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written, edited and designed by
nature's source staff

Sanjiv Jagota, *Publisher*
Heather Allsop, *Editor*
Daniel Schlegel, *Design*

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A FIBRE PRIMER

*Nature's Source staff member
provides Facts about Fibre*

By now most people are pretty familiar with the benefits of increasing their daily intake of fibre. Most would probably agree that they could stand to have a little more in their diet (including this author), yet many are still confused about which type of fibre is best and how much they should be getting in their diet. This article will discuss some of the pros and cons of the different types of fibre as well as discussing their sources.

Simply put, fibre that leaves the body in essentially the same state that it enters can be safely classified as an "insoluble fibre". These types of fibres are generally found on the surfaces of cereal grains as the "bran layer", as well as on the outer layer of most fruits and vegetables. Their technical names would include lignins, cellulose and hemicellulose. Their insolubility in water is what makes these fibres important as an intestinal sweep, improving the transit time of our intestines and preventing constipation. On the downside, their indigestibility does not prevent certain bacteria in the intestines from trying to break down these fibres; hence the common side effect of rapidly increasing fibre intake can be a lot of gas and bloating. Try to increase fibre intake gradually to allow the body time to adjust. If someone has an irritable bowel (IBS) or is sensitive to these fibres, the addition of digestive enzymes containing higher amounts cellulases/hemicellulases (enzymes that break down these fibres) will reduce some of the more unpleasant symptoms of increased fibre intake. However, it's generally best for those with sensitivities to avoid the harsher plant fibres as they can irritate and inflame the digestive system; these individuals should definitely cook their vegetables well.

Soluble fibres dissolve in water and become "gel like". These fibres include the pectins, gums and mucilages. This type of fibre is what's usually found on the "inside" of those fruits and vegetables. They can be quite helpful in moving toxins and waste out of the body, as well as regulating

blood sugar imbalances and promoting regularity. These fibres will absorb many times their weight in water making them excellent bulking agents so it is extremely important to drink plenty of water when taking these types of fibre, otherwise constipation or blockages can occur. Psyllium and Glucomannan are two types of fibre that are commonly used in laxative and weight loss formulas.

Health guidelines suggest aiming for approximately 35 grams of fibre per day. Unfortunately the average consumption in North America by some estimates is about half that amount. High fibre foods tend to take longer to cook and prepare, while fast food, with its focus on taste and speed, essentially becomes fibreless food as a consequence. Diseases of the colon are generally seen as diseases of aging and with our demographic shift they are dangerously on the rise. It is not a coincidence that bowel diseases like colon cancer are primarily an illness of the developed world with its low fibre intake. A little more fibre in our diet is great prevention and may add years of healthy living.

Mario Alonzi, B.Sc., is the Manager of Nature's Source in Mississauga.





Mastica Chios is Chios gum mastic, the resinous extract of the mastic tree (*Pistacia lentiscus*). Research supports gum mastic's contribution to gastrointestinal health through its effects on unfriendly bacteria in the stomach.

- Supports gastric comfort by its effects on unfriendly organisms in the stomach
- Helps relieve ulcers (peptic and gastric), gastroesophageal reflux disease (GERD) and heartburn



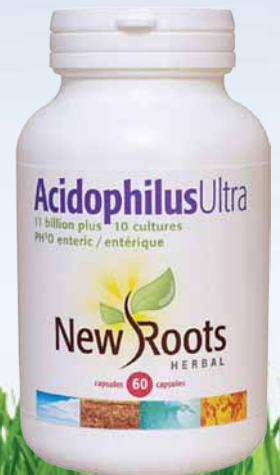
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LECTURE at the Mississauga Library to follow from 7:00pm - 8:30pm.

Visit us for more information or to get your free copy* of *The Vice Busting Diet*

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GASTRIC EROSION

Nature's Source Naturopathic Consultant talks about Ulcers

Excuse me!... Excuse me!... If you have a tendency to say that often, after making some annoying sounds, you most likely have a digestive issue.

Good function of our digestive system (from your mouth through the stomach to beyond your bowels) is crucial for our daily and long-term health. It helps in the breakdown of our food to provide energy, nutrients for assimilation and to eliminate unwanted waste. It also has an important role in supporting our immune system.

