



HEALTH FOOD STORE

The Vitamin Shop

Thank you for voting The Vitamin Shop as your choice "Vitamin and Supplement Store" and "Health Food Store" for 2024. Our continued success from 1984 to 2024 is all thanks to our loyal customers.

Our founder, Bruce Reid, has dedicated himself to offering high-quality, affordable brand name supplements and unrivaled customer service. Our team of CNPAs (Certified Natural Product Advisors) stays informed on the latest scientific research and industry trends, thanks to our suppliers' continuous education. We take pride in carrying trusted Canadian brands and maintaining strong relationships with our suppliers who provide only the highest quality ingredients for our supplements.

Celebrate 40 years of excellence with us as we continue to provide affordable health solutions to our valued

customers all across Canada. Experience exceptional service when you visit our store, where we passionately curate a diverse range of products to cater to every individual's unique needs. Our dedicated team in the mail order department is committed to assisting you in making informed decisions. And when you order online, rest assured that our efficient shipping team will have your order on its way within 24 hours, with utmost

speed and accuracy. The launch of our new website this year aims to enhance the convenience and security of your shopping experience. Our goal is to provide an online journey that is just as effortless and smooth as visiting our physical store.

Thank you to all our dedicated customers! As we embark on new adventures together, we are grateful for your unwavering support and can't wait to join you on the journey to a healthier future!



CanadianVitaminShop.com™, the online division of

THE VITAMIN SHOP

Healthy Solutions Since 1984! 1212 Broad St., Victoria, BC, V8W 2A5 • 250-386-1212

COMPLETE SELECTION AND LOW PRICES ON BRAND-NAME SUPPLEMENTS

SENIORS:
5% in-store discount on all items, including sale items

Sale on from Dec. 31, 2024 to Jan. 12, 2025

ACIDOPHILUS & BIFIDUS

- prevent antibiotic induced diarrhea
- promotes regular bowel movements

VITAMIN C 1000mg

- pH neutral
- highly bioavailable
- lasts longer
- enhances immunity
- gentle on the stomach

OMEGA-3 500mg

- concentrated source
- supports brain function
- reduces inflammation

Item#86634 \$4.48 (60 Caps)
Item#86643 \$4.48 (75 Caps)
Item#86346 \$4.48 (60 Softgels)

NATURAL FACTORS HI POTENCY B Complex 50mg

- optimal intake and absorption of B vitamins is critical for health
- they metabolize carbohydrates, proteins and fats into energy
- supports formation of tissue, red blood cells and liver
- B vitamins may become depleted by alcohol consumption, poor or restrictive diets, certain medications & stress

Item#2008 \$23.98 (180+30 Caps)

NATURAL FACTORS Extra Strength RXOMEGA-3 600mg

- highly concentrated form of omega-3 fatty acids
- 2:1 ratio of EPA to DHA
- supports cardiovascular, brain & can reduce symptoms of arthritis
- pharmaceutical-grade fish oil extracted from safe, pure sources
- free from lipid peroxides, heavy metals, pesticides, dioxins & PCBs
- no fishy aftertaste

Item#2034 \$22.48 (120+30 Softgels)

PREFERRED NUTRITION COLLAGEN

- high-quality, grass-fed, pasture-raised bovine collagen peptides
- each scoop provides 10g absorbable, hydrolyzed collagen and 9g of protein
- flavourless, odourless
- mixes easily into hot and cold beverages
- actively supports beautiful skin from the inside out

Item#2401 \$2 coupon will be applied (500g)

NAKA PRO L-THREONATE Magnesium 144mg

- helps metabolize carbohydrates, proteins and fats
- for the development of bones & teeth, tissue formation and muscle function
- helps mental clarity, attention capacity, memory & cognitive function during aging
- can alleviate anxiety

Item#6164 \$60.88 (90+30 Vcaps)

NEW ROOTS HERBAL LIVER Protection

- high-quality, potent form of milk thistle extract
- full spectrum of herbal bitters: artichoke, black radish & beet root
- with alpha lipoic acid to assist liver in removing toxins
- supports creation of bile and proper synthesis of cholesterol

Item#2272 \$2 coupon will be applied (108 Vegcaps)

AOR BONE BASICS

- to support bone health
- with MCHA, which retains the intact micro-crystalline structure of whole bone
- derived from New Zealand pasture-fed, free-range livestock not subjected to routine antibiotics or rBGH
- guaranteed free of bovine spongiform encephalopathy

Item#7697 \$3 coupon will be applied (360 Caps)

CANPREV MAGNESIUM BIS-GLYCINATE Extra Gentle 140mg

- the preferred form of magnesium
- superior absorption
- gentle on the bowels
- recommended for sensitive digestion, IBS or weak stomach acid
- supports bones, teeth, muscles and heart

Item#7134 \$3 coupon will be applied (240 Vcaps)

SALUS Organic RED BEET CRYSTALS

- naturally sweet tasting
- instantly soluble
- carefully obtained from the juice of freshly harvested organic beets, pressed within 2-3 hours of harvest
- add to smoothies, soup, muesli & more

Item#4444 \$3 coupon will be applied (200g Powder)

10% OFF SOVEREIGN SILVER & COPPER Mineral Supplements

- Copper liquid 118ml \$9825
- Silver drops 236ml \$4187
- Silver drops 59ml \$5755
- Silver nasal spray 59ml \$5761
- Silver nasal spray 29ml \$5763
- Silver nasal spray 59ml \$5762

15% OFF HERBATINT Hair Colour Gels

The Most Natural Alternative Permanent Hair Colour Gel

10% OFF WELEDA Body Care Products

100 years taking care of your health, beauty and the planet

CanadianVitaminShop.com™



Free Delivery
Mon-Fri with minimum \$70 order within radius.



Shop By Phone
250-386-1252
Fax: 250-386-1299



Toll Free
1-888-386-1211
Fax: 1-877-386-1211



Free Shipping
anywhere in Canada with minimum \$79 order.

While quantities last. We reserve the right to limit quantities.



STORE HOURS: Mon-Fri: 9am-5:30pm • Saturday: 9:30am-5:30pm • Sunday: 11am-5pm