



FABULOUS Spring Savings!

Serving your health care needs since 1983 with 29 locations in Canada
Associate Chains – Alive Health Centres in BC and Supplements Plus in Toronto & BC

Wide selection of brand name Supplements | Herbs | Vitamins | Fat/Weight Loss | Anti-Aging | Homeopathics & Professional Lines

Sale ends April 21, 2010

ask Alice



PERSONAL BESTS!!

With the 2010 Vancouver Olympics coming to an end, I predict the excitement will carry on by each one of us striving to meet our personal BESTS! So what will it be for you and how will you reach your GOLD? Maybe it is time to finally lower your lousy (LDL) cholesterol, or maybe it is time to pay attention to your blood pressure. Perhaps you have been well on your way with your weight loss goals, but you are hitting a plateau. Not to worry, this flyer is truly one of our best yet, providing you with a wide selection of products to help you obtain your health targets. It's time to leave joint pain, digestive problems, and extra pounds behind! Say, "Yes I can", to lessening the chance of cardiovascular disease! Say, "Not only will I be around to see my grandchildren born; they will be running to catch up to ME!" Don't let age or a seniors discount tell you, you are old. It's up to you to decide! I am 63 years old, but I feel 30 and I give credit to my supplements as well as my positive attitude. Always remember, you are not alone. Here's to perseverance and reaching our personal bests together!

Alice Chung has been in the health industry since 1978. She owns Alive Health Centres (BC), Morning Sun (Alberta) and Supplements Plus (BC & Toronto). She is a young looking, energetic 63 years old and is a fervent believer that leading a healthy lifestyle with nutritional supplementation contributes greatly to her success. Alice works Thursday to Saturday at the Oakridge store, Vancouver, 604-263-3235 or toll-free at 1-866-499-9546.



VERY HOT & EFFECTIVE!

RELORA™ – SHRINK YOUR BELLY FAT! REDUCE STRESS & ELEVATE YOUR MOOD!

Can't seem to lose that stubborn stomach flab - no matter what tactic you try? Relora™ - a proprietary 100% natural blend of patented plant extracts has been shown in human studies to **REDUCE Cortisol level (-37%) and INCREASE Dhea significantly (+227%)**. Cortisol - a **NASTY little hormone can cause pound after pound of excess body fat to accumulate around your waist and tummy** - a life threatening, figure destroying condition affecting 47 millions Americans. Dhea is a positive, **anti-aging hormone** which helps to **reduce cravings, anxiety, stress, elevate mood, increase energy** and helps to **reduce excess fat around the waist and tummy**. A customer, after using Relora for only ten days was able to wear her jeans which were in her trunk for 3 years!

\$29⁹⁹

60s

Save \$7
Buy 6, get one FREE

EFFECTIVE & VERY HOT!



Hyaluronic Acid "This amazing molecule can erase years from your face, protect your joints and more!" -

Woman's World, Dec. 15/03, Alive Magazine 8/04.

Our bodies naturally produce about 3 grams of HA daily when we're young. Unfortunately, the ability to produce HA drops as we age. In the past, the only way to get more HA was by injection, but it's now possible to get HA's benefits from a pill. And with just a few capsules a day, you can: **"Banish wrinkles."** Taking HA for just 4 months boosts collagen production almost three-fold, resulting in **firmer, smoother, more youthful looking