Digestive issues plague almost all of us to some degree, be it mild gas or constipation to more severe IBS and colitis. A common problem these days is ulcers. Ulcers are the erosion of the mucous membranes, usually in the stomach lining.

Ulcers are generally a result of the presence of *H. pylori* bacteria. People start to experience mild gas and bloating which

progresses to gastritis if not treated in time, and can eventually result in an ulcer. The medical treatment for ulcers is to prescribe antibiotics and anti-acids, with some success, but I have seen most people need at least two rounds of treatment, and the ulcer still comes back.

The natural prevention for ulcers is to make sure that there is adequate production of stomach acid which helps to kill off or prevent the proliferation of most pathogens, including *H. pylori*. Also it is important to have a diet that is low in refined sugars and acid foods. The acid foods can cause irritation in the gastric lining, while the sugars can feed the bacteria.

If an ulcer has occurred, then treatment to control the bacteria, minimize the irritation and heal the mucous membranes should be administered. To help kill off the *H. pylori*, usually the most effective treatment is a course of Mastic gum. Mastic gum has been shown to be very effective at eliminating *H. pylori* and helping to promote healing of the mucosa. Supplements of oregano and garlic are also effective antibiotics. Along with Mastic gum, chewable DGL helps to protect the mucosa from further irritation, along



with promoting healing. Eating plantain and drinking Slippery Elm tea also helps to decrease irritation and protect the mucosa. Other things to consider and add in to the treatment plan are digestive enzymes and essential fatty acids.

For a complete protocol to help heal an ulcer, including supplements that combine the above ingredients and dietary changes that one should make, please consult with your health care provider.

This article provided by Baljinder S. Chhoker, a Naturopathic consultant for Nature's Source. For more information please call 905-257-1655 or drop by and see Bal at our Oakville Store.

TESTIMONIALS FROM CUSTOMERS AT NATURE'S SOURCE

"I thought I would send you this e-mail, to thank you so much for all the help and great customer service you have given me at Nature's Source in Maple. My skin has improved incredibly since you have introduced me to the Suki skin care line, Tamanu Oil, Azulene eye cream and the Mineral Fusion make up. It's really important to me to know that the products I put on my skin have no harmful ingredients because I feel what I put on my skin is just as important as what I take internally to better my health. I'm really impressed at how well you know your products and although I've only been your customer for a few months, it's seems as though you've known me for a long time and you know what I need to better my health internally and externally. The Flax and Bio-K yogurt have also been very helpful and I feel a big difference in my over all health since I've been using these two products. I always look forward to Thursdays, when you are at the Maple location so I can come in to chat with you to learn more about what I can add to my skincare and health routine and I also know you would not recommend something to me just to make a sell if you know that it would not help me or you know it would be something I shouldn't take with any other medications that I'm on. I truly appreciate your honesty. Once again thank you so much for your help and I hope you continue to stay at the Maple location even if it's only once a week. Thanks Jen!" - Shireen, Maple client

"The product that I will use for the rest of my life is Lymphdialar by Pascoe. It was recommended to me by a Naturalpath to assist with some unexplained swelling in my ankles. The Lymphdialar drops are so easy to take in a bit of water each morning. The drops have a slightly bitter taste. They continue working throughout the day and really assist with the drainage of my systems. Jenn at Nature's Source recommended the Lymphdialar cream and that too has helped me. I apply the cream to my ankles at night when extra attention is required. I am very happy with this product." - Tracy, Etobicoke client



ASK NATURE'S SOURCE DR. KATIE!



Dear Dr. Katie,

I've heard a lot of talk lately about probiotics. Can you tell me about them?

--Lynne

Dear Lynne,

You're correct, there is a lot of information about probiotics available! Let's start at the beginning... the origin of probiotics. For centuries, we've known that milk transformed into yogurt or other substances (like kefir) through lactic acid fermentation. But it wasn't until the 20th century that the exact reason for this became known: probiotic bacteria were responsible. Metchnikoff, the Russian scientist behind this discovery, determined that the probiotic bacteria involved in the milk-to-yogurt transformation actually "seeded" the intestines with beneficial bacteria. This seeding, he said, caused the positive health effects resulting from consumption of fermented milk products. He wasn't too far from the truth.

