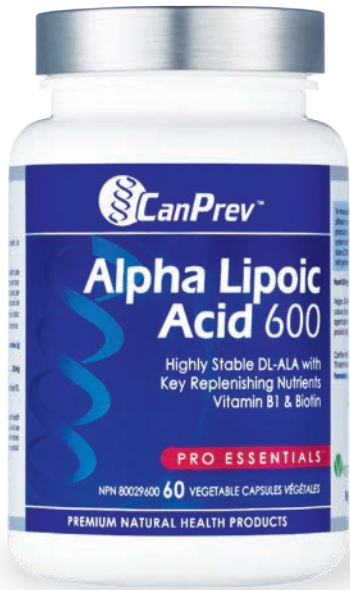
Oil of Oregano

pH-Pro

Pro-Biotik 15B

Slim-Pro





Alpha Lipoic Acid 600

- 600mg of alpha lipoic acid per capsule
- Highly stable DL-ALA form
- Contains key replenishing nutrients B1 and biotin

Discovered in 1988, alpha lipoic acid (ALA) is often called the “king of free radical fighters” for its powerful antioxidant abilities. It is the only antioxidant that is both water-soluble and lipid-soluble, a property that allows ALA to protect both the watery insides and fatty cellular membranes of your body’s cells from harmful free radical damage.

Free radicals are highly reactive and very unstable molecules that can damage our body’s tissues. Free radicals stem from environmental pollution, cigarette smoke, medications, alcohol, illness and stress. The need for powerful antioxidants in our day to day lives is important, as we are constantly exposed to very large amounts of free radicals. This is where ALA comes in.

ALA is an interesting antioxidant because it is easily absorbed through the walls of our cell membranes, and is thus able to protect against free radical oxidative damage to the proteins and DNA structures inside our cells. Most antioxidants are unable to cross the cell wall and can only provide external cellular protection. Once inside the cell, ALA breaks down into dihydrolipoic acid. This new form of ALA is able to wipe out damaging superoxide, hydroperoxy and hydroxyl radicals.

As we get older, we produce less of our own antioxidants and are less and less able to make and recycle key antioxidants like vitamin E, vitamin C and coenzyme Q-10. ALA is unique because it regenerates antioxidants, helping them to stay longer in the body and continue their work neutralizing free radicals. ALA improves nerve conduction and blood flow and it reduces oxidative stress. Several clinical trials have shown that while most antioxidants are not able to protect against the vascular damage of diabetes, ALA is believed to be an exception. ALA also acts as a partner to a number of vital enzymes that we need for metabolizing carbohydrates and changing glucose to energy - good news for anyone with blood sugar challenges.

CanPrev Alpha Lipoic Acid 600 provides a therapeutic 600mg dose of a safe and stable form of ALA. The formula is supported with thiamine and biotin, as these nutrients in particular can either be deficient or compete with each other for absorption into cells. Studies show that those with thiamine deficiencies (such as those with digestive disorders or heavy alcohol use) can experience toxic side effects if high doses of ALA are taken without the support of thiamine. A biotin deficiency can occur due to high dosing with ALA as they both seem to compete with each other to get across the cell wall. ALA usually wins out and a deficiency can occur unless extra biotin is taken. Combining them into one formula ensures they work as equal partners instead of contenders.

Broccoli, potatoes, spinach and tomatoes are great ways to boost your ALA levels.

Each veg capsule contains:

DL-Alpha lipoic acid	600mg	Understanding natural R-ALA and synthetic S-ALA: the majority of ALA supplements contain a 50/50 mixture of both forms, termed either “racemic ALA” or “DL-ALA”. The bulk of the scientific studies on the safety and efficacy of ALA have been conducted utilizing this natural and synthetic mixture. It is not disputed that natural form R-ALA (also known as R+ALA), is more absorbable and readily reduced to the very effective antioxidant dihydrolipoic acid (DHLA). This new form of ALA is very potent because it has a protein tail, which can easily bind to cell receptors. However, the stability of this molecule acting on its own is in question because of its tendency to be polymerized (altered) in stomach acid, which inhibits absorption. Studies have shown that the synthetic S-ALA form actually protects the natural R-ALA molecule from polymerization. Forms sold as “R+ALA” are therefore either questionably stable or may be found to be stabilized with a salt molecule. This method of salt stabilization, however, has yet to be backed by any solid scientific research that proves either its safety or its efficacy.
Vitamin B1 (thiamine)	20mg	A protective antioxidant and cofactor for energy production. People who suffer from digestive disorders or alcoholism, or who are taking conventional medications that reduce thiamine levels, may be thiamine deficient and should always supplement with additional thiamine when taking ALA.
Biotin	200mcg	Is an antioxidant and cofactor for energy production. There is some evidence that high concentrations of ALA can compete with biotin for transport across cell membranes, as their chemical structures are similar. Biotin has thus been added to the formula to prevent a deficiency in this nutrient.

Directions and duration of use

Adults - Take 1 capsule per day or as directed by a healthcare practitioner.

Non-medicinal ingredients

Vegetable-grade magnesium stearate, vegetable capsule.

Cautions and warnings

Caution advised during pregnancy, while breastfeeding and with any medical conditions, including diabetes.

Related products

Antioxidant Network	Healthy Heart
Blood Sugar support	Magnesium Bis-Glycinate 200
Curcumin-Pro	Mind-Pro
Detox-Pro	Omega-Pro 40/20
ElectroMag	Slim-Pro
Eye-Pro	



TIPS FROM THE TEAM



“Did you know food intolerances can cause malnutrition? Ask your naturopathic doctor to set you up on an elimination diet, so you can learn to avoid trigger foods.”

James Yoon

ND, Scientific Advisor & Educator



Digestive Health

Digestion is an important factor in your overall health. A well-functioning digestive system ensures your body absorbs the nutrients it needs for energy, repair and growth. You'll know something's off track if you experience symptoms like constipation, gas or bloating.

Keeping the right treatments on hand for when digestive distress rears its ugly head can alleviate symptoms, restore regularity and leave you feeling lighter.

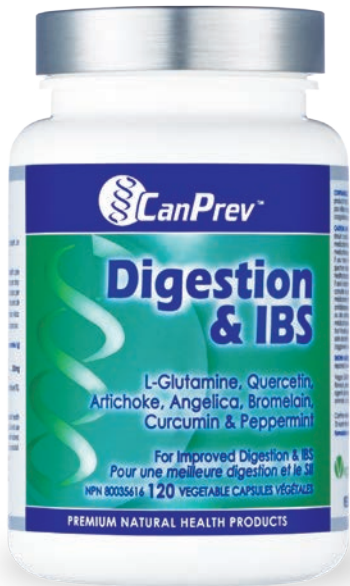
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Acid reflux can be a pain. To prevent nighttime heartburn, eat a few hours before bedtime to give food time to digest and allow gravity to drain stomach acid before you lie down.



Digestion & IBS

- Relieves IBS symptoms and indigestion
- Reduces gas, bloating and abdominal pains
- Relieves acid reflux
- Improves gastrointestinal health

Whether you're travelling abroad or spending an evening out with friends, the last thing you want to worry about is where the nearest washrooms are or doubt every dish on the menu. Poor digestion or Irritable Bowel Syndrome (IBS) can be pretty inconvenient. It can also compromise your health by preventing you from absorbing all the nutrients you need, setting the stage for chronic inflammation.

IBS symptoms can be all over the map. Normally, muscle along intestinal walls contracts and relaxes to push food through. When you have IBS, the contractions are more intense and last longer, forcing food through more quickly and giving you symptoms of gas, bloating and diarrhoea. But the opposite can also be true - weaker muscle contractions cause food to stay in the colon longer, resulting in constipation. Some people actually experience both and suffer from extreme cramping and passing only mucous or small amounts of stool.

IBS sufferers need to stay vigilant. Frequent bouts of diarrhoea can cut the absorption of vitamins, minerals, proteins, fats and carbohydrates, all of which you need to stay healthy.

Pinpointing what triggers IBS can be like finding a needle in a haystack. Foods like chocolate, spices, fats, beans and even some fruits or vegetables can launch symptoms. Stress, hormonal changes in women during their menstrual cycles or intestinal bacterial overgrowth can also be culprits.

There is no cure for IBS, but there is help for reducing intestinal discomfort when it hits.

CanPrev Digestion & IBS is formulated to calm symptoms associated with IBS. It contains a perfect blend of amino acids and antioxidants that nourish cells in intestinal walls and enhance gastrointestinal barrier function. Other ingredients work to deflate the uncomfortable feelings of fullness and bloating and support the complete digestion of food.

Making sure you have an optimum supply of beneficial bacteria is important when it comes to managing IBS, too. Pairing Digestion & IBS with CanPrev Pro-Biotik™ 15B can give you extra protection against symptoms of pain, bloating and diarrhoea.

No need to keep making excuses. Start saying yes to those trips and dinner invitations with the help of Digestion & IBS plus Pro-Biotik™ 15B today!

Many people with IBS tend to eat less meat, which can restrict protein intake. To ensure you're still getting enough protein, consider eating more fish. It's easier to digest, contains omega-3 fatty acids, and is a good source of protein.

Each veg capsule contains:

L-Glutamine	350mg	A form of metabolic fuel for the intestinal cells that maintains the villi found in the absorptive surface of the small intestine. It nourishes the immune cells along the length of the gastrointestinal tract and can help restore normal tissue function, heal peptic ulcers and prevent intestinal permeability.
Quercetin (dihydrate)	125mg	A bioflavonoid that decreases inflammation by inhibiting inflammatory enzymes and stabilizing mast cells. Researchers have found that digestive symptoms may be the result of the activity of inflammatory factors, including mast cells and eosinophils.
Artichoke extract (leaf, 4:1)	107mg	Increases the secretion of bile acids from the liver and gallbladder, which aids digestion and helps to decrease symptoms of bloating and fullness.
Angelica (root)	50mg	Has been reported by the German Commission E to stimulate the secretion of gastric juices, and to have anti-spasmodic and cholagogue actions.
Bromelain (pineapple stem)	50mg	A natural anti-inflammatory enzyme derived from pineapple juice pulp that assists in breaking down proteins to further improve digestion.
Curcumin (turmeric)	31mg	Contains curcuminoids - powerful anti-inflammatory phytochemicals. It also contains liver protective compounds that stimulate bile production and increase glutathione.
Peppermint extract (leaf, 10:1)	20mg	Stimulates the flow of bile from the liver and gallbladder, which helps to relieve symptoms of indigestion. Inhibits unhealthy microorganisms and reduces gastric spasms.

Directions and duration of use

Adults - Take 3 capsules 2 times per day with main meals (i.e. lunch and dinner) or as directed by a healthcare practitioner. For optimal results, take with plenty of fibre and probiotics. Consult a healthcare practitioner for use beyond 3 months.

Non-medicinal ingredients

Vegetable-grade magnesium stearate, vegetable capsule.

Cautions and warnings

Contraindicated in pregnant and breastfeeding women, and those with a bile duct obstruction or allergies to plants belonging to the daisy family.

Caution advised with medical conditions, including anaemia, gallstones, excess stomach acid, gastrointestinal lesions and peptic or stomach ulcers.

Caution advised with a low protein diet and before surgery.

Avoid prolonged exposure

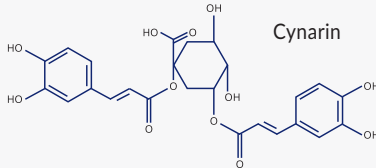
to sunlight, UV light or UV therapy, as ingredients may cause photosensitivity.

Drug interactions

Caution advised when used concurrently with blood thinners, anticoagulant or anti-inflammatory agents, antibiotics or antiplatelet medications.

Side effects

Discontinue use if hypersensitivity, nausea, vomiting or diarrhoea occurs.



Artichoke contains a phenolic acid called cynarin, which can stimulate bile secretion. Bile improves digestion and increases the absorption of fat soluble nutrients. What's more, artichoke also has the added benefit of being an antispasmodic, which helps to reduce nausea, vomiting and intestinal spasms.

Related products

- 5-HTP 100
Detox-Pro
ElectroMag
Fibre Flow
Immuno Multi
- Magnesium Bis-Glycinate 200
pH-Pro
Pain-Pro
Pro-Biotik 15B





Fibre Flow™

- Made with Actazin®, a proprietary kiwifruit extract from New Zealand
- With naturally occurring prebiotics and enzymes
- With apple pectin and konjac root (glucomannan fibre)
- Gently relieves irregularity or constipation and restores natural bowel flow
- Helps to lower cholesterol levels

TIPS FROM THE TEAM



“Over the weekend, I always prep a favourite recipe that will keep well in the fridge, so that way I can easily whip up a wholesome meal with no fuss on a busy weeknight.”

Ilda Sallese
Logistics Manager

Sure, we all like to make bowel jokes every now and then, but sometimes we need to get serious about our digestive health. Once you’ve chewed and swallowed your food, it can take days for it to make its way through your system and be eliminated as waste. Chances are you usually never have to give constipation a thought, but on days you do, CanPrev Fibre Flow™ can help.

Certain medications, not drinking enough water, or resisting the urge to empty the bowels can make stools hard and dry or difficult to pass. That’s when a little assistance is needed to move things along, like Fibre Flow™. All bulking ingredients in Fibre Flow™ capsules contain an innovative combination of plant and fruit extracts readily found in nature that are safe to use and easy on your system.

Daily elimination is best, but if it’s been longer than three days, try our gentle formulation developed for the relief of irregularity and constipation. It is a completely natural, bulk-forming laxative that helps to restore regularity and natural bowel contractions by increasing the volume and water content of the stool. It is made with a uniquely processed, freeze-dried kiwifruit extract from New Zealand that retains a high degree of the naturally occurring enzymes found in the fruit. It is also formulated with a therapeutic dose of konjac root, which is well documented for its laxative properties.

Constipation is no laughing matter, but you can easily get your system back on track with Fibre Flow™.

