

YOUR SHOPPING GUIDE TO THE VITAMIN SHOP

[The Canadian Vitamin Shop](#)

The Vitamin Shop 1212 Broad St.

Victoria, B.C. V8W 2A5

NEW ROOTS

1. [New Roots Herbal Alpha Lipoic \(canadianvitaminshop.com\)](#)
2. [New Roots Herbal Active Folate \(canadianvitaminshop.com\)](#)
3. [New Roots Herbal Bee Pollen \(canadianvitaminshop.com\)](#)
4. [New Roots Herbal Candida Stop \(canadianvitaminshop.com\)](#)
5. [New Roots Herbal Candida Stop Capsules \(canadianvitaminshop.com\)](#)
6. [New Roots Herbal Chromium Picolinate \(canadianvitaminshop.com\)](#)
7. [New Roots Herbal Co-Enzyme Q10 100 mg \(canadianvitaminshop.com\)](#)
8. [New Roots Herbal Curcumin Plus Piperine \(canadianvitaminshop.com\)](#)
9. [New Roots D-Stress \(canadianvitaminshop.com\)](#)
10. [New Roots Herbal EyeSurance \(canadianvitaminshop.com\)](#)
11. [New Roots Herbal Forsight \(canadianvitaminshop.com\)](#)
12. [New Roots Herbal Grapefruit Seed Extract Liquid Concentrate \(canadianvitaminshop.com\)](#)
13. [New Roots Grapefruit Seed Extract \(canadianvitaminshop.com\)](#)
14. [New Roots Herbal Liver Protection \(canadianvitaminshop.com\)](#)
15. [New Roots Herbal L-Theanine 250 mg \(canadianvitaminshop.com\)](#)
16. [New Roots Herbal L-Tryptophan \(canadianvitaminshop.com\)](#)
17. [New Roots Herbal L-Tyrosine \(canadianvitaminshop.com\)](#)
18. [New Roots Herbal Magnesium Bisglycinate \(canadianvitaminshop.com\)](#)
19. [New Roots Herbal Magnesium Citrate Plus L-Taurine \(canadianvitaminshop.com\)](#)
20. [New Roots Herbal MSM \(canadianvitaminshop.com\)](#)
21. [New Roots Herbal N-AcetylCysteine \(canadianvitaminshop.com\)](#)
22. [New Roots Herbal Red Raspberry Leaf \(canadianvitaminshop.com\)](#)
23. [New Roots Sleep 8 \(canadianvitaminshop.com\)](#)
24. [New Roots Herbal Sterols & Sterolins \(canadianvitaminshop.com\)](#)
25. [New Roots Stevia Sugar Spoonable \(canadianvitaminshop.com\)](#)
26. [New Roots Herbal Suma \(canadianvitaminshop.com\)](#)
27. [New Roots Herbal Ultra B Complex \(canadianvitaminshop.com\)](#)
28. [New Roots Herbal Vitamin B5 Synergistic \(canadianvitaminshop.com\)](#)
29. [New Roots Herbal Wild Omega 3 \(canadianvitaminshop.com\)](#)

REPLACEMENT PRODUCTS FOR IMMEDEX

**SISU (either the capsule or the tablet and you can obviously purchase any size you want to fit your budget) This is super important as it is the only vitamin C in all of Canada that I can recommend and you need it for your Total Health Packs

[Sisu Ester-C - 1000 mg Bonus \(canadianvitaminshop.com\)](#)

[Sisu Ester-C - Bonus Size \(canadianvitaminshop.com\)](#)

[Natural Factors Vitamin E 400 IU \(canadianvitaminshop.com\)](#)

[New Roots Herbal MSM \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)
[NOW Glucosamine HCl \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

American Biotech Silver Biotics

1. Silver Biotics Liquid 16 ounce
[Silver Biotics Silver Supplement \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)
2. Silver Biotics Liquid 8 ounce
[Silver Biotics Silver Supplement \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)
3. [Silver Biotics Armor Gel \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)
4. [Silver Biotics Tooth Gel \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)
5. [Silver Biotics Antimicrobial Skin Cream \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)
6. [Silver Biotics Silver Lozenges - Mighty Manuka Mint \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

Enerex – All the Enerex products that I carried, they carry.