The deep, dark secret

In the average person's digestive system, there are approximately five hundred different types, or species, of micro-organisms that colonize there. (Nice thought.) As you'd expect, some of these micro-organisms, like probiotics, are peaceful; others, like *Candida* (yeast), are not. For intestinal health, you need to have a higher percentage of the good probiotic bacteria than yeast, fungi, or other unpleasant micro-organisms. Why? Because having an overabundance of good bacteria means that the good squeeze out the bad. It's like musical chairs: if the probiotics have most of the seats, the harmful organisms have nowhere to live.

In addition, an abundance of probiotic bacteria in the intestines has many scientifically validated advantages. For example, it helps those with irritable bowel syndrome; prevents ulcers; reduces allergies; prevents traveller's diarrhea and chronic diarrhea; improves immunity; and promotes superior absorption of trace minerals, including co-production of vitamin K (a vitamin necessary for blood clotting).

But for many of us, if the good bacteria aren't outnumbering the bad, we suffer from some (or all) of the following symptoms: gas, bloating, headaches, poor bowel function (including irritable bowel syndrome), fatigue, yeast infections, skin disorders, and allergies, to name a few.

What are their names?

The word *probiotic* is a general term, similar to how we describe ourselves as human beings. But there are many types, which live in different areas of our bodies and perform different functions. Probably the best known, and best studied, probiotic is *Lactobacillus acidophilus*, often nicknamed "acidophilus". *L. acidophilus* is a primary resident in the small intestine (the first part of your intestine; it attaches to your stomach).

Also common are the *Bifidobacteria*, which love the climate of the large intestine. They are also one of the main probiotics that pass through human breast milk to a nursing baby, conferring probiotic protection on the baby. Other probiotics include *Lactobacillus rhamnosus* (often found in the vaginal tract, helping to prevent vaginal infections), *Lactobacillus reuteri* (ulcers, beware), and *Saccharomyces boulardii* (protects against traveller's diarrhea).

So what do I do...?

The good news is that if you do lack enough probiotic bacteria, they are easy to incorporate into your diet. Grandma always said that yogurt was good for you, and she really was right. Other fermented foods, like kefir, fresh sauerkraut (not in the cans or jars, since these have been heat-treated), miso and

tempeh also often carry certain probiotic strains from the fermentation process. The goal is one to two servings a day of a fermented food to help maintain a healthy digestive system.

However, there's a catch. Yogurt and fermented foods may do the trick for you and help you maintain your health, but if you already have a digestive disorder, the good bacteria strength in fermented foods just isn't enough. You've got to flood the good bacteria back into you in order to change things around.

For instance, if you have dysbiosis (gas and bloating following meals), the bad bacteria outcompete the good probiotics. Just eating yogurt (including the so-called probiotic yogurt) won't give you the chance to overcome this. Could you expect your car to drive halfway across Canada without sufficient gas? In the same way, a couple servings of yogurt won't give your body enough fuel to drive the good bacteria into action to overtake the bad. A good probiotic supplement can provide the help you need.

There's a myriad of other knowledge still to be gained about probiotics. This includes questions about storage temperature, dose, usage, and contraindications. We'll explore these in detail in the next issue's "Dear Dr Katie" column!

Katie D'Souza, B.Sc., N.D. is a licensed Naturopathic Doctor and can be reached at katiempatrick@yahoo.ca





PROTEIN SUPPLEMENTS

No Longer Just For Athletes

With summer quickly approaching there's no doubt that many of us are thinking about enjoying the season. As the weather gets warmer, the thought of shedding a few pounds and increasing our physical activity may be on the forefront of our minds. With today's busy lifestyle, protein shakes offer a convenient solution for everyone to live a more fit and healthy lifestyle.

Starting the morning off with a nutrient dense protein shake or choosing one as an alternative to a less healthy afternoon snack will reduce caloric intake. This can help you to shed those extra pounds while providing the body with essential nutrients to get you through the day. Besides shedding a few pounds, protein shakes are a good choice as a pre- or post- workout supplement to support the body with muscle growth and tissue repair.