Each capsule contains:

Glucomannan (konjac root)	500mg	Is a water-soluble dietary fibre that is derived from konjac root. Soluble fibre can prevent both diarrhoea and constipation, as it absorbs excess water from the gut and also softens stools. Like other soluble fibre, glucomannan dissolves partially in water to form a mucilage or gel that can slow digestion and provide a sense of fullness, which may be beneficial in weight loss and blood sugar balancing.
Actazin® (actinidia chinensis from New Zealand golden Kiwifruit)	150mg	Has a high fibre and unique mucilage content that makes it a gentle and effective laxative with a profound normalizing effect on the digestive tract. It contains insoluble fibre, which absorbs water and expands to help increase stool volume. It naturally contains protease enzymes like cysteine and serine protease that can regulate the motility of smooth muscle in the gut. Its oligosaccharide and polyphenol content helps to re-establish a healthy gut microflora.
Pectin (apple)	40mg	A source of soluble dietary fibre from apples. Soluble fibre forms a gel-like consistency that binds cholesterol and delays gastric emptying to help maintain healthy glucose levels. In a recent animal study, apple pectin was shown to increase the amounts of beneficial bacteria in the gastrointestinal system.

Directions and duration of use

Adults – Take 1 capsule 3 times per day for regularity, or 2 capsules 3 times per day for gentle relief of constipation. Take with meals 2 hours before or after other medications and with at least 250 ml of liquid. Taking this product with insufficient liquid may result in choking or obstruction of the throat, oesophagus or intestine. Do not take immediately before bedtime.

Non-medicinal ingredients

Vegetable-grade magnesium

stearate, vegetable capsule, silicon dioxide.

Cautions and warnings

Caution advised if you are pregnant, breastfeeding or taking any medication, or if you have a medical condition, including diabetes or symptoms such as abdominal pain, nausea, vomiting or fever, as these could be signs of abnormal constrictions of the gastrointestinal tract, disease of the oesophagus or the superior opening of the stomach, potential or existing intestinal blockage, paralysis of the intestine, megacolon, faecal

impaction, inflamed bowel or appendicitis. Do not use if you have difficulty swallowing.

Consult a healthcare practitioner if symptoms worsen or if laxative effect does not occur within 7 days.

Side effects

Seek immediate medical attention if chest pain, vomiting or difficulty swallowing or breathing occurs after taking this product.

Loose stools, flatulence, diarrhoea or abdominal discomfort may occur.

Related products

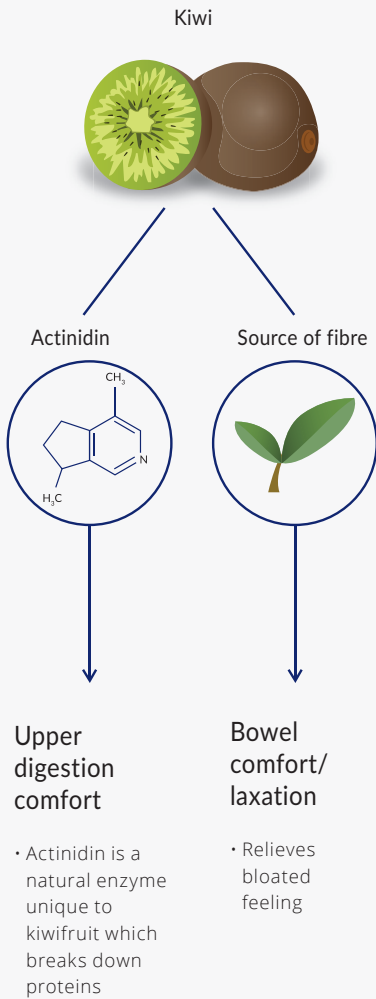
Detox-Pro
Digestion & IBS

Magnesium
Bis-Glycinate 200
Pro-Biotik 15B



What’s in kiwi?

Not only is kiwi rich in fibre, but also in actinidin, an enzyme that can help breakdown proteins, improve digestion, and relieve bloating.



Endocrine Health

You can grow to be six feet tall, eat a lot and never gain a pound, fall in love over and over - these are all examples of what your endocrine system does. It's one big family of hormones and glands that work together to control your metabolism, growth and development, tissue function, sexual function, reproduction, sleep, mood and more.

Supporting the endocrine system with the right supplements will help keep all members of the family growing and thriving.

Chapter overview

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Adrenal-Pro™

- Helps increase energy and reduce stress and fatigue
- Enhances physical and mental performance
- Provides an improved sense of well being

TIPS FROM THE TEAM



“Taking adaptogens helps to recharge my body’s batteries. With Adrenal-Pro, I can check off all the items on my ‘to do’ list without feeling exhausted!”

Tanya Salituro
Founder

Your adrenal glands are two triangular-shaped glands that sit at the top of your kidneys and secrete hormones in your body.

The adrenal cortex, or outer part of the gland, produces cortisol - which helps regulate metabolism and your body’s response to stress - and aldosterone, which helps regulate blood pressure. The adrenal medulla, or inner part, produces adrenaline, which is responsible for triggering the “fight or flight” response in your body in times of stress.

When your adrenal glands aren’t secreting the right amount of hormones to keep levels elevated, you may need to seek support. Some signs of adrenal fatigue include low energy, body aches, low blood pressure, unexplained weight loss or gain, lightheadedness and skin discolouration or hyperpigmentation.

Your adrenal glands can be worked overtime, too. Chronic stress puts a high demand on the adrenals and taxes them to the point of exhaustion. They then run out of energy and resources to meet the body’s needs.

Adrenal-Pro™ is specially formulated to support the adrenal glands, increase energy, reduce stress and fatigue and provide an improved sense of well being. A blend of nutrients and adaptogenic herbs used in herbal medicine, Adrenal-Pro™ can help improve mental and physical performance after periods of exertion.

Each veg capsule contains:

L-tyrosine	200mg	Serves as a precursor for the synthesis of various hormones, including thyroid and pituitary hormones, and many of the hormones involved in the stress response.
Pantothenic acid (calcium d-pantothenate)	125mg	Is critical to the manufacture of red blood cells as well as sex and stress-related hormones produced in the adrenal glands.
Ashwagandha extract (root, 1.5% withanolides)	100mg	Has demonstrated anti-stress, antioxidant, mind-boosting, immune-boosting and thyroid-rejuvenating properties in studies.

Schisandra extract (berry, 1.6% schisandrins)	75mg	Is a herb used in Traditional Chinese Medicine that possesses adaptogenic properties and supports optimal adrenal function.
Siberian ginseng extract (root, 10:1)	75mg	Is a traditional herbal remedy used to increase physical endurance, work productivity and longevity, as well as to treat fatigue, depression, infections and nervous system disorders.
Rhodiola extract (root, 3% rosavins, 1% salidroside)	50mg	Is a traditional herbal remedy used to increase physical endurance, work productivity and longevity, as well as to treat fatigue, depression, infections and nervous system disorders.
Astragalus extract (root, 10:1)	38mg	Has been prescribed for centuries to treat chronic illness and debility and increase overall vitality.
Vitamin B6 (pyridoxine HCl)	15mg	Enhances the activity of the immune system and improves the body’s ability to withstand stressful conditions. It is also an important cofactor for a large number of enzyme pathways in the adrenal glands.

Directions and duration of use

Adults - Take 2 capsules in the morning and 2 in the evening with food or as directed by a healthcare practitioner. Consult a healthcare practitioner for use beyond 2 months. Periodic intervals of abstinence (2 week breaks before continuing) is recommended for long-term use.

Non-medicinal ingredients

Vegetable-grade magnesium stearate, vegetable capsule.

Cautions and warnings

Contraindicated in pregnant and breastfeeding women, and those with high blood pressure.

Caution advised with medical conditions, including autoimmune disorders, acute infections

and bipolar disorders.

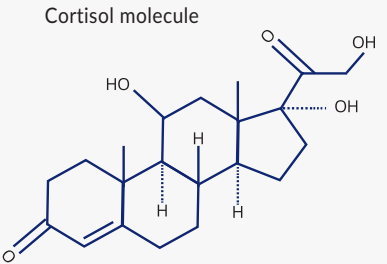
Caution advised with a low protein diet.

Drug interactions

Consumption with alcohol, or with other medications or natural health products with sedative properties is not recommended.

Related products

Digestion & IBS	Meno-Prev
ElectroMag	Synergy B
Immuno Multi	Synergy C
Magnesium Bis-Glycinate 200	Thyroid-Pro



Why do we get sick when we’re stressed? Your body creates a hormone called cortisol when you’re under stress. This hormone, which helps reduce inflammation in the body and increase your pain threshold, also suppresses your immune system.

While it’s great for a short-term fight-or-flight response, over time the immunosuppressive effect can lead to a higher chance of infection.



Chronic stress and your body

Here are some of the different ways chronic stress can impact our body.

Brain

Chronic stress impairs serotonin transmission in the brain and is a major risk factor for developing **depression**. Chronic stress also triggers the production of the pain-producing substance P, which dilates blood vessels and releases allergic compounds involved in **pain** and **migraines**.

Heart

Adrenaline and cortisol produced during the stress response cause elevations in **blood pressure**, increased heart rate, and, if chronic, an increased risk of **heart disease**.

Pancreas

Stress hormones raise blood sugar levels by making cells resistant to insulin, which overtime can increase risk of **Type II Diabetes** and **insulin insensitivity**. We also tend to eat poorly when stressed and consume more sugar through refined carbohydrates.

Immune system

Cortisol suppresses the immune system as a protective factor. Continuous stress may predispose a patient to **infection** and vulnerability to **disease**.

Thyroid

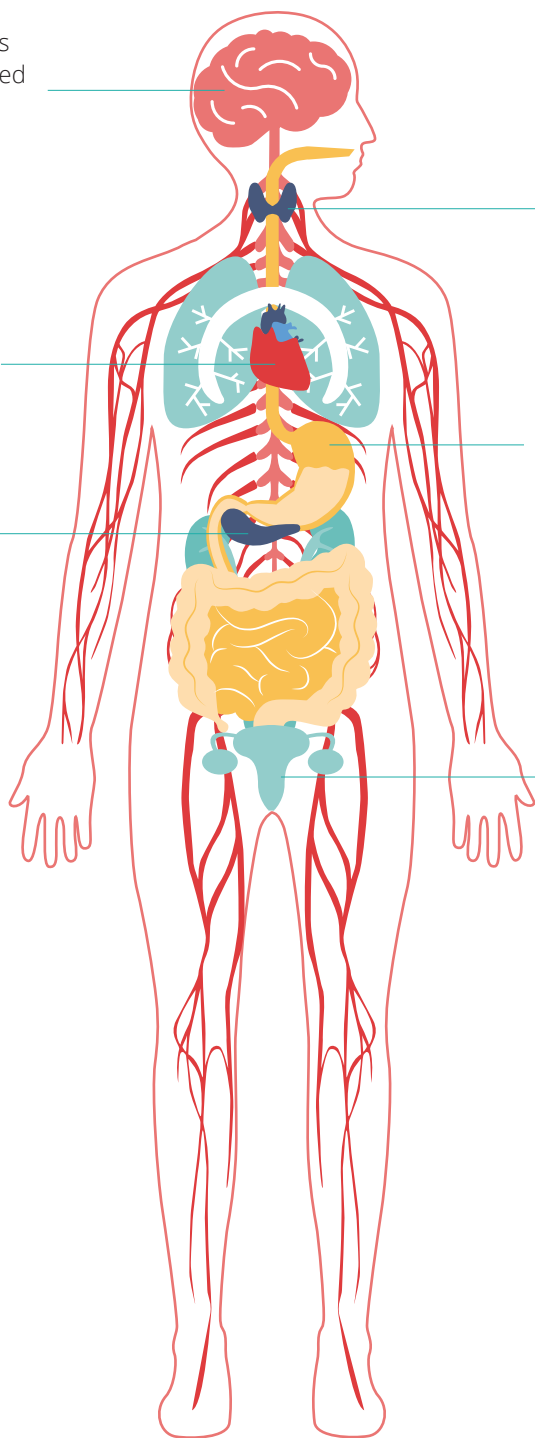
Inflammatory cytokines released during the stress response reduce levels of TSH and interfere with the conversion of T4 to T3, resulting in symptoms of **hypothyroidism**.

Stomach

Ongoing stress can result in prolonged and decreased blood flow to the stomach lining causing ischemia and erosion as the lining is exposed to acidic pH of the stomach. Stress and emotions can significantly impact the communication signals between the brain and gut and lead to symptoms of **irritable bowel syndrome** (IBS), or GERD and reflux.

Reproductive system

High cortisol can block progesterone from binding to cells, favouring estrogen dominance which leads to symptoms of **PMS** or **infertility**.



Flavio Pagliero ParaSports athlete

Few people know what it's like to start over again like Flavio. Today he's a competitive hand cyclist and mentor to people with spinal cord injuries, but in 2001 he was in a hospital bed wondering how he would continue playing all the sports he loved. Well, he definitely found a way. After Flavio learned how to manoeuvre his chair, he was back on the tennis and basketball courts, on the water rowing, and on the hill adaptive skiing. If he didn't pride himself on his strength and agility before, he certainly does now.

A guy like Flavio is picky about what he puts into his body. The products have to be pure, with no synthetic binders or fillers, and they have to work. This is what he's found in CanPrev. Whether he's strength training at the gym or racing around a cycling track, Flavio relies on CanPrev products take get his body to where his determination wants to go.

His favourite

"My sports training sessions are grueling enough, but as a paraplegic I need to work that much harder to get the results I'm looking for. Since I started taking Adrenal-Pro (2 capsules twice a day), I've noticed that not only have my energy and physical output levels increased, but it's also helped to recharge my strength when I'm hand cycling or playing a competitive game of wheelchair tennis."





Cathy Jurchuk

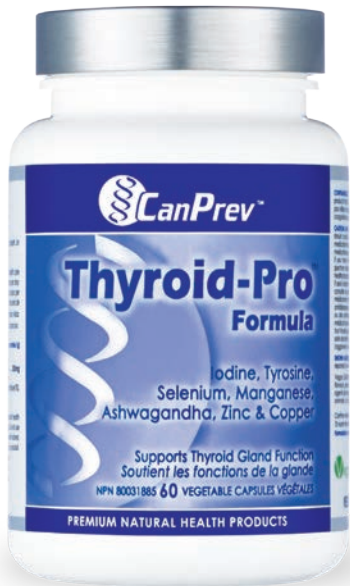
National service dog trainer

Teaching 75 to 100 pound young dogs to discipline their playfulness takes a lot of strength and patience from a guide dog trainer like Cathy. Though she's greeted every day with wet noses and sloppy kisses, it's soon down to work. Cathy spends up to 75 hours a week in the field with the dogs and at her desk finding the ideal families to place them with. The fact that she has hypoglycemia and ulcerative colitis doesn't slow her down or stop her from hitting the gym five days a week either. Cathy's curious nature leads her to explore every avenue to help better manage her health. For her, CanPrev products prove what they claim and let her get on with the work and the life she loves.

