

# YOUR HEALTH MATTERS TO US

## BENEFITS OF GUT FX

### Repairs Gut Lining

The gut lining acts as a barrier, preventing harmful substances from entering the bloodstream. Gut-FX includes ingredients like L-glutamine, which is known for its ability to support the repair of compromised gut linings. This can be particularly beneficial for individuals experiencing leaky gut syndrome or inflammation.

### Supports Healthy Digestion

Gut-FX promotes efficient digestion by combining enzymes and ingredients that aid in breaking down food, reducing bloating, and enhancing nutrient absorption. Proper digestion is key to obtaining the full nutritional benefits from your diet.

### Reduces Inflammation

Chronic inflammation in the gut can lead to various health issues, including digestive disorders and autoimmune conditions. Healthology Gut-FX contains anti-inflammatory compounds that help soothe and calm the digestive tract, promoting a balanced and harmonious gut environment.

### Strengthens Immune Function

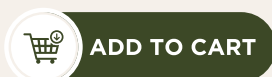
A significant portion of the immune system resides in the gut. By maintaining a healthy gut lining and balanced microbiome, Gut-FX helps to boost immune defences, protecting the body from pathogens and supporting overall health.

### Quality You Can Trust

Healthology is committed to quality and purity. Gut-FX is made with non-GMO ingredients and free from artificial additives, ensuring that you receive a clean and effective product. Each ingredient is chosen for its proven benefits and ability to work synergistically with others in the formula.



Bile Force is a fast digestive enzyme that can solve fat digestion challenges! Digesting fats can also be a problem following gallbladder surgery. Bile and pancreatic enzyme production may be inadequate for anyone living without a gallbladder or for those switching to a high-fat diet.



## CanPrev leading in women's health!

In the journey of maintaining optimal health, women face unique challenges and needs throughout various stages of life. From reproductive health to bone density and hormonal balance, addressing these requirements is crucial for overall well-being. CanPrev, a leading name in the world of supplements, offers a range of products specifically designed to support women's health. Here's why women should consider integrating CanPrev supplements into their daily health regimen.

### Hormonal Balance and Reproductive Health

Throughout life, women experience numerous hormonal changes due to menstruation, pregnancy, and menopause. CanPrev offers supplements like "FemEase" and "Meno Prev," which are formulated to support hormonal balance. These supplements help alleviate common symptoms such as mood swings, hot flashes, and menstrual discomfort, enabling women to navigate these transitions with greater comfort and stability.

### Bone Health and Density

Bone health is a critical concern for women, especially as they age. Osteoporosis and reduced bone density become more prevalent post-menopause. CanPrev's "Bone Health" formula includes crucial nutrients like calcium, magnesium, and vitamin D, which are vital for maintaining strong, healthy bones. Regular supplementation can help reduce the risk of fractures and maintain mobility.

### Stress Management and Mental Well-being

Modern life often brings high levels of stress, which can impact mental health and overall well-being. CanPrev's "Adrenal-Pro" supplement is designed to support the adrenal glands and improve the body's stress response. By incorporating adaptogenic herbs and essential nutrients, this supplement helps enhance resilience to stress, promoting better sleep and improved mood.

### Skin, Hair, and Nail Support

Nutrient-rich CanPrev supplements, such as "Collagen Full Spectrum," are formulated to enhance the health of skin, hair, and nails. These supplements provide essential vitamins and minerals that promote collagen production, improve skin elasticity, and strengthen nails and hair, contributing to a more youthful and vibrant appearance.

### Immune System Support

A robust immune system is essential for maintaining good health, and CanPrev offers targeted solutions to boost immunity. Supplements like "Immuno Multi" provide a comprehensive blend of vitamins, minerals, and antioxidants specifically designed to fortify the immune system, reducing the likelihood of infections and supporting overall health.

To begin your optimal health journey with CanPrev, visit us!



Dennis, GNN Founder and CEO  
is sharing on our blog:  
**PROACTIVE HEALTH STRATEGIES  
FOR AGING WELL IN TODAY'S  
HEALTHCARE LANDSCAPE**

Check it out!



**GUEST SPEAKER**  
**DR. GAETANO MORELLO, BSC., ND**

*Gaetano Morello is a licensed naturopathic physician and published author practicing in BC. He is a clinician in the Complex Chronic Disease Program at B.C. Women's Hospital in Vancouver, treating Fibromyalgia, Chronic Fatigue Syndrome, Myalgic encephalomyelitis and Chronic Lyme.*

Mitochondria are the powerhouses of your cells, producing the energy that fuels your body. However, as mitochondrial function declines with age, so do energy levels, cardiovascular health, cognition, and more.

Join us to explore the connection between mitochondrial dysfunction, aging, and disease, as well as learn how to ignite your mitochondria to rejuvenate your life.

**REGISTER TODAY!**

WEDNESDAY, OCTOBER 9, 2024  
MENNONITE HERITAGE VILLAGE  
STEINBACH, MB  
7:00PM · 1HR



## Need to relax? Give Natural Factors GABA a try!

Natural Factors GABA (Gamma-Aminobutyric Acid) is a popular supplement known for its calming effects and ability to support stress management and relaxation. As a neurotransmitter, GABA plays a crucial role in the brain by inhibiting nerve transmission, which can help reduce feelings of anxiety and promote a sense of calmness. By aiding relaxation, GABA can also contribute to improved sleep quality, making it a valuable supplement for individuals experiencing stress-related sleep issues. Additionally, Natural Factors GABA is often used to enhance mental focus and clarity, supporting overall mental well-being. With its natural and non-addictive properties, it provides a safe option for those seeking to manage stress and anxiety in their everyday lives.



**ADD TO CART**

**SHOP IN-STORE OR ONLINE TODAY!**