Proteins are building blocks of life. The protein we consume, whether it is from animal or vegetarian sources, is made up of amino acids that are the foundation for almost all of the muscle and soft tissue in our bodies. They are also essential in many metabolic processes and help to support the immune system.

At one time protein supplements were reserved for body builders and elite athletes. This trend is quickly changing with a wide variety of supplements available to suit everyone's needs. Anyone from the weekend warrior to the elite athlete can benefit from these types of supplements.

The two most well known protein supplement types available are whey based (derived from dairy) and those derived from vegetarian sources. Whey proteins can either be concentrates or isolates. Whey concentrates, with ~70-85% protein, are beneficial for those looking for a highly absorbable protein that will help to maintain general health and muscle growth. Isolates, with ~90-94% protein, are a micro-filtered version of whey that is beneficial for the person requiring optimal use of protein and significant muscle growth. Whey isolates, being purer than the concentrates, are also better for those who are lactose intolerant and experience problems with gas or bloating when using protein supplements.

Vegetarian proteins can be made up of any combination of plants like soy, rice, pea, and hemp. These are ideally suited to anyone with a dairy intolerance or those who choose to live a vegetarian lifestyle. With raw vegan diets becoming more popular there are also great choices available to support this type of lifestyle, such as Sun Warrior Raw Vegan Protein or Sequel Vega Meal Replacement.

Protein supplementation is also moving to another level with new, highly specialized versions of the traditional products. These include whey with added probiotics for better digestion (e.g., Quantum Nutrition Probiotic Whey Isolate), and sustained release isolates that provide a continuous release of amino acids for increased absorption and utilization (e.g., Precision I-PLX).

When choosing the right protein for your individual needs take into consideration your main reason for supplementation, dietary requirements and, of course, taste. When you decide on the right product, enjoy all the health benefits a protein supplement will add to your diet. Drop by Nature's Source and ask one of our health consultants for advice on which is the best protein for you!

Michelle Waithe, B.Sc., RHN, PTS holds a Bachelor of Science in Nutrition, and is a Registered Holistic Nutritionist and personal trainer with a passion for living a fit and healthy lifestyle. She is the assistant manager of the Maple store.

B12 AND THE BRAIN

Despite decades of research, there is a lack of consensus regarding the therapeutic administration of vitamin B12 for patients who exhibit psychiatric disorders but are not considered deficient due to serum values within the "normal" range.

B12 is not only integral to the Krebs' Cycle of energy production and the synthesis of red blood cells, it also participates in the production of SAM (S-adenosylmethionine) and the formation of phospholipids and neurotransmitters. Psychiatric symptoms may, in fact, be the first symptoms of insufficient or suboptimal B12 levels, manifesting long before any evidence of a serum deficiency. Increased homocysteine levels and decreased methionine and SAM lead to impaired methylation and consequently impaired production of neurotransmitters and phospholipids. The result is a decline in cognitive function and an increased incidence of mood disorders.

Individuals at risk for B12 deficiency include vegetarians and vegans, those with intestinal malabsorption (such as celiac disease), the elderly, and anyone with a deficiency of hydrochloric acid. Over the counter antacids taken to address the symptoms of heartburn and prescription drugs used in the treatment diabetes, such as Metformin, are also commonly known to interfere with B12 absorption. Psychiatric symptoms of B12 deficiency include agitation, confusion, depression mental slowness, mood disorders and poor memory. The "classic" physical symptoms are fatigue, numbness in the lower extremities, poor muscle coordination and weakness.

Hydroxycobalamin and Methylcobalamin are the forms of B12 commonly indicated for supplementation. Both are available in lozenges, which can be dissolved sublingually, however, if a severe deficiency is suspected, intramuscular injection is the preferred method for therapeutic administration.

Andrew Cuscianna, RNCP, ROHP, is an Orthomolecular Practitioner and Nutraceutical Consultant for Nature's Source.



NEWS BITS

U.S. Report shows natural health products are safe

The American Association of Poison Control Centers has published its 2009 report in the journal *Clinical Toxicology*. The report draws its data from American poison control centers. It records that in that year there were zero deaths reported due to consumption of multiple vitamins, B vitamins, and Vitamins A, C, D or E. Also, there were zero deaths recorded from any amino acid, herbs or botanicals or any mineral supplements.