Her favourite

"My father recently experienced some serious health issues that lasted over two and a half months, which in turn created a great deal of stress in my life. I tried Adrenal-Pro to help me manage my health through this stressful time and I have been very fortunate to remain healthy enough to help care for my father. Even with having ulcerative colitis, I have not experienced a flare up during this stressful period. Thanks CanPrev!"





Thyroid-Pro™

- Synergistic blend of nutrients and herbs that helps to support the healthy functioning of the thyroid gland
- Contains iodine naturally sourced from bladderwrack
- Contains the important cofactors selenium, zinc and copper

TIPS FROM THE TEAM



“CanPrev products really make a difference in how I feel every day. From when I first take my vitamins in the morning, to my shake in the afternoon, to supplements that help me sleep at night, CanPrev has me covered.”

Heidi Hoff
Freelance Contributor

The thyroid is a butterfly-shaped gland that sits at the front of your neck and makes thyroid hormones that affect your metabolism. If you have hypothyroidism, your body isn't producing enough thyroid hormone. You may feel tired or cold all the time, have dry skin, a slow heart rate, be constipated, or gain weight for no apparent reason. If your thyroid hormone levels are too high, you have hyperthyroidism. Obvious symptoms include nervousness, trouble concentrating, feeling warmer than usual, having a rapid heart rate and losing weight without trying.

The pituitary gland located at the base of the brain keeps track of the amount of thyroid hormone in the blood. It sends signals to the thyroid gland to either make more or less depending on what's needed for optimum function.

A goiter, or enlarged thyroid, can cause difficulties swallowing or breathing. A lack of iodine in the diet is the most common cause, but goiters can also result from thyroid hormone over or under production, or nodules on the gland itself.

Normal thyroid function is dependent on the presence of many trace elements for both the synthesis and metabolism of thyroid hormones. Thyroid-Pro™ is specially formulated with a blend of essential minerals to support thyroid function and help prevent iodine deficiency. In addition to providing an adaptogenic herb for stress support, Thyroid-Pro™ contains L-tyrosine and key cofactors necessary for the enzymatic production of the thyroid hormones, triiodothyronine (T3) and thyroxine (T4).

Each veg capsule contains:

L-Tyrosine	450mg	The vitamin form of the amino acid, tyrosine, which plays a critical role in the formation of the thyroid hormones, T3 and T4.
Ashwagandha (root, 1.5% withanolides)	100mg	A botanical adaptogen that can mediate the body's stress response. Stress results in high cortisol levels, which can slow the conversion of the inactive form of thyroid hormone, T4, into the active form, T3. Chronic stress can also suppress the pituitary gland and in turn affect the release of thyroid stimulating hormone (TSH). Ashwagandha has demonstrated in several studies to have anti-stress and thyroid-rejuvenating properties.

Zinc (citrate)	7.5mg	An essential mineral for healthy thyroid hormone production, as it helps to support the conversion of T4 to T3 in the body.
Copper (citrate)	1.5mg	Copper status has been linked to a decrease in plasma T3 concentration in animals and humans.
Manganese (citrate)	500mcg	An essential trace mineral and a key component of the antioxidant enzyme, superoxide dismutase (SOD). Several clinical studies have shown a direct relationship between manganese status and thyroid activity, with higher serum manganese concentrations correlating with higher plasma thyroid hormone levels.
Iodine (ascophyllum nodosum)	200mcg	An important trace mineral for the healthy functioning of the thyroid gland and production of T3 and T4 thyroid hormones. Iodine deficiency can contribute to hypothyroidism and goiter development.
Selenium (yeast)	200mcg	Another essential trace mineral found in greatest concentrations in the thyroid gland, and is a component of the enzyme that helps to convert T4 to T3. A selenium deficiency can contribute to autoimmune thyroid disease.

Directions and duration of use

Adults - Take 2 capsules per day or as directed by a healthcare practitioner.

Non-medicinal ingredients

Vegetable-grade magnesium stearate, vegetable capsule.

Cautions and warnings

Contraindicated in pregnant

and breastfeeding women.

Caution advised with a low protein diet.

Caution advised when there is a history of non-melanoma skin cancer.

The iodine in this product is naturally sourced from seaweed and may have come in contact with crustaceans. Caution advised with allergies to shellfish.

Contains the Health Canada maximum daily dosage of selenium for adults (400 mcg). User should consult a healthcare practitioner prior to taking additional selenium.

Drug interactions

Consumption with alcohol, or with other medications or natural health products with sedative properties is not recommended.

Related products

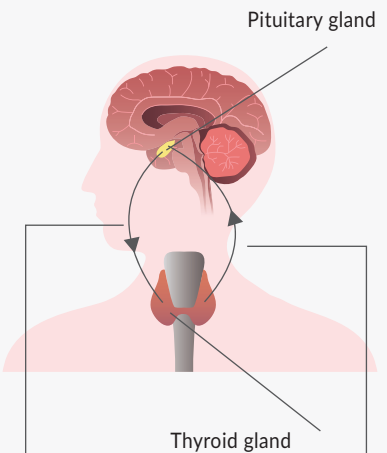
Adrenal-Pro
D3 Drops
D3 Softgels
Fibre Flow

Omega-Pro HP 40/20
Slim-Pro
Synergy B



Why do you test TSH?

TSH isn't a thyroid hormone like T3 or T4, but it can indicate how much thyroid hormone is present. Since TSH is a stimulating hormone, increased TSH levels usually mean there isn't enough thyroid hormone and that more should be produced. This isn't always an accurate measure though, so be sure to check your T3 and T4 levels too, if there is any doubt.



Increased levels of T₃ and T₄ signals the pituitary gland to produce less TSH.

Increased levels of TSH signals the thyroid to produce more T₃ and T₄ hormones.



Blood Sugar Support



- Regulates blood sugar levels
- Provides antioxidant protection
- Provides support for eyes and nerves

We all have blood glucose (sugar) that courses through our veins and supplies our cells with much needed energy. But there's no sugarcoating the fact that consistently high blood glucose levels can silently cause cholesterol to build up inside the blood vessels (atherosclerosis) and damage organs, leaving us vulnerable to a heart attack, stroke, kidney disease, vision loss and nerve damage. Not everyone knows they're at risk, monitors

their blood glucose, or has an easy time keeping their blood glucose balanced. But everyone can take preventative measures to keep fluctuating blood sugar levels from becoming a problem.

CanPrev Blood Sugar Support, a comprehensive daily formula containing herbs, antioxidants and extracts has been shown to support balanced blood sugar levels and counteract oxidative stress. As you breathe in oxygen, your cells produce energy and form highly reactive molecules called free radicals, and oxidative stress occurs. When we don't have enough antioxidants (molecules that neutralize free radicals) in our bodies that we get from certain vitamins and minerals, free radicals can go on to damage vital cells and leave the door open to many debilitating diseases, including type 1 and type 2 diabetes.

Blood Sugar Support contains 200mg of the potent antioxidant DL-alpha lipoic acid per capsule, and can help neutralize free radicals that cause oxidative cell damage. Other antioxidants in Blood Sugar Support like grape seed extract can help counteract oxidative damage to the eyes and help relieve symptoms of swelling in the lower legs related to non-complicated chronic venous insufficiency (CVI), both common health concerns in diabetics.

Diabetics also have to look out for signs of insulin resistance. Having too much blood glucose in your system puts insulin production into overdrive and before you know it, you're insulin resistant - your cells no longer roll out the welcome mat when insulin tries to escort some friendly carbohydrate energy inside. Ingredients like gymnema extract, Chinese cassia cinnamon, fenugreek and chromium in Blood Sugar Support help to promote healthy glucose metabolism and encourage your cells to accept insulin and carbohydrates back in. Additionally, magnesium, zinc and chromium tag team to help produce and store adequate amounts of insulin and help you burn up your excess carbohydrates and fats.

Let Blood Sugar Support help get your blood glucose levels back on track. There's nothing sweeter than living the balanced life you want.

TIPS FROM THE TEAM



"Fasting for a blood glucose test is necessary for accurate results, but you only need to fast for 10 to 12 hours to get a proper evaluation - and to avoid any uncomfortable low blood sugar symptoms."

Janet Neilson
Homeopath, Scientific
Advisor & Formulator

Each veg capsule contains:

DL-Alpha lipoic acid	200mg	A potent antioxidant with a demonstrated ability to enhance insulin signalling and relieve peripheral neuropathy associated with glucose imbalance.
Gymnema sylvestre leaf extract (25% gymnemic acid)	100mg	Has been shown in research to double the number of insulin-secreting beta cells in the pancreas and increase the activity of enzymes responsible for glucose uptake and utilization.
Cassia cinnamon extract (bark, 10:1)	100mg	Has been shown to improve insulin, blood sugar and blood lipid metabolism. Researchers have demonstrated that cinnamon extract has cellular effects similar to insulin in a type of fat cell routinely used to study glucose metabolism.
Fenugreek extract (seed, 10:1)	75mg	Supports healthy glucose levels, aids digestion and helps to reduce elevated blood lipid levels/hyperlipidaemia.
Grape seed extract (85% OPCs)	75mg	Is a source of antioxidants used to help prevent and counteract oxidative damage to the eye, a common complication in diabetes.
Magnesium (bisglycinate)	20mg	Plays an important role in maintaining healthy blood glucose levels by improving insulin secretion and action. A magnesium deficiency can impair insulin action and increase insulin resistance.
Zinc (citrate)	3mg	Is an essential trace mineral that works synergistically with chromium in the production and storage of insulin.
Chromium (polynicotinate)	166mcg	is a trace mineral essential for the proper utilization of blood sugar and for the burning of carbohydrates and fats in the body.

Directions and duration of use

Adults - Take 1 capsule 2 times per day with food a few hours before or after taking other medications, or as directed by a healthcare practitioner. For optimal results take for a minimum of 1 month. Consult a healthcare practitioner for use beyond 2 months.

Non-medicinal ingredients

Vegetable-grade magnesium stearate, vegetable capsule.

Cautions and warnings

Contraindicated in pregnant and breastfeeding women.

Caution advised with medical conditions, including diabetes, acid reflux, stomach or intestinal ulcers, or an allergy to cinnamon or

Peruvian balsam.

Discontinue use if symptoms of hypoglycaemia, such as anxiety, dizziness, tremors, sweating, nausea or headaches, occur.

Side effects

Discontinue use if hypersensitivity to cinnamon or irritation of the gastric mucous membranes and reflux occur.



Physical activity can improve your body's insulin sensitivity by as much as 30 to 50%. Include exercise as part of your plan to balance your blood sugar levels.

Related products

Alpha Lipoic Acid 600	Immuno Multi
D3 Drops	Magnesium
D3 Softgels	Bis-Glycinate 200
ElectroMag	Omega-Pro 40/20
Eye-Pro	Resvera-Pro
Fibre Flow	Slim-Pro





Slim-Pro™

- Increases metabolism with thermogenesis
- Contains green tea and green coffee extracts
- Helps reduce appetite and cravings
- Helps regulate blood sugar

Managing weight can be a constant balancing act: you cut back on food and increase exercise hoping to land somewhere in the middle. But that’s not the whole story. You need to be aware of what’s happening physiologically, too. The inner workings of your body can have just

as much of an effect on your weight as diet and exercise do.

Keeping your blood sugar within an ideal range is important for keeping your weight stable. Almost all the food we eat is converted into glucose as fuel. When there is more glucose than our body can use, the pancreas produces a hormone called insulin that converts and stores it as fat.

But eating foods too high in glucose increases your body’s demand for insulin. Eventually your insulin levels are perpetually elevated, causing an abundance of glucose heading straight to your fat tissue. Cinnamon and chromium found in CanPrev Slim-Pro™ are two natural ingredients that work to improve insulin resistance and help keep blood sugar anchored to healthy levels.

Slim-Pro™ also contains green tea catechins that fire up your metabolism and help increase the rate at which you burn calories. Ashwagandha, an Ayurvedic medicinal herb, helps to regulate stress-related and erratic eating patterns that typically result in weight gain. Slim-Pro™ is a formula that promotes blood sugar balance and helps curb cravings to minimize weight fluctuations and help you to achieve your weight loss goals. Add it to your already nutritious diet and regular exercise plan and experience a new level of weight management support.

Each veg capsule contains:

Ashwagandha extract (root, 5:1)	200mg	An adaptogen that supports stress management. Prolonged elevated levels of cortisol in the bloodstream caused by chronic stress have been shown to cause blood sugar imbalances and suppress the thyroid, the major metabolic gland in the body. Preliminary research suggests that ashwagandha may help to support thyroid function, as well as normalize high blood sugar and improve insulin sensitivity.
Green tea extract (leaf, 50% EGCG, 15% caffeine)	166.7mg	Catechins have been found to promote thermogenesis, boost metabolism and help burn fat. A study published in the American Journal of Clinical Nutrition showed that green tea extract significantly increased energy expenditure and had an effect on fat oxidation.

Cassia cinnamon (stem bark 10:1)	110mg	Shown to improve insulin, blood sugar and blood lipid metabolism. It has cellular effects similar to insulin and slows the rate at which the stomach empties after meals, which reduces spikes in blood sugar. Cinnamon improves the ability of type 2 diabetics to respond to insulin and mitigates insulin resistance in the body.
Garcinia cambogia extract (rind, 60% HCA)	100mg	Contains hydroxycitric acid (HCA), a form of citric acid that has been shown to assist weight loss due to its ability to regulate fat metabolism. HCA blocks the conversion of sugars and starches into fats. In a double-blind RCT study, 12 weeks of garcinia supplementation resulted in significantly reduced visceral, subcutaneous and total fat areas compared with the placebo group, with no adverse effects reported.
Green coffee extract (bean, 45% chlorogenic acid)	100mg	Contains chlorogenic acid, a polyphenol compound that speeds up metabolism and aids in weight loss. In an animal study, green coffee bean extract was found to inhibit fat absorption and activate fat metabolism in the liver. Similarly, in a human study, the extract induced weight loss and increased the lean-to-fat mass ratio in overweight subjects.
Chromium (chromium polynicotinate)	50mcg	A trace mineral and component of the glucose tolerance factor, which regulates blood sugar levels in the body. It is essential for the proper utilization of blood sugar.