1. [Enerex BAMBOO SILICA \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)
2. [Enerex OSTEO CAL MAG \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)
3. [Enerex DIGEST BEST \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)
4. [Enerex Black Oregano \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)
5. [Enerex Greens - Mixed Berries \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)
6. [Enerex Pro Biotika \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)
7. [Enerex SERRAPEPTASE - 120,000 SU \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

*******IF YOU LIKED MY PROBIOTIC CALLED HIT AND HAVEN'T FOUND ANYTHING THAT YOU LIKE AS WELL, I THINK YOU WILL LOVE Genuine Health Advanced Health Gut Health Probiotic 15 Billion CFU Daily Care. It is shelf stable (meaning you don't have to keep it in the fridge).**

[Genuine Health Advanced Gut Health Probiotic 15 Billion \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

NOW

1. [NOW BETAINE HCL \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)
2. [NOW Glucosamine HCl \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)
3. [NOW Psyllium Husk Powder \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

NU-LIFEthese are the only multi's I recommend out of all the multi's in all of Canada. They are still not up to my standards but are the best ones I could find. They will be a replacement to the multi's that I had specifically made for me which will be part of your Total Health Pack.**

[Nu-Life THE ULTIMATE ONE - MEN 50+ \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

[Nu-Life THE ULTIMATE ONE - WOMEN 50+ \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

AOR – The only 3 AOR products that we carried, they carry

1. [AOR I-3-C Indole-3 Carbinol \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)
2. [AOR Lysine, Vitamin C & Hyaluronic Acid \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)
3. [AOR SeMet \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

Complete Collagen

[Progressive COMPLETE COLLAGEN Unflavoured \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

Fiberrific

[Pure-le FIBERrific 97% PURE FIBER \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

Harmonic Arts Cold Defense

[Harmonic Arts Cold Defense \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

Ionic Mineral Concentrace

[Anderson's Health Solutions CONCENTRACE TRACE MINERAL DROPS](http://canadianvitaminshop.com)

[\(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

Iron Vegan Protein Powder

[IRON VEGAN RAW SPROUTED PROTEIN - Unflavoured \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

**they also carry this in vanilla and chocolate flavors

Life Choice

[Life Choice GABA \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

Nanton Nutraceuticals: Rhoziva

[Nanton Nutraceuticals Rhoziva \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

Natures Way Wild Yam

[Nature's Way WILD YAM \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

Nature's Way Norwegian Kelp

[Nature's Way KELP \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

Seroyal/Genestra TADS

[Genestra TADS \(canadianvitaminshop.com\)](http://canadianvitaminshop.com) or you can use....

[New Roots Herbal Adrenal \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

Synergy Periosmart Mouthwash

[Synergy Organics FRESH KISS CITRUS BLISS MOUTHWASH](http://canadianvitaminshop.com)

[\(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

HOW TO REPLACE THE TOTAL HEALTH PACKS

For all the details go here.....

[How-to-Build-Your-Own-Total-Health-Pack-Updated.pdf \(hormonerollercoaster.com\)](http://hormonerollercoaster.com)

Multivitamin and mineral

[Nu-Life THE ULTIMATE ONE - MEN 50+ \(canadianvitaminshop.com\)](http://canadianvitaminshop.com) OR

[Nu-Life THE ULTIMATE ONE - WOMEN 50+ \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

Vitamin C

[Sisu Ester-C - 1000 mg Bonus \(canadianvitaminshop.com\)](http://canadianvitaminshop.com) OR
[Sisu Ester-C - Bonus Size \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

Vitamin E

[Natural Factors Vitamin E 400 IU \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

Green Tea

[AOR ACTIVE GREEN TEA \(canadianvitaminshop.com\)](http://canadianvitaminshop.com) Two different sizes
[AOR Active Green Tea Capsules \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

MSM

[New Roots Herbal MSM \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

Omega 3

[New Roots Herbal Wild Omega 3 \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

How to Replace the Following Products**Vitamin A**

[Natural Factors Vitamin A \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