Draw your own conclusions.

Health Canada trolls for adverse reports of natural health products

Health Canada is campaigning to drum up adverse effect reports for natural health products. According to the National Post (Feb. 27, 2011) the department is soliciting Canadian poison control centres actively seeking accounts of alleged harmful effects particularly regarding Vitamin D, folic acid, weight loss products and energy drinks. Health Canada has gone so far as to issue public tenders for researchers to monitor poison control centres in Ontario and British Columbia.

The same National Post article reports that industry survey firm ACNielsen found that sales of Vitamin D by Canadians increased by 40% in 2010. The article also notes that Canadian Cancer Society and Osteoporosis Canada both recommend up to 2000 I.U.s of Vitamin D daily while Health Canada calls for only 400 I.U.s

Draw your own conclusions.

Robert McMaster stays abreast of current Natural Health Issues and writes for Nature's Source.

TREND SPOTTING AT EXPO WEST

Nature's Source flies to Anaheim to find out the latest in Natural Products

Every March the Natural Products Expo West takes place in Anaheim, CA. It is the world's largest tradeshow for natural, organic, and healthy products and this year it attracted 58,000 and featured 3533 exhibitors over 3 days. "The record number of booths at this year's Expo West is proof positive of industry growth and translates to healthier food choices on store shelves," said Adam Andersen, show manager for Natural Products Expo West.

Nature's Source has been consistently attending Expo West for the last few years and this year we had a team of five embarking to sunny California (tough job, we know) to comb through the event to bring you the latest trends and news. If you missed our live tweets over the Expo West weekend, here's a summary of what we saw:

The reinvention of water. Has BPA killed the bottled water industry? Absolutely not. We saw water in every shape, flavour, size, and form, including probiotic water and even black water! (Yes, it really is black, with the help of fulvic acid.)

- **Coconut is hot.** We lost count of the number of coconut waters that we saw – it's definitely the new darling for electrolytes. And with even the New York Times recently touting the virtues of the good saturated fats in coconut oil, coconut is definitely on the way to the mainstream.
- **More food, less supplements.** Food definitely dominated the show. There has been much more innovation on the food side and fewer booths for supplements
- **Going natural is beautiful.** The trend for natural & organic beauty care continues to rise, with lots of new companies offering skin care + supplements regimens. This year, there is a new emphasis on fair trade in addition to natural and organic.
- **Is lychee the new "it" fruit?** A few years ago it was acai and mangosteen; this year we saw lots of lychee. We saw it as a raw ingredient and in supplements.

Picking up new supplements at the show is always challenging due to Canada and the U.S. having different health regulations, but we did find new products in other categories. Coming to the stores soon is a delicious raw, vegan, grain and gluten free bar called Ranowla, new Kleen Kanteens, including the thermos versions, new biodegradable cleaning accessories from Twist, more cosmetics from Mineral Fusion, soaps from Pre de Provence, and an alcohol free gripe water.



Amy Lam, Brand Manager, and Nadeem Aslam, Nutraceutical Buyer, were part of the Nature's Source team checking things out in Anaheim, and they provided this article.

In this picture: The Nature's Source team at Expo West in Anaheim. Jennifer Atamaniuk, Health and Beauty Expert, Rajiv Jagota, Business Development, Nadeem Aslam, Nutraceutical Buyer, Amy Lam, Brand Manager, and Sanjiv Jagota, Nature's Source President.



WHAT'S IN YOUR HEALTH AND BEAUTY PRODUCTS? PART 2

Nature's Source Health and Beauty Expert provides tips on how to choose safe products

PHTHALATES:

Phthalates are industrial chemicals that are used as solvents in many of our cosmetics, including many mainstream hairsprays, deodorants, nail polishes and perfumes. Phthalates have been shown to damage the liver, kidneys, lungs and the reproductive system in animal studies, either by being absorbed through the skin or inhaled. Why are manufacturers even using these toxic chemicals in our products in the first place? Simple. They use these plasticizers so that the products cling to the skin, hair, and nails to give perfumes, hair gels and nail polishes their staying power. But healthier products are now available.