Directions and duration of use

Adults - Take 1 capsule 3 times per day with food or as directed by a healthcare practitioner. Consult a healthcare practitioner for use beyond 3 months.

Non-medicinal ingredients

Vegetable-grade magnesium stearate, vegetable capsule.

Cautions and warnings

Contraindicated in pregnant

and breastfeeding women.

Caution advised with medical conditions, including diabetes, iron deficiency, liver disorders and symptoms of liver trouble, such as abdominal pain, dark urine and jaundice.

Drug interactions

Caution advised when used concurrently with blood sugar or cholesterol-lowering medications.

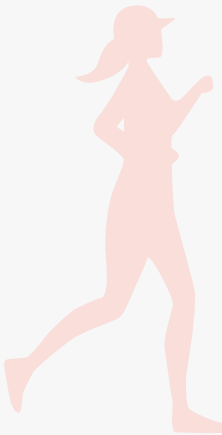
Consumption with alcohol, or with other medications

or natural health products with sedative properties is not recommended.

Side effects

Discontinue use and consult a healthcare practitioner if you experience symptoms of hypoglycaemia, including anxiousness, dizziness, tremors, sweating, nausea or headache.

Hypersensitivity to cinnamon has been reported; in which case discontinue use.



Getting 2.5 hours each week of aerobic exercise like walking, swimming or dancing is the recommended minimum amount to initiate significant calorie burning.

Related products

Alpha Lipoic Acid 600	Pro-Biotik 15B
CanPrev Core	Resvera-Pro
L-Theanine	Synergy B
Omega-Pro 40/20	



Eye Health + Antioxidants

Free radicals threaten the health of our cells and compromise the function of all our organs. Antioxidants rescue damaged cells by stopping free radicals in their tracks and repairing the damage they leave in their wake.

Our eyes are especially sensitive to free radicals and need protection against oxidative damage. Antioxidant support can help keep the muscles of the eye and the millions of parts that help us see strong and powerful.

CanPrev can help you keep an eye on your vision and your overall health.

Chapter overview

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Related products

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Eye-Pro™

- An advanced multi-antioxidant formula to help maintain eye health
- Delivers 15mg of lutein naturally derived from marigold flower
- Black currant and carotenoids for light-induced damage protection
- Critical minerals to slow the progression of AMD

Can you guess which muscles in your body are called on the most? You wouldn't think they're the ones attached to your eyes but it's true. In fact, the muscles that move your eyes are the strongest in the body and are 100 times more

powerful than they need to be. Also true, your eyes are made up of over two million working parts and process over 36,000 bits of information every hour! Good to know there's at least one group of muscles that doesn't need gym time to get stronger. If you want to maintain good eye health, there's an easy way to do it without breaking a sweat.

CanPrev Eye-Pro™ contains antioxidants, carotenoids and minerals to help keep your eyes in tip-top condition. Each capsule of Eye-Pro™ includes lutein, zeaxanthin and astaxanthin, specialized carotenoids that are like strength-training sessions for the eyes. Lutein, for example, is a pigmented antioxidant carotenoid that is already found in the macula in the centre of your eye. It blocks blue light from hitting the retina, lessening the chances of light-induced damage that could lead to macular degeneration. As well, phytochemicals like lutein, zeaxanthin and astaxanthin have been associated with reducing the risks of cataracts.

Eye-Pro™ also contains a hefty dose of black currant extract, which is a powerhouse “superfruit”. It is extremely high in anthocyanins, or plant pigments, that help to build strong blood vessels and improve circulation. Anthocyanins are antioxidant-rich and work to neutralize free radicals before they can damage cells. Eye-Pro™ also contains vitamin C, zinc and copper. So if Eye-Pro™’s black currant and carotenoid ingredients are your one-two punch against free radicals, then this trio acts like a continuous treadmill, working tirelessly over and over again to protect your eyes against the progression of diseases like macular degeneration and cataracts.

A good workout regimen is important for warding off age-related diseases. The same is true for your eyesight. Envision a healthy future for your eyes with CanPrev Eye-Pro™, which has pulled together the most critical nutrients now recommended by the Age-Related Eye Disease Study (AREDS). All have been shown to be beneficial for slowing premature aging caused by free radicals and the progression of eye disorders. So swallow this well-designed daily workout and stay eye-fit with Eye-Pro™.

Each veg capsule contains:

Lutein esters (marigold flower)	7.5mg	Lutein is found in high concentrations in the macula of the eye. It prevents blue light from reaching the eye structures involved in vision, thereby protecting against light-induced oxidative damage. As such, it may be taken to help prevent conditions such as cataracts and aged-related macular degeneration
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Zeaxanthin (marigold flower)	750mcg	This is a type of carotenoid found in colourful fruits and vegetables and it appears to have important antioxidant functions in the body. Like lutein, zeaxanthin appears to help block blue light from reaching the underlying structures in the retina, thereby reducing the risk of light-induced oxidative damage.
Astaxanthin (haematococcus pluvialis)	500mcg	This carotenoid easily crosses into the tissues of the eye and helps to ameliorate light-induced damage. Researchers have suggested that astaxanthin supplementation could be effective at preventing a large number of eye diseases, including macular degeneration, glaucoma, and inflammatory eye problems such as iritis or scleritis.
Black Currant extract (ribes nigrum, fruit, 10:1)	200mg	This is a rich source of anthocyanins. Anthocyanins appear to have the ability to decrease capillary fragility and protect the retina. Black currant has been called a “superfruit” for its anti-inflammatory qualities and ability to alleviate chronic oxidative stress-related conditions.
Vitamin C (ascorbic acid)	250mg	Vitamin C is a well-known and powerful antioxidant. It helps the body to form and maintain connective tissue, including collagen, which is found in the cornea of the eye. It also promotes healthy blood vessels such as the delicate capillaries of the retina. Research has suggested that long-term consumption of vitamin C may reduce the risk of forming cataracts and vision loss from macular degeneration.
Zinc (citrate)	7.5mg	A known cofactor for many metabolically active enzymes within the eye. The Age-Related Eye Disease Study (AREDS) found that zinc was one of several nutrients that could slow the progression of macular degeneration.
Copper (citrate)	1mg	Another nutrient recommended by the Age-Related Eye Disease Study (AREDS). Its inclusion in the formula also counteracts the possibility of a copper deficiency that a higher dose of zinc might induce. Copper is also an essential trace mineral needed for the formation of collagen (which is vital for supporting the cornea of the eye).

Directions and duration of use

Adults - Take 2 capsules daily with food containing oil or fat, or as directed by a healthcare practitioner.

Non-medicinal ingredients

Vegetable-grade
magnesium stearate,
vegetable capsule.

Cautions and warnings

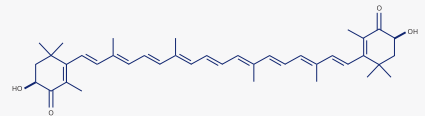
Contraindicated in those with allergies to plants of the daisy family.

Related products

Adult Multi	Blood Sugar Support
Alpha Lipoic Acid 600	Immuno Multi
Antioxidant Network	Resvera-Pro



Astaxanthin



Much like the blood-brain barrier helps protect the brain from unwanted chemicals, our eyes also have a blood-retinal barrier that protects against foreign substances passing through.

Astaxanthin is a carotenoid related to the beta carotene and lutein family. It has the unique ability to cross the blood-retinal barrier to provide antioxidant and anti-inflammatory protection for the eyes and brain.



Resvera-Pro™

- Multi-antioxidant, anti-inflammatory, anti-aging defense formula
- Supports cardiovascular health and chronic venous insufficiency (CVI)
- Each capsule contains 100mg of pure resveratrol
- Contains coenzyme Q10 for added cardiovascular support
- Contains black currant, quercetin, bilberry & grape seed extract

TIPS FROM THE TEAM



“Before bed, I set aside a few minutes to prepare my supplements for the next day. That way, I can jump right into my busy morning knowing I’ve already taken care of my health.”

Mary Calmes
Project Manager

Experts have long supported the fact that drinking a glass of red wine a day can be good for your health. The credit for this health benefit can be attributed to a polyphenol called resveratrol found in the skin of red grapes, in grape seeds and in black currants. Polyphenols, or plant chemical compounds, are antioxidants that prevent cells in your body from breaking down, or “oxidizing”. Free radicals produced in the body help us with digestion and the conversion of food into energy. But they can easily turn from beneficial to harmful when their numbers get out of hand, damaging cell structures in their wake (oxidation) and leaving us prone to disease. The antioxidant properties of resveratrol work to protect our cardiovascular health and help combat aging.

Resveratrol may also help guard against hypertension by decreasing inflammatory cells in blood vessel walls and by improving the vessel’s ability to respond to changes in blood pressure. Resveratrol also contributes to reducing the stickiness of platelets in our blood, which makes them less likely to form clots and potentially lead to a heart attack or stroke.

Resvera-Pro™ is a powerful formulation that captures the mighty health benefits of grape seeds, red wine, quercetin, coenzyme Q10 and black currants in a single concentrated formula with an exceptionally high ORAC (oxygen radical absorption capacity) value. Resvera-Pro™ helps to support cardiovascular health and relieve symptoms associated with non-complicated chronic venous insufficiency (CVI). Cheers to your good health!

Each veg capsule contains:

Quercetin (dihydrate)	180mg	A powerful bioflavonoid. Many flavonoids inhibit tumour formation, with quercetin consistently being the most effective in vitro. It has been shown in numerous research studies to have strong anti-inflammatory activity and the ability to scavenge reactive oxygen species.
Grape seed extract (95% proanthocyanidins)	150mg	A source of resveratrol that contains a total of 95% oligomeric proanthocyanidin complexes (OPCs). OPCs have the ability to increase intracellular vitamin C levels, decrease the permeability and fragility of capillaries, destroy free radicals and slow collagen loss.

Resveratrol (polygonum extract)	100mg	A potent antioxidant that helps to reduce oxidative stress-induced damage to the cardiovascular system. Animal studies have shown that it may possess the ability to reduce or remove reactive oxygen species (ROS) in myocardial ischemia, as well as increase bone strength. Resveratrol and trans-resveratrol are also powerful phytoestrogens. Research suggests that trans-resveratrol supplementation may be a potential alternative to conventional hormone replacement therapy, offering cardiovascular and bone-protective benefits.
Bilberry extract (fruit, 4:1)	50mg	Close relative of the blueberry and contains a class of biologically active compounds called anthocyanosides. Bilberry anthocyanosides appear to have the ability to stabilize connective tissue, decrease capillary fragility and protect the retina.
Black currant extract (fruit 110:1; 36% anthocyanosides)	50mg	A rich source of anthocyanins. Resvera-Pro™ features Oxyphyte® black currant extract, which contains an impressive 36g of anthocyanins per 100g of extract. Black currant has been called a “superfruit” for its anti-inflammatory qualities and ability to alleviate chronic oxidative stress-related conditions.
Coenzyme Q10 (ubiquinone)	30mg	Thought to help lower blood pressure by lowering cholesterol levels and stabilizing the walls of the vascular system through its antioxidant properties. CoQ10 levels can decrease with age, and deficiency is common in cardiac patients.

Directions and duration of use

Adults - Take 1 capsule 1 to 2 times per day or as directed by a healthcare practitioner. Consult a healthcare practitioner for use beyond 4 weeks.

Non-medicinal ingredients

Vegetable-grade

magnesium stearate, vegetable capsule.

Cautions and warnings

Contraindicated in pregnant and breastfeeding women.

Caution advised with medical conditions, including liver disorders.

Drug interactions

Caution advised when

used concurrently with any natural health product or prescription medication, including blood pressure medication.

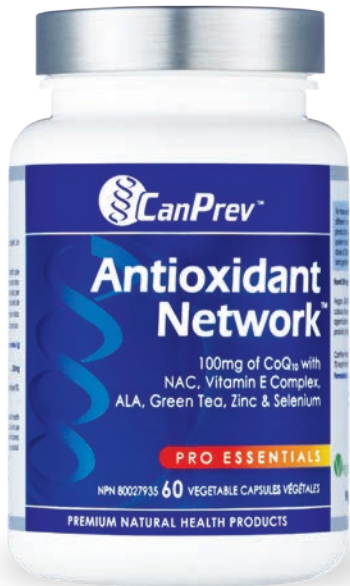
Side effects

Discontinue use if diarrhoea occurs.

Bilberries look just like blueberries because they are close relatives. You might have already guessed why they're good for you - they're both antioxidants!

Related products		
Antioxidant Network	Magnesium	
Blood Sugar Support	Bis-Glycinate 200	
Curcumin-Pro	Meno-Prev	
D3 & K2 Drops	Mind-Pro	
D3 & K2 Softgels	Omega-Pro 40/20	
ElectroMag	Osteo Prolong	
Eye-Pro	Slim-Pro	
Healthy Heart	Synergy C	





Antioxidant Network™

- Contains a synergistic network of antioxidants
- Recycles and regenerates the antioxidant network
- 100mg of Coenzyme Q10 per capsule
- With ALA, NAC, selenium, vitamin E complex, green tea and zinc

We come across the words “antioxidants” and “free radicals” almost daily, but do we really know what they are and how they affect us? We are exposed to many sources of oxidative

stress from free radicals, through ultraviolet light, viruses and diseases that affect the heart, eyes, memory and mood. Antioxidants are essential for maintaining good health in today's polluted world.

Antioxidants are a select group of vitamins, minerals and enzymes that help protect the body's cells from free radical damage. The oxygen we breathe helps us metabolize fats, proteins and carbohydrates for energy, but it becomes a highly reactive atom when it enters our bodies. It's also full of pollutants and toxins, like cigarette smoke and exhaust fumes.

Oxygen and its volatile compounds cause a process called oxidation and prompt molecules to lose electrons, turning them into free radicals. These free radicals go on to rob electrons from other molecules, creating more free radicals as they go. Your cells and DNA become damaged, leaving you at risk for various degenerative diseases and premature aging. Antioxidants like those contained in CanPrev Antioxidant Network™ help to neutralize free radicals.