Vitamin D

[Prairie Naturals Vitamin D3 2500 IU - Bonus Size \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)
[Prairie Naturals VITAMIN D3 1000 IU \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

Now 5htp

[AOR 5-HTP 50 mg \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

Holy Basil

[Flora HOLY BASIL \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

Brain B12 (sublingual)

[NutriStart Naturally Quick B12 \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

Milk Thistle

[Organika MILK THISTLE \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

Now M7 Vitamin K2

[CanPrev Vitamin K2 \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

Seroyal/Genestra Liquid Vitamin D3

[AOR LIQUID VITAMIN D3 \(canadianvitaminshop.com\)](http://canadianvitaminshop.com) or
[Genestra D-Mulsion 1000 - Citrus Flavour \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

Bee Pollen

[Beekeeper's Naturals Bee Pollen \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

Alfalfa

[Bernard Jensen's Alfalfa \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

Chlorophyll

[Bernard Jensen's Chlorophyll Mint \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

Garlic-Odorless (New Roots)

[Kyolic EVERYDAY SUPPORT EXTRA STRENGTH ONE A DAY \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

Ultra Zinc

[Sisu Zinc Citrate \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

Calcium Ascorbate Crystals

[Natural Factors Vitamin C Calcium Ascorbate Powder \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

MSM Powder

[Purica MSM Powder \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

Passionflower

[A Vogel Passion Flower \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

Vitamin B6 100 mg by New Roots

[Natural Factors BioCoenzymated Pyridoxal 5'-Phosphate \(canadianvitaminshop.com\)](http://canadianvitaminshop.com) **you will likely only need half the dosage you have been taking because the pyridoxal 5 phosphate form of B6 is the active form whereas B6 pyridoxine hydrochloride form needs to be activated by your liver.

New Roots Rosa Mosqueta Oil

[Divine Essence ROSEHIP OIL \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

New Roots MCT Oil

[Alpha MCT OIL \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

New Roots L-Glutamine powder

[Natural Factors Micronized L-Glutamine \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

New Roots L-Glutamine capsules

[Natural Factors L-Glutamine 1000 mg \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

New Roots Licorice Root

[Nature's Way Licorice Root \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

New Roots Melatonin 3 mg

[Innovite Melatonin \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

**I am very interested in this one. It is a capsule and sustained release, however you can't chew it to get fast action. If you have trouble staying asleep, I would go with this one.

[Natural Factors Melatonin - 3 mg - Bonus Size \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

**This one is interesting because it is meant to dissolve under your tongue which means it will be absorbed much faster. If you have trouble falling asleep, I would go with this one.

New Roots D-Mannose Powder

[WomenSense D-Mannose \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

New Roots Evening Primrose

[Natural Factors Ultra Prim Evening Primrose Oil - 1000 mg \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

**not organic

New Roots L-Carnitine

[PVL Carnitine \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

New Roots L-Lysine

[Purica L-Lysine Powder \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

New Roots Quercetin 500 mg

[Naka Extra Strength Quercetin \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

Dream Protein Powder

[Ultimate High Alpha Whey Isolate - Tropical Vanilla \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

**Excellent quality, you can also get this product in chocolate and unflavored

Magnesium Bath Flakes

[NOW Magnesium Flakes \(canadianvitaminshop.com\)](http://canadianvitaminshop.com)

Promedics Magnesium Oil Spray

[Bolton's Naturals Magnesium Chloride Spray \(canadianvitaminshop.com\)](http://canadianvitaminshop.com) 237 ml.

[Bolton's Naturals Magnesium Spray \(canadianvitaminshop.com\)](http://canadianvitaminshop.com) 118 ml

At this time, they do not carry the following products. As the sales of the products that they ordered specifically for my clients begin to sell, they will be able to order from this list. Please let them know which ones are important to you. Thank you

These are New Roots products that I recommend but that they don't have in inventory at this time.

1. Ashwagandha

2. Boswellia
3. Cordyceps
4. Cranberry
5. Ultra Iron
6. Joint Relief
7. Melatonin liquid
8. Children's chewable omega 3
9. Merry Mind
10. Potassium Citrate, 100 mg
11. Prolax
12. Saw Palmetto