What to watch out for when buying Health and Beauty Products

With the vast number of new personal beauty products being developed today, manufacturers tend to play with consumers' emotions when it comes to advertising and packaging claims. They try to compete with the latest trends and claim that their product will make you look more beautiful, younger, and sexier. They market their products claiming to quickly fix and erase wrinkles, and to make your skin softer and smoother. There are SO many products to choose from, where does one begin the search for the best natural personal care products? How can one be sure that we can believe that the product does what the manufacturer says it does? Are we choosing the healthiest and most importantly, the safest products?

Some concerns you should make yourself aware of when choosing products for your skin:

- 1. Magazine and Print Ads** - Social media is smartly designed to make you want to buy from them because they give it great hype. They promise "radiant, glowing and age-defying skin" with products that are safe, effective, and made from natural ingredients.
- 2. Radio and Television Ads** - In 30 seconds or less, broadcasters make anything sound so good. They get paid big bucks to convince you to buy practically any product that makes you feel better about yourself.
- 3. "Natural" on the label** - this only suggests that the product is made from natural ingredients from natural sources. To date, there is no actual standard for what "natural" means. The product may contain all natural ingredients, a few natural ingredients added to synthetic ingredients, or no natural ingredients whatsoever.
- 4. "Organic" on the label** - Beware of beauty products that claim to be 90% or higher organic on their label. In many cases it is physically impossible for more than 30-40% of the ingredients to be organic, because typically 60-70% of a product is water and water cannot be certified organically grown, even if it is distilled or processed with organic herbs. Oil-based beauty products can have a higher concentration of organic ingredients if the base used is an organic oil.
- 5. Hypoallergenic** - This does not mean it will not cause any allergic reactions. There are no standards for the term hypoallergenic. All it represents is that in the manufacturer's eyes, they believe it is hypoallergenic and will provide fewer allergic reactions than other products.
- 6. Pretty labels** - Don't base your sole decision on what the front label displays. The manufacturer spends a lot of money designing labels and eye-catching packages to make you think that their product is natural, healthy, and will fix your specific concerns. This does not necessarily make the ingredients in the product safe for use.
- 7. The ingredient list** - This is what you absolutely MUST read and understand each term before buying the product. Manufacturers often do not want you to read this to determine the safety of their product. This is one reason the print is often extremely tiny.



Jennifer Atamaniuk is the Assistant Manager at Nature's Source in Toronto. Jennifer specializes in Health and Beauty products for Nature's Source and can be contacted to help you choose the right products for your needs.



Methylcobalamin is the coenzyme form of vitamin B12 which supports the healthy structure and function of the nerves and brain. Several studies have found that people can have neurological signs and symptoms of a specific Methylcobalamin deficiency, even when serum B12 and blood tests are perfectly normal.

AOR's Methylcobalamin contains a 15 mg dosage and has been shown to offer neuroprotective and neuroregenerative benefits. Recommended for those concerned about neurodegenerative diseases, Multiple Sclerosis (MS), Lou Gehrig's Disease, Alzheimer's Disease and others.

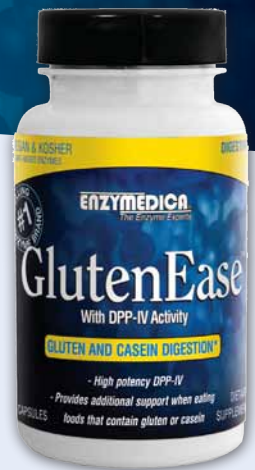


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GlutenEase has been formulated with a specialized Protease Thera-blend™ in combination with the enzyme DPP-IV, which is able to break down an exorphin peptide believed to be a contributing factor in gluten and casein intolerance. GlutenEase addresses a related issue that also stems from gluten intolerance, the problem digesting the carbohydrates of offending foods. For this reason, Enzymedica adds Amylase Thera-Blend™ and Glucoamylase to this formula. Amylase Thera-Blend™ has proven highly effective for those who suffer with an amylase deficiency or have difficulty digesting sugars and starches.



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