Antioxidant Network™ is a synergistic combination of antioxidants that provide ongoing protection against free radical damage, keeping oxidative stress at bay. They become “electron donors” to unstable free radicals, making them complete cells again.

Antioxidant Network™ contains N-acetyl-cysteine, a precursor to the formation of glutathione, a powerful antioxidant recycler. It also contains mixed tocopherols, a family of vitamin E compounds that act as fat-soluble antioxidants and support the immune and cardiovascular systems. These two key ingredients, along with coenzyme Q10, DL-alpha lipoic acid, green tea and zinc provide a quick response to the first signs of free radical activity, protecting your cells from degeneration and disease.

Each veg capsule contains:

Coenzyme Q10 (ubiquinone)	100mg	A fat-soluble antioxidant that is found in virtually every cell of the body. It plays a vital role in generating energy to fuel organs such as the heart, brain and liver. Coenzyme Q10 also helps to regenerate other key antioxidants in the body.
N-acetyl-cysteine (NAC)	200mg	A potent free radical destroyer that is a precursor to glutathione. Glutathione is the body's major cellular antioxidant and detoxifying agent, and a key defence against pollutants and ultraviolet radiation.

Mixed tocopherols (30% α, γ & δ tocopherols)	150mg	Are various forms of vitamin E, a fat-soluble antioxidant that provides powerful support for the immune and cardiovascular systems. Vitamin E is the first line of defence against lipid peroxidation. It is important to take a mixture of the entire spectrum of tocopherols to reap vitamin E's many benefits.
DL-Alpha lipoic acid	100mg	A unique water and fat-soluble antioxidant that is involved in mitochondrial electron transport reactions essential to the production of cellular energy.
Green tea extract (leaf, 50% EGCG)	60mg	Contains constituents known as polyphenols that have powerful antioxidant activity. Recent research has shown that these antioxidants may produce anti-cancer effects. They bind up free radicals and effectively mitigate cellular damage in inflammatory states.
Zinc (citrate)	5.5mg	Plays an important role in many bodily functions, including immunity, reproduction, growth, taste, vision, smell and normal insulin and thyroid function. It is an essential component of the body's antioxidant enzymes, superoxide dismutase (SOD) and glutathione peroxidase.
Selenium (yeast)	100mcg	A trace mineral that activates the antioxidant enzyme, glutathione peroxidase, and enhances the antioxidant effect of vitamin E.

Directions and duration of use

Adults - Take 1 capsule 1 to 2 times per day with food or as directed by a healthcare practitioner. Consult a healthcare practitioner for use beyond 3 months.

Non-medicinal ingredients

Vegetable-grade magnesium stearate, vegetable capsule.

Cautions and warnings

Contraindicated in pregnant and breastfeeding women.
Caution advised with medical conditions, including diabetes, iron deficiencies, cystinuria and liver disorders, or symptoms of liver trouble, such as abdominal pain, dark urine and jaundice.
Caution advised when there is a history of non-melanoma skin cancer.

Drug interactions

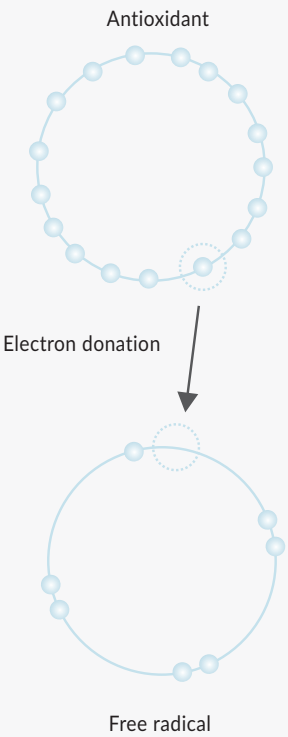
Caution advised when used concurrently with blood pressure medication or nitroglycerin.

Side effects

N-acetyl-cysteine strongly potentiates the effect of nitroglycerin and related medications and may cause hypotension as a result.

Related products

Adult Multi	Mind-Pro
Alpha Lipoic Acid 600	Omega-Pro 40/20
Curcumin-Pro	Pain-Pro
Eye-Pro	Pro-Biotik 15B
Healthy Heart	Synergy C



A molecule becomes a free radical when it loses an electron. Antioxidants rush to fix this by replacing that lost electron.

TIPS FROM THE TEAM



“Working in sales keeps me constantly on my toes in a variety of environments, and I’m always meeting new people, checking in with clients or networking at trade shows. I rely on Antioxidant Network to keep me in tip-top shape and help guard against the onslaught of free radicals and pollutants my body is exposed to every day.”

Susan Robertson
Senior Account Manager



Immune + Respiratory Health

Your immune system, armed with white blood cells and antibodies, acts as your first line of defence against bacteria and viruses entering your body through the respiratory tract. This makes a healthy immune system the key to staying well. It needs to be unwavering in its protection.

Washing hands and eating right are good practices to follow, but you can do even more to increase your odds of fighting cold and flu viruses. Reliable, proven supplements are your insurance against the germs that invade every area of our lives, everyday.

Chapter overview

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Pro-Biotik™ Powder	18

Before antibiotics, it was important to know which herbs had germ-fighting abilities. Now that antibiotic-resistant bacteria is on the rise, it's important to remind ourselves what those herbs are!



Healthy Lungs™

- For those exposed to pollution, airborne allergens and smoke
- Multi-antioxidant protection to help prevent cellular damage to lung tissue
- Provides 1200mg of NAC daily, a respiratory detoxifier and mucolytic agent

Take a deep breath in, now breathe out. Your hardworking lungs do this 20,000 times a day. Have you ever wondered how much of the air you breathe is truly fresh? You might be surprised to know that you're breathing in air filled with pollutants like sulfur dioxides, carbon

monoxides, volatile organic compounds and particulates. Many of these pollutants are sources of free radicals (molecular fragments with unpaired electrons). These fragments are highly charged, unstable and reactive, and are able to break up molecules in your body like cell membranes, protein, and DNA as a result. Even worse, this breakup causes the proliferation of new free radicals, starting a chain reaction of molecular fragments.

When you inhale, air saturates millions of microscopic sacs called alveoli. Since alveoli add up to around 100 square metres of surface area in your body, you are exposing yourself to a lot of free radicals. When your alveoli are damaged, less oxygen gets to your blood making it much harder to breathe.

Even oxygen can produce free radicals. We all have to breathe, making this damage hard to escape.

One way to protect yourself (without resorting to wearing a mask) is to supplement with antioxidants (molecules that can neutralize free radicals and terminate their chain reaction).

That's the premise of CanPrev Healthy Lungs™, an advanced, multi-oxidant formula that goes straight to work helping to prevent and repair cellular damage to lung tissue caused by exposure to smoking, environmental pollution or even heavy exercise. It contains antioxidants that counteract these free radicals, support the immune system and help the body detoxify pollutants.

Protect your delicate lung tissue against cell-damaging free radicals with the premium quality, clinical strength antioxidants found in Healthy Lungs™.

Each veg capsule contains:

N-acetyl-cysteine	400mg	NAC is able to cleave disulfide bonds, thereby breaking up mucoproteins that form mucus in the lungs and improving conditions such as bronchitis and the flu
Vitamin C (ascorbic acid)	166mg	High dietary and supplementary doses may protect against the development of chronic respiratory symptoms

TIPS FROM THE TEAM



“As someone who is prone to respiratory infections, I take extra precautions to protect my lungs and support my immune system. Healthy Lungs contains potent antioxidants to guard against free radical damage, so I can breathe a little easier.”

Heather Percy
Finance Director

Vitamin D3 (cholecalciferol)	200IU	New research shows it can enhance lung function
Vitamin E (d-alpha-tocopherol, natural)	50IU	Along with vitamins A and C, is depleted by cigarette smoking and other environmental stressors.
Vitamin B6 (pyridoxine HCL)	16mg	Helps to reduce potential oxidative stress from carbon monoxide, irradiation and certain chemical exposures. Asthma responds well to vitamin B6 supplementation.
Folic Acid (folate)	200mcg	May play a role in the prevention of asthma as recent studies have indicated that low serum folate and impaired folate metabolism may be risk factors in its development.
Vitamin B12 (methylcobalamin)	266mcg	Works with folate in countless bodily processes. Studies confirm a decreased level of B vitamins in patients with chronic obstructive pulmonary disorders.
Zinc (citrate)	3.3mg	Critical to the immune system and the detoxification of chemicals and metabolic irritants.
DL-Alpha lipoic acid	66mg	Reported to have a number of potentially beneficial effects in the prevention and treatment of chronic obstructive pulmonary disorders.
Grape seed extract (95% OPCs)	50mg	Contains oligomeric proanthocyanidin (OPC) complexes, which can increase intracellular vitamin C levels, decrease permeability and fragility of capillaries, scavenge free radicals and slow the destruction of collagen in lung tissue.
Quercetin (dihydrate)	83mg	Reduces histamine levels and allergy symptoms by stabilizing mast cells and basophils.

Directions and duration of use

Adults - Take 1 capsule 3 times per day with meals containing protein or as directed by a healthcare practitioner. Consult a healthcare practitioner for use beyond 3 months. Do not use beyond 6 months.

Non-medicinal ingredients

Vegetable-grade magnesium stearate, vegetable capsule

Cautions and warnings

Contraindicated in pregnant and breastfeeding women, and those with active peptic ulcers.

Not to be used in conjunction with activated charcoal.

Caution advised with medical conditions including diabetes and cystinuria.

Drug interactions

Caution advised when used concurrently with antibiotics.

N-acetyl-cysteine strongly potentiates the effect of nitroglycerin and related medications and may cause hypotension as a result.

Side effects

Discontinue use if gastrointestinal disturbance occurs.

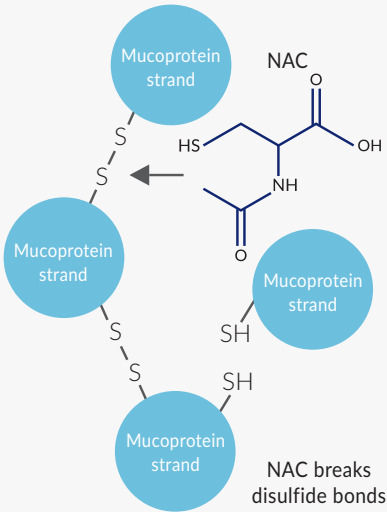
Related products

Cold-Pro
Detox-Pro
ElectroMag
Immuno Multi
Magnesium Bis-Glycinate 200
Omega-Pro 40/20
Pro-Biotik 15B
Synergy C



How NAC works

In addition to being a powerful antioxidant, NAC is also known as a mucous buster. It helps to break up disulfide bonds present in mucous, allowing it to dissolve more easily in your respiratory tract and thereby making it easier to breathe.





Cold-Pro™

- For colds, flus, and more
- Supports optimal immune function
- Speeds recovery

What does the colour of your mucus tell you about your respiratory health? If it's any colour other than grey, white or clear, you should seek medical attention as soon as possible!

A common cold is a viral infection of the upper respiratory tract that includes your nose and throat. Symptoms usually appear one to three days after exposure and include the typical sore throat, runny or congested nose, cough, sneezing, low-grade fever and mild body aches. A fever higher than 39.4° C distinguishes a cold from a different type of viral or bacterial infection.

Your immune system is the first defence against infectious organisms. It's made up of a network of cells, tissues and organs that work together to create an immune response. Most of the time it does its job, but sometimes a weak link can allow for a virus or other infectious organisms to creep in and lead to illness.

Cold-Pro™ is designed to maintain and strengthen the immune system, aid in the symptomatic relief of colds and flus and speed recovery when taken at the first sign of infection. It contains seven potent, immune-boosting nutrients, plus antiviral and antibacterial herbs. Research shows that each ingredient in Cold-Pro™ is extremely effective on its own, and combining them has produced a synergistic and powerful immune formulation.

Each veg capsule contains:

Andrographis extract (4% andrographolides)	300mg	Shown extensively in studies to increase the body's resistance to infection by stimulating the production of antibodies and macrophages. It contains andrographolides, which are known to possess strong antiviral activity.
Reishi mushroom extract (25% polysaccharides)	100mg	Widely used in Asia for enhancing the immune system. Its polysaccharides seem to have a variety of pharmacological effects, including immune modulation and antiviral and antibacterial activity.
Vitamin C (ascorbic acid)	100mg	Linked to reduced incidence, duration and severity of the common cold at a daily intake of 200mg or more.

Echinacea extract (root, 4:1)	87.5mg	Widely recognized for its immune-stimulating properties and its ability to support and promote the body's own resistance to infections. Several trials have shown that people who take echinacea as soon as they feel sick reduce the severity of cold symptoms.
Astragalus extract (root, 4:1)	75mg	Used in Traditional Chinese Medicine to strengthen the body against disease. It supports the immune system and helps to combat upper respiratory tract infections. Studies have shown that astragalus also has antiviral properties that help to prevent colds and flus.
American ginseng extract (root, 10:1)	60mg	Considered in Traditional Chinese Medicine to be particularly supportive to the immune system in cases of fever or infectious disease accompanied by fever. It is also used to support the lungs and relieve coughs.
Zinc (citrate)	2.5mg	Required by more than 300 enzymes in the body in order to function properly. Even a mild zinc deficiency is associated with a decrease in immune system functioning.

Directions and duration of use

Adults - Take 2 capsules 2 times per day with food or as directed by a healthcare practitioner. Take at first sign of infection, a few hours before or after taking other medications. Consult a healthcare practitioner for use beyond 2 months.

Non-medicinal ingredients

Vegetable-grade magnesium stearate, vegetable capsule.

Cautions and warnings

Contraindicated in pregnant and breastfeeding women; those with bleeding disorders, gastric hyperacidity such as duodenal ulcers and oesophageal reflux; or allergies to reishi mushroom, echinacea or any other member of the daisy family.

Caution advised with medical conditions, including diabetes, autoimmune disorders, and progressive systemic

diseases such as tuberculosis, leukosis, collagenosis and multiple sclerosis.

Drug interactions

Caution advised when used concurrently with immunosuppressants, digoxin or blood thinners.

Side effects

Discontinue use if hypersensitivity to echinacea or reishi mushroom occurs. Diarrhoea, nausea or skin irritation may occur.

Related products

- D3 Drops
- D3 Softgels
- Healthy Lungs
- Immuno Multi
- Oil of Oregano
- Pro-Biotik 15B
- Synergy C



Andrographis has been used in traditional Asian herbal medicine dating as far back as 1896. This herb has immune-stimulating effects, and research shows that taking it can cut the risk of developing the common cold in half.



Oil of Oregano

- Steam-distilled, wildcrafted oregano oil from the Mediterranean mountains
- Oil of oregano provides 75% naturally occurring carvacrol

“I take a couple of drops of Oil of Oregano under the tongue every third day just for maintenance. If I actually do get sick, I drop it on the back of my throat a couple of times a day. I haven’t needed antibiotics or anything like that for a long time, ever since I started using it.”

Spencer M.
CanPrev Ambassador

A bottle of oil of oregano is a must have when it comes to stocking your natural medicine cabinet. It’s one of the most versatile supplements around. Oil of oregano’s properties fight harmful organisms that lead to infection, help with digestion, guard against aging, strengthen the immune system, and ease allergic symptoms and environmental sensitivities.

Carvacrol is the key component in oregano oil that is responsible for its “pleasant” taste and potent antimicrobial and antioxidant properties. CanPrev Oil of Oregano contains a minimum of 75% naturally occurring carvacrol. It’s suspended in a medium chain triglyceride base made from coconut and palm oils, which do not oxidize from light or heat exposure like olive oil can.

CanPrev Oil of Oregano is wildcrafted from uncultivated land in the Mediterranean mountains. It undergoes a steam distillation process used to separate temperature-sensitive, natural aromatic materials. It is the preferred method for extracting most essential oils as it preserves their medicinal components.

Directions and duration of use

Adults - Take 4 to 6 drops per day with food, a few hours before or after taking supplements containing iron, zinc, calcium or copper.

Non-medicinal ingredients

Medium chain triglycerides.

Cautions and warnings

Contraindicated in pregnant and breastfeeding women, and those with allergies to herbs in the Lamiaceae family such as basil, hyssop, lavender, marjoram, mint, sage and thyme.

Drug interactions

Consult a healthcare practitioner prior to

use if you are taking anticoagulants or blood thinners.

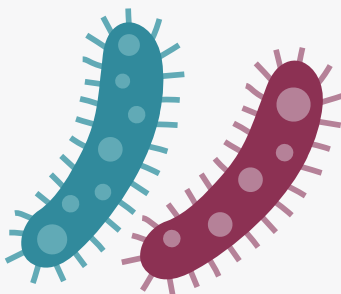
Drug interactions

Discontinue use if gastrointestinal upset occurs.

Related products

Cold-Pro
D3 Drops
D3 Softgels
Detox-Pro
Immuno Multi

Omega-Pro 40/20
pH-Pro
Pro-Biotik 15B
Synergy C



Carvacrol to the rescue!
This potent component of oregano oil has the ability to fight off some unfriendly bacteria, including:

- Salmonella
- E. coli
- Campylobacter jejuni

Each ml contains:

1 part wildcrafted oil of oregano (with minimum 75% carvacrol) to 3 parts medium chain triglycerides

Oregano oil is shown to contain free radical-scavenging, antimicrobial and antioxidant properties. It has been used traditionally for a wide range of ailments, including indigestion, dental caries, respiratory disorders, rheumatoid arthritis and urinary tract infections. Carvacrol, a phenol constituent of oregano oil, is strongly antiseptic, making it extremely valuable in the treatment of viral, bacterial and fungal infections. Oregano oil has demonstrated antibacterial activity against 11 different gram-negative bacilli, and human clinical trials have shown it to be beneficial in the treatment of intestinal parasites. Other studies have found it to be effective against a variety of fungi and yeast, including Candida albicans.





Synergy C™

- Premium vitamin C formula for enhanced absorption
- 1000mg of vitamin C daily from 4 buffered mineral ascorbates
- Therapeutic dosages of bioflavonoids from natural citrus fruits
- Contains sea buckthorn whole pulp extracts

TIPS FROM THE TEAM



“It’s not necessarily how many supplements you take that makes a difference, it’s how many of the nutrients your body actually absorbs. That’s why we design our Pro Essentials line with the right combination of key ingredients, to ensure you get the most out of every formula.”

Adriana Restagno
ND, Director of Professional Sales

Vitamin C (ascorbic acid) is a multitasking vitamin and antioxidant responsible for the growth and repair of all tissues in the body. It’s first on the scene to heal wounds and form scar tissue, help with the development of bones and teeth, strengthen blood vessel walls, and assist with iron absorption and utilization. It primarily helps to produce collagen by adding hydrogen and oxygen to amino acids inside of collagen cells, which helps keep skin firm and prevent wrinkles.

Vitamin C is a potent antioxidant that blocks damage caused by ever-present free radicals in the body. Though they are natural by-products of oxygen metabolism, free radicals can alter the structure of healthy cells, which can only be neutralized by antioxidants. If free radicals are allowed to build up in the body, they can quicken the aging process and promote the development of serious disease.

We are unable to produce and store vitamin C on our own, so a daily intake of at least 500mg contained in CanPrev Synergy C™ is key to replenishing what we lose through excretion. Certain medications like oral contraceptives, plus environmental pollution, smoking and illnesses causing fever and infection can all tap into our vitamin C supply, leaving less for metabolic functions.

Studies show that vitamin C can also play a role in lessening or shortening the duration of common cold symptoms when taken regularly.

Synergy C™ is a premium quality vitamin C formula with a combination of ingredients that together ensure maximum absorbability. It provides 1,000mg of pH-neutral vitamin C using buffered mineral delivery systems. By binding ascorbic acid to minerals, Synergy C™ promotes maximum absorption of vitamin C while avoiding indigestion and protecting kidney health. To further enhance absorption and bioavailability, therapeutic dosages of antioxidant-rich bioflavonoids from citrus fruits and sea buckthorn pulp have been added for complete synergy.

Each veg capsule contains:

Vitamin C (ascorbate blend)	500mg	Is an essential nutrient and potent antioxidant. A multitude of studies have demonstrated that vitamin C can be beneficial in the treatment and prevention of the common cold, respiratory ailments and urinary tract infections.
Citrus bioflavonoids (fruit)	150mg	From citrus fruits, providing a rich source of antioxidants, which have been shown in research to be beneficial for osteoarthritis, cardiovascular health and the prevention of many other chronic diseases. Research also suggests that bioflavonoids may help increase intracellular levels of vitamin C, while protecting it from oxidation.
Sea buckthorn extract (fruit, 4:1)	125mg	Is a fruit of significant nutritional value and is renowned from centuries of medicinal use for skin, heart and liver health in both Europe and Asia. It is rich in vitamin C, vitamin E, carotenoids, proteins and phytosterols, and a significant source of antioxidants and essential fatty acids.
Rutin (quercetin-3-rutinoside)	25mg	Is a citrus bioflavonoid with studies suggesting benefits for the cardiovascular and circulatory systems.
Zinc (citrate)	625mcg	Is an important nutrient that helps to maintain healthy immune function.

Directions and duration of use

Adults - Take 2 capsules per day with food a few hours before or after taking other medications or as directed by a healthcare practitioner.

Non-medicinal ingredients

Vegetable-grade

magnesium stearate, vegetable capsule.

Cautions and warnings

Contraindicated in pregnant and breastfeeding women.

Drug interactions

Caution advised when used concurrently with any prescription medication,

including blood thinners, and any other medications or natural health products that could increase the risk of spontaneous bleeding.

Related products

Adrenal-Pro	D3 & K2 Softgels
Adult Multi	Healthy Lungs
Antioxidant Network	Iron Bis-Glycinate 20
Cold-Pro	pH-Pro
D3 Drops	Pro-Biotik 15B
D3 Softgels	Resvera-Pro
D3 & K2 Drops	



Flavonoids have an anti-bacterial effect. If you are prescribed high doses of flavonoids, consider taking probiotics to help recolonate your gut with the microbial profile essential for good health.

Neurological Health

The mind-body connection is a powerful thing. Promoting balanced moods, memory, attention span and reasoning ability is beneficial for both your mental and physical health.

For instance, maintaining a healthy blood flow to the brain supports cognitive function and increasing GABA receptors in the brain can ease feelings of anxiety. Supplements can help keep your body and mind working in harmony - without the side effects of conventional medications.

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Synergy B™	136

Related products

Alpha Lipoic Acid 600	84
Antioxidant Network™	112
Curcumin-Pro™	64
Magnesium Bis-Glycinate 200	70
Omega-Pro™ HP 40/20	76
Resvera-Pro™	110

Using botanicals to treat the neurological system dates back to the ancient practice of Ayurveda in 6000BC.

Today, we have a greater understanding of the importance of balanced nutrition and the role amino acids play in a properly functioning nervous system.



Mind-Pro™

- Supports and enhances memory and cognitive function
- Protects against blood vessel and neuron damage
- Improves concentration
- Contains ginkgo, bacopa, GPC and phosphatidylserine
- Enhanced with ALA, folic acid, B6 and B12

We all have things that slip our minds, like where we put our keys, names of certain acquaintances or in which year we took that amazing trip to France. With all these little slips, we may start to feel our fading memories are irreversible and those fond milestones in our lives will be lost forever. Even though some memory lapses are normal as we age, they can still be very frightening. Thankfully, all may not be lost. Now there are new ways to increase your memory function and hold on to the parts of your life you want to cherish always.

Your working memory, which is responsible for remembering things like where you parked the car, is fueled by networks of neurons located in the prefrontal cortex. These fire constantly to retain information even when you're not calling on them to do so. When all is working well, information is filed away as part of your brain's automatic goodwill memory service. Keeping this service healthy is key to keeping your memories intact. Protecting cell membranes from free radical damage allows us to sustain brisk neurochemical activity and ensures that the memories you file away for later use can be quickly accessed whenever you need them.

Maintaining a healthy blood flow to the brain is crucial for carrying fuel into the cells and waste products out. As brain activity increases, blood flow also increases, supplying the brain with vital oxygen and glucose. Keeping an open line for nutrients to feed our brains stimulates activity and encourages better memory capacity.

CanPrev Mind-Pro™ supplies our brains with what it needs to sustain its memory service. Formulated in an easy to take softgel, this twice daily supplement provides powerful antioxidants to slow free radical damage, enhance cerebral blood flow, and stimulate the production of essential neurotransmitters.

Mind-Pro™ contains bacopa monnieri, a booster of the chemical acetylcholine that aids communication between brain cells and helps to store incoming information in the brain. DL-alpha lipoic acid (ALA) is instrumental in converting glucose, the brain's primary source of energy, in order to increase brain activity and allow it to more efficiently store and access memories. ALA is unique because it's one of the few materials that can cross the blood-brain barrier and act as an antioxidant, protecting the brain from oxidative damage.

Mind-Pro™ also addresses key risk factors that so frequently affect memory, including vascular problems that block or reduce blood flow to the brain, which can potentially decrease essential brain nutrients and neurons.

Each softgel contains:

Soy lecithin (20% phosphatidylserine)	125mg	A natural source of phosphatidylserine (PS), a phospholipid found in the body's cell membranes, most notably in the cell membranes of neurons. PS is critical for ensuring that these cell membranes are fluid enough to release the neurotransmitters involved in a wide range of cognitive functions. PS has been tested as a therapy for memory loss, mood, cognitive performance and learning ability. Results show that it can be helpful for age-related memory impairment and can even help to optimize cognition in those with no cognitive impairment.
DL-Alpha lipoic acid	100mg	Converts glucose into the brain's primary source of energy.
Ginkgo extract (Leaf, 24% flavonoid glycosides, 6% terpene lactones) 50:1	40mg	Used in herbal medicine to treat circulatory disorders and enhance memory. It improves blood circulation to the brain by dilating blood vessels and reducing platelet aggregation. Ginkgo has also been shown to reduce amyloid aggregation, which is implicated in Alzheimer's disease.
Bacopa monnieri extract (55% bacosides A & B, 20:1)	37.5mg	Used in traditional Ayurvedic medicine. Current research supports its cognitive-enhancing effects, specifically memory, learning and concentration. Bacopa works by increasing the memory-boosting chemical, acetylcholine, which carries messages between brain cells and aids in the retention of new information.
Choline alfoscerate (L-alpha GPC)	25mg	L-alpha GPC is an excellent source of choline for the production of acetylcholine. It is well-absorbed at high levels in cells and body fluids and readily crosses the blood-brain barrier. L-alpha GPC is beneficial for stroke recovery and various forms of dementia, both of degenerative and vascular origin.
Vitamin B6 (pyridoxine HCl) .. 6.25mg Vitamin B12 (methylcobalamin) . 250mcg Folate (folic acid) 200mcg		Required by the nervous system for normal brain function. These B vitamins keep homocysteine levels balanced so too much doesn't irritate blood vessels and make it easier for the blood to clot. Research shows that people with dementia or Alzheimer's have elevated homocysteine levels.

Directions and duration of use

Adults - Take 2 softgels 2 times per day. Consult a healthcare practitioner for use beyond 6 weeks.

Non-medicinal ingredients

Medium chain triglycerides
from organic coconut oil,
lecithin, beeswax, caramel,
bovine gelatin, magnesium
silicate, magnesium
stearate, silicon dioxide

and dicalcium phosphate.

Cautions and warnings

Caution advised during pregnancy and breastfeeding, and for those with medical conditions including schizophrenia and diabetes.

Drug interactions

Contraindicated with health products that affect blood coagulation (e.g. blood thinners, clotting factor replacements, acetylsalicylic

acid, ibuprofen, fish oils or vitamin E, as this may increase the risk of spontaneous bleeding.

Caution advised when used concurrently with cholinergic, antipsychotic, high blood pressure or seizure medications.

Side effects

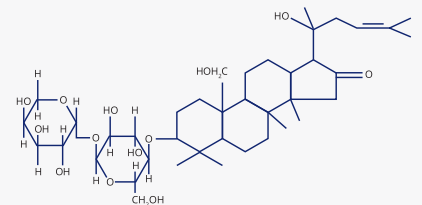
Discontinue if heartburn, excitation, insomnia, nausea, dry mouth, fatigue or headaches occur.

Related products

5-HTP 100	L-Theanine
Alpha Lipoic Acid 600	Magnesium
Antioxidant Network	Bis-Glycinate 200
Curcumin-Pro	Meno-Prev
ElectroMag	Omega-Pro 40/20
Healthy Heart	Resvera-Pro
Immuno Multi	Synergy B



Bacoside A



Bacopa monnieri used in Ayurvedic medicine boosts memory formation by helping new connections form between neurons in the brain. One of Bacopa's chief ingredients, bacoside A, amplifies communication between synapses so there is more signalling and information flow, which is really important for long-term memory formation.



Ken Leung

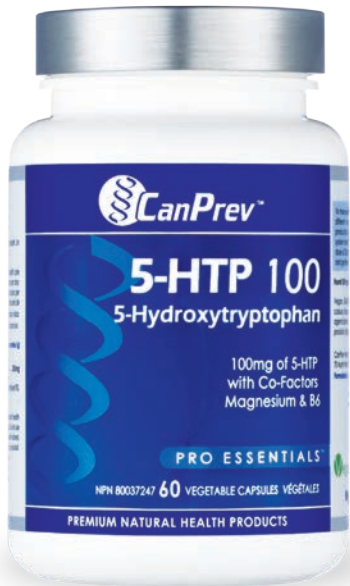
Creative designer

Exhaustion can come in many forms, not only physical. Just ask Ken, a designer who is responsible for creating the look and feel of digital interfaces, and for making sure that those devices are intuitive and easy to use. And although Ken enjoys the mental stimulation a creative job gives, his curiosity and desire for self-improvement drives him to do more after-hours, whether it is photography, long-distance cycling, woodworking, or teaching himself guitar. To Ken, it is intuitive that mental and physical wellness are not isolated states. “A creative epiphany and the euphoria of physical activity may seem like two different things,” he admits, “but to a great extent, they are both manifestations of good health”.

His favourites

“Making sure that my brain is getting the maximum possible support is important. I’ve been taking Mind-Pro twice a day for the last 2 months, and have experienced a wonderful increase in mental vigour and clarity. Ideas come faster, with more fluidity and colour. There’s a consistent mental “hum” throughout my day.”





5-HTP 100

- 100mg of 5-HTP, derived naturally from the African plant Griffonia
- Enhanced with B6 and magnesium to improve the body's conversion and utilization of 5-HTP

In chronic stress mode, the body makes more cortisol and less testosterone and estrogen, which can lead to hot flashes, depression or loss of libido. In addition to reducing stress triggers, getting enough vitamin B5 and dietary fats can help keep hormone production on track.

Sleeping well and feeling good are two of life's necessities that keep us healthy and happy. But sometimes we need a little help maintaining both, and if we can get relief from a single source, all the better. CanPrev 5-HTP 100 is formulated from three key ingredients that work synergistically to promote restful sleep, healthy mood and reduced pain sensation. 5-HTP 100 also works to help relieve symptoms of fibromyalgia (pain, anxiety, morning stiffness and fatigue) and reduce the severity and duration of migraine and tension headaches when taken as a preventative. Can one product do all that? Absolutely.

5-hydroxytryptophan (5-HTP) is a compound made in the body from the amino acid, tryptophan, which you can also get from eating protein-rich foods. Once in the 5-HTP state, it goes on to form serotonin, the neurotransmitter that helps regulate mood and behaviour, and then is further metabolized into melatonin. Yes, you can depend on tryptophan as a precursor to the development of serotonin, (think protein-rich hot chocolate before bed) but research has shown 5-HTP to be much more efficient at delivering the feel-good hormone to the brain.

Serotonin guided by tryptophan on its own is not able to break through the blood-brain barrier (your brain's defense system for keeping out foreign substances) but 5-HTP can. It acts as the password for serotonin to get past the security gates and flood the brain with its mood-lifting and sleep-inducing properties.

CanPrev 5-HTP 100 is sourced from the African plant Griffonia simplicifolia and enhanced with Vitamin B6 and Magnesium, which are important cofactors to help the body convert and utilize 5-HTP.

Each veg capsule contains:

5-hydroxy-L-tryptophan (griffonia simplicifolia, seed)	100mg	Is the intermediate metabolite that the body makes from the amino acid, L-tryptophan, and then converts to the neurotransmitter, serotonin. Serotonin is a critical neurotransmitter that regulates mood, behaviour, cerebral blood flow and pain sensation. It is also a precursor to melatonin, which is essential to healthy sleep. By increasing serotonin and melatonin levels in the brain, 5-HTP has positive effects in all of these areas.
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Magnesium (bisglycinate)	60mg	Is needed for more than 300 biochemical reactions in the body, including the conversion of 5-HTP to serotonin. A deficiency in magnesium can inhibit the activity of the enzyme, tryptophan hydroxylase, which is the rate-limiting step in the synthesis of serotonin. Intracellular magnesium deficiency is also common in individuals who suffer from recurrent migraine headaches. Oral supplementation has been shown to reduce the frequency and severity of migraines. Because magnesium is also important for the muscles, supplementation has been shown to help relieve the pain and tenderness associated with fibromyalgia.
Vitamin B6 (pyridoxine HCl)	33.3mg	Is a key catalyst involved in the synthesis of serotonin by the enzyme, 5-HTP decarboxylase. It also influences cognitive performance via its role in methylation within the central nervous system. A deficiency can contribute to depression and cognitive difficulties.

Directions and duration of use

Adults - Take 1 capsule 3 times per day with food or as directed by a healthcare practitioner. For use as a sleep aid, take 1 or 2 capsules 45 minutes before bedtime or as directed by a healthcare practitioner. To minimize the risk of gastrointestinal side effects, start dosing at 1 capsule, 1 to 2 times per day, and slowly increase to the effective dose over a 2-week period. For optimal results take for a minimum of 2 to 3 weeks. Consult a healthcare practitioner for use beyond 1 year.

Non-medicinal ingredients

Vegetable-grade

magnesium stearate, vegetable capsule.

Cautions and warnings

Contraindicated in those with scleroderma.

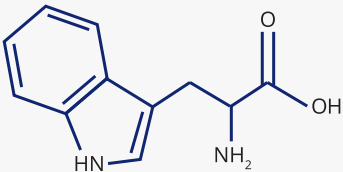
Caution advised during pregnancy and breastfeeding.

User should discontinue use and consult a healthcare practitioner if signs of weakness, oral ulcers, skin changes or abdominal pain accompanied by severe muscle pain occur, or if sleeplessness persists continuously for more than 3 weeks.

Drug interactions

Caution advised when used concurrently with carbidopa or drugs or supplements with serotonergic activity.

Tryptophan molecule



Since 5-HTP is not found in any foods, our bodies synthesize it from the essential amino acid tryptophan. Taking a supplement is a more reliable way of increasing 5-HTP levels.

Related products

Curcumin-Pro	Meno-Prev
Digestion & IBS	Mind-Pro
ElectroMag	Pain-Pro
L-Theanine	Synergy B
Magnesium	
Bis-Glycinate 200	





L-Theanine

- Each vegetable capsule contains a 250mg daily dose of L-theanine
- Promotes a restful, relaxed state without diminishing alertness
- 90 day supply

TIPS FROM THE TEAM



“I make sure to allow myself some much-needed ‘me-time’ after a long day at work and will always find time to hit my yoga mat, even if it’s just for 10 minutes. This instantly refreshes both my body and mind - and I never regret taking the time out!”

Jennifer Hopf
Writer & Editor

When you’re looking for a supplement that helps you relax without making you feel drowsy, then CanPrev L-Theanine just might be the answer.

L-theanine is an amino acid found in green and black tea and commonly used as a natural stress and anxiety reliever. In addition, it can help to improve concentration and focus without making you feel sleepy. As a psychoactive substance, L-theanine can easily cross the blood-brain barrier, directly working its magic on the central nervous system.

L-theanine is especially beneficial for anxiety sufferers because it increases dopamine and GABA (gamma-aminobutyric acid) receptors in the brain. GABA is a chemical receptor that reduces the activity of neurons that it binds to. In other words, it helps slow down the feelings of fear and anxiety when neurons become over excited.

CanPrev L-Theanine provides an impressive 250mg of pure L-theanine, along with 20mg of magnesium bisglycinate to promote a state of relaxation and reduced anxiety without sedation, so that you can stay focused and productive.

A product that soothes an anxious mind and at the same time helps you stay focused and productive. Sounds like a win-win situation from CanPrev!

Each veg capsule contains:

L-Theanine	250mg	A non-protein amino acid that occurs naturally in the green tea plant. Studies show that L-theanine induces alpha brainwave activity, which correlates with a perceived state of relaxation. A small Japanese study of university students demonstrated that oral administration of 200mg of L-theanine led to increased alpha brain waves and a subjective sense of relaxation. Theanine administration caused a dose-dependent, relaxed yet alert state of mind without sedation, beginning approximately 40 minutes after oral dosing.
Magnesium (bisglycinate)	20mg	A mineral that is especially important for muscle function. It works with calcium to help regulate the body's nerve and muscle tone and helps to relax muscles and prevent spasms. Inadequate magnesium appears to reduce serotonin levels, which is why symptoms of magnesium deficiency can include anxiety and depression. A 2008 study found that magnesium was as effective as tricyclic antidepressants in treating depression among people with diabetes.

Directions and duration of use

Adults - Take 1 capsule per day or as directed by a healthcare practitioner.

Non-medicinal ingredients

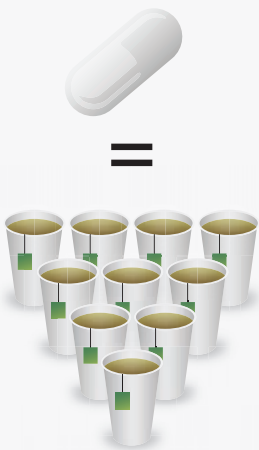
Vegetable-grade magnesium stearate, vegetable capsule.

Cautions and warnings

Caution advised during pregnancy and breastfeeding.

Related products

- | | |
|-----------------|-----------------------------|
| 5-HTP 100 | Magnesium Bis-Glycinate 200 |
| Adrenal-Pro | Mind-Pro |
| Digestion & IBS | Slim-Pro |
| ElectroMag | Synergy B |
| Healthy Heart | |



Studies show that L-theanine’s calming effects are felt within 30 minutes of taking and last about 8 to 10 hours. One would have to drink 5 to 10 cups of decaffeinated herbal tea to get the same therapeutic effects.



Credit to James Arthurs

Michael Levine

Investment advisor

Underneath Michael Levine’s sharply dressed exterior is a man who is just as concerned with what he puts into his body as what he wears on it. An investment advisor by day and committed athlete practically every other minute he’s not at work, Michael successfully combines his two passions to create an active, healthy and balanced lifestyle. No doubt growing up in a family of four boys ignited his athletic drive, and he currently counts cycling, crossfit and yoga as his sports of choice.

Michael relies on CanPrev vitamins and supplements to help make his body strong and ready for whatever he decides to challenge it with next.

His favourites

“Synergy B has significantly helped me maintain my hectic work and training schedules. I don’t drink caffeinated beverages, but I feel like the B vitamins in Synergy B sustain my energy throughout the day the same way a cup of coffee would. I also like to take Synergy B right before I go to the gym to help me get the most out of my workouts.”





Synergy B™

- Complete B complex formula in preferred forms
- With 200mg of L-theanine daily to help promote mental relaxation
- Support for both the body and mind
- Contains spirulina for added natural source of B vitamins
- Uses L-5-MTHF, the most active natural form of folic acid

B vitamins are a group of eight individual vitamins that together are referred to as a B-complex. While they work together to help

convert our food into fuel, thereby keeping up our energy, they all have specific jobs - supporting healthy skin and hair, working as antioxidants to help to prevent early aging and memory loss, guarding against the development of heart disease, boosting levels of HDL (good) cholesterol, forming red blood cells, and maintaining the central nervous system. B vitamins are water-soluble, meaning they are not stored in the body and need to be replaced every day.

CanPrev Synergy B™ is an innovative vitamin B complex that delivers the full spectrum of B vitamins in their preferred forms, plus an impressive 200mg of L-Theanine daily. L-Theanine is an amino acid found in green tea leaves that temporarily produces mental relaxation without any sedating effects. It's the perfect companion to a B-complex vitamin, enhancing it's already stress-reducing and mood enhancing properties. In addition, Synergy B™ contains all-natural spirulina, a blue-green algae that supplies a rich source of phytonutrients, carotene and additional B vitamins.

CanPrev in-house team of naturopathic doctors have formulated a unique B-complex brand that contains the full spectrum of B vitamins in addition to complementary and enhancing support supplements that you won't find anywhere else. In essence, Synergy B™ offers an excellent combination of nutrients to support the body and relax the mind.

“Synergy B gives me essential B vitamins along with other important nutrients that provide my body with max energy while keeping me relaxed, yet focused. Because I don’t eat meat, taking this supplement ensures that I am getting all the essential B vitamins. Since taking Synergy B I have felt a tremendous increase in energy. This is the perfect alternative to sugary energy drinks!”

Josie G.
CanPrev Ambassador

Each veg capsule contains:

L-theanine (derived from green tea)	100mg	Is a unique amino acid found in the green tea plant. It increases dopamine and serotonin production and induces alpha brainwave activity for relaxation without drowsiness.
Vitamin B1 (thiamine HCl)	50mg	Like all B vitamins, helps the body to metabolize carbohydrates, fats and proteins. Vitamin B1 in particular is required to form adenosine triphosphate (ATP), which is used by every cell of the body for energy. Although thiamine deficiency is rare, it can occur in people who consume a high sugar diet and/or excess alcohol.
Vitamin B2 (riboflavin-5-phosphate)	50mg	Is unique because it can act as a antioxidant. It is also needed to help convert vitamin B6 and folate into their active forms, and is important for red blood cell production.

Vitamin B3 (niacinamide)	50mg	Is a component of two important coenzymes, NAD and NADP, which play an important role in the process by which cells “burn” calories to release energy. The niacinamide form of vitamin B3 does not cause skin flushing.
Vitamin B5 (calcium d-pantothenate)	100mg	Is important for the production of coenzyme A, an acyl carrier protein necessary for the utilization of fats and carbohydrates in energy production.
Vitamin B6 (pyridoxal-5-phosphate)	25mg	Is important in the production of neurotransmitters and hormones such as serotonin and melatonin, and works in combination with vitamin B12 and folate to help decrease homocysteine.
Vitamin B7 (biotin)	250mcg	Is important for the health of skin, hair and nails.
Vitamin B9 (L-5-MTHF)	500mcg	L-5-Methyltetrahydrofolate is the active form of folic acid, essential for normal tissue and cell growth and proper cell/DNA replication.
Vitamin B12 (methylcobalamin)	500mcg	Is important in the maintenance of healthy nerve cells and production of DNA and RNA. It works closely with folate to regulate the formation of red blood cells and aid in the proper absorption and function of iron in the body.
Choline (bitartrate)	100mg	Is a key component of the lipid layer of cell membranes and serves to protect their flexibility and integrity. As a lipotropic factor, choline helps to export fat from the liver, which prevents fatty deposits that can negatively impact liver function. It is also a key part of the neurotransmitter, acetylcholine.
Inositol	100mg	Functions closely with choline in maintaining the health of cell membranes and also has lipotropic effects.
Spirulina	60mg	Is a type of blue-green algae rich in protein, vitamins, minerals and amino acids.

Directions and duration of use

Adults – Take 1 capsule 2 times per day with food or as directed by a healthcare practitioner.

Non-medicinal ingredients

Vegetable-grade magnesium stearate, vegetable capsule.

Cautions and warnings

Caution advised during pregnancy and breastfeeding.

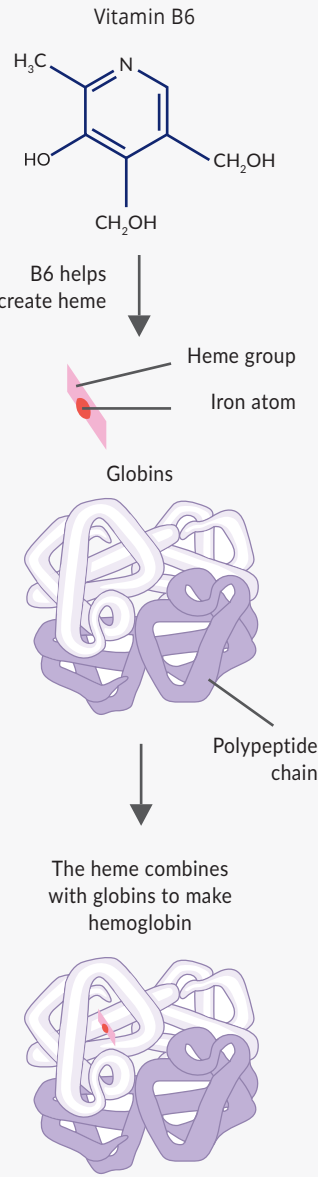
Related products

Adrenal-Pro	L-Theanine
Adult Multi	Magnesium
Detox-Pro	Bis-Glycinate 200
ElectroMag	Meno-Prev
Healthy Heart	Mind-Pro
Healthy Hormones	Slim-Pro
Iron Bis-Glycinate 20	



How B vitamins help the metabolic process

B vitamins are important for many metabolic processes. Take vitamin B6 for example - it is an important co-factor in the making of hemoglobin, a protein molecule that carries oxygen in our red blood cells, allowing all of our bodily tissues to survive.



A good life starts with good health.

Go for a walk. Climb a mountain. Travel far or stay close to home. Learn to waltz. Forget your inhibitions. Find love. Find yourself. There's too much life to live to take your health for granted.

Good thing CanPrev offers more than 50 therapeutic and essential formulations to guide you on the path to wellness.



Because a good life begins with good health.

And good health begins with CanPrev.

canprev.ca

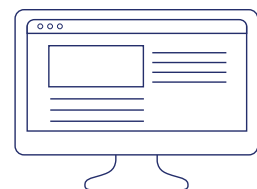


Therapeutics: Adrenal-Pro • Blood Sugar Support • Cold-Pro • Detox-Pro • Digestion & IBS • Eye-Pro • Fibre Flow • Healthy Heart • Healthy Hormones • Healthy Lungs • Immuno Multi • Joint-Pro • Joint-Pro NEM • Meno-Prev • Mind-Pro • Osteo Prolong • Pain-Pro • Prostate-Pro • Slim-Pro • Thyroid-Pro

Pro Essentials: 5-HTP • Adult Multi • ALA • Antioxidant Network • Curcumin-Pro • D3 Drops • D3 Softgels • D3&K2 Drops • D3&K2 Softgels • I-3-C • Iron Bis-Glycinate • L-Theanine • Magnesium Bis-Glycinate • Oil of Oregano • Omega-Pro HP 40/20 • pH-Pro • Prenatal Multi • Pro-Biotik 15B • Pro-Biotik Powder • Resvera-Pro • Synergy B • Synergy C • CanPrev Core

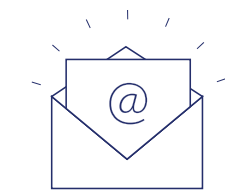
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We're always happy to hear from you. Whether you have a question or comment, or you're looking for more information about our extensive line of products, we promise to quickly respond to your queries.



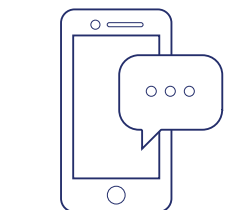
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Check us out online to catch up on the latest CanPrev news. Our website is also where you'll find background info on our products, learn some interesting health tips and read our ambassador stories, featuring interesting people from all walks of life!



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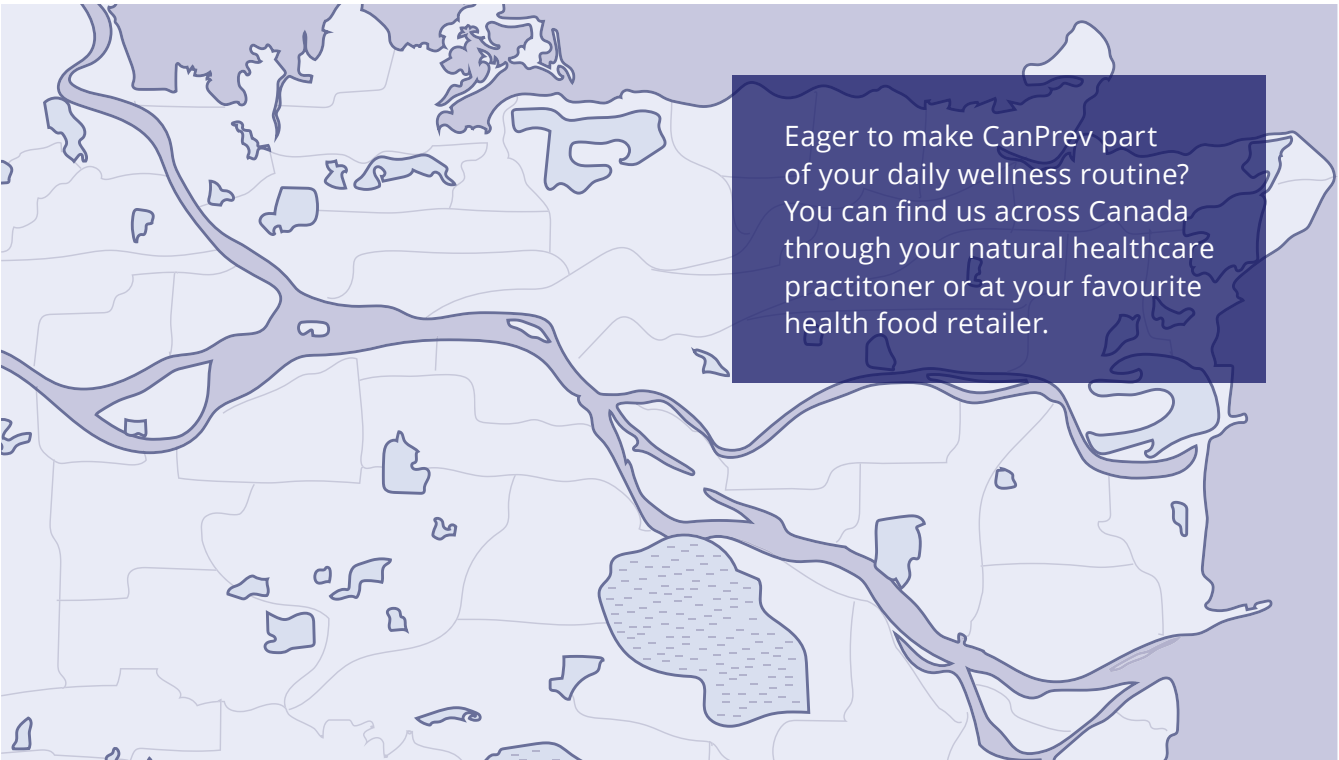


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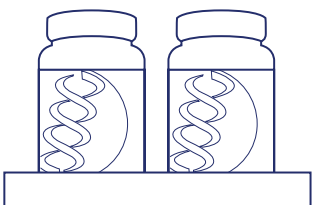
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Natural health practitioners

Your naturopathic doctor, nutritionist or other healthcare practitioner is a great resource for getting our products - and for great advice to get you started.

Ask your ND today



Health food retailers

You can also find our vitamins, supplements and shakes on the shelves of your friendly local health food retailer - as well as online!

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Drug interactions

Healthcare is complicated. Not sure how our products will mix with other drugs or medications? We’ve got you covered. This handy chart outlines any potential contraindications to help you easily integrate new remedies to your health care regime. But we always recommend checking with your natural healthcare practitioner first!

THERAPEUTICS

	Alcohol	Antiarrhythmics/Cardiac Glycosides	Antibiotics	Anticoagulants/Blood Thinners	Antidepressants	Antihypertensives	Anti-inflammatory	Antiplatelet Agents	Antipsychotic Agents	Anti-seizure Agents	Blood Sugar Lowering/ Diabetic Medication	Chemotherapeutic Agents	Cholesterol Lowering Medication	Cholinergic Agents	Corticosteroids	Dopamine Agonists	Hormone Medications/ Contraceptives/HRT	Immunosuppressants	Protease Inhibitors/Antivirals	Sedatives	Serotonergic Agents	Vasodilators (Nitroglycerin)
Adrenal-Pro Recharge Yourself	●			○												○				●		
Blood Sugar Support										○												
Cold-Pro Immune Formula		○		○													○					
Detox-Pro Formula			●	○				○														●
Digestion & IBS			○	○			○	○														
Eye-Pro Formula																						
Fibre Flow																						
Healthy Heart		○		○		○		○											○			
Healthy Hormones																	○					
Healthy Lungs			●																			●
Immuno Multi			●	○																		●
Joint-Pro Formula				○				○														
Joint-Pro NEM																						
Meno-Prev				●	○	○		●		○	○						○					
Mind-Pro Formula				●		○		●	○	○	○			○								
Osteo Prolong				○																		
Pain Pro Formula			○	○		○	○	○			●											
Prostate-Pro		○		○	○																	
Slim-Pro Formula	●										○		○							●		
Thyroid-Pro Formula	●																			●		

PRO ESSENTIALS

	Alcohol	Antiarrhythmics/Cardiac Glycosides	Antibiotics	Anticoagulants/Blood Thinners	Antidepressants	Antihypertensives	Anti-inflammatory	Antiplatelet Agents	Antipsychotic Agents	Anti-seizure Agents	Blood Sugar Lowering/ Diabetic Medication	Chemotherapeutic Agents	Cholesterol Lowering Medication	Cholinergic Agents	Corticosteroids	Dopamine Agonists	Hormone Medications/ Contraceptives/HRT	Immunosuppressants	Protease Inhibitors/Antivirals	Sedatives	Serotonergic Agents	Vasodilators (Nitroglycerin)
5-HTP 100					○											○					○	
Adult Multi				○																		
Alpha Lipoic Acid																						
Antioxidant Network			●	○		○																●
Core Men's Shake				○		○					●											
Core Women's Shake				○							●											
Curcumin-Pro				○			○	○														
D3 Softgels																						
D3 & K2 Softgels				○																		
D3 Drops Kids 400IU																						
D3 Drops 1000IU																						
D3 & K2 Drops				○																		
I-3-C 200																						
Iron Bis-Glycinate 20																						
L-Theanine																						
ElectroMag Effervescent Drink																						
Magnesium Bis-Glycinate 200																						
Magnesium Bis-Glycinate Powder																						
Oil of Oregano				○				○														
Omega-Pro Essential HP 40/20																						
pH-Pro																						
Prenatal Multi				○																		
Pro-Biotik 15B																●		●				
Pro-Biotik Powder Toddler to Teen															●		●					
Resvera-Pro				○		○																
Synergy B																						
Synergy C				○		○																
Ubiquinol 100mg				○		○																

- Possible interactions
- Contraindication

Product index

5-HTP 100	130	Immuno Multi™	12
Adrenal-Pro™	94	Iron Bis-Glycinate 20	50
Adult Multi	14	Joint-Pro™	58
Alpha Lipoic Acid 600	84	Joint-Pro™ NEM	58
Antioxidant Network™	112	L-Theanine	132
Blood Sugar Support	102	Magnesium Bis-Glycinate 200	70
CanPrev Core for Men	30	Meno-Prev™	46
CanPrev Core for Women	32	Mind-Pro™	126
Cold-Pro™	118	Oil of Oregano	120
Curcumin-Pro™	64	Omega-Pro™ HP 40/20	76
D3 Drops for Kids	24	Osteo Prolong™	54
D3 Drops	22	Pain-Pro™	60
D3 & K2 Drops	22	pH-Pro™	56
D3 Softgels	20	Prenatal Multi	44
D3 & K2 Softgels	20	Pro-Biotik™ 15B	16
Detox-Pro™	82	Pro-Biotik™ Powder	18
Digestion & IBS	88	Prostate-Pro™	38
ElectroMag™	72	Resvera-Pro™	110
Eye-Pro™	108	Slim-Pro™	104
Fibre Flow™	90	Synergy B™	136
Healthy Heart™	68	Synergy C™	122
Healthy Hormones™	42	Thyroid-Pro™	100
Healthy Lungs™	116	Ubiquinol 100	78
I-3-C 200	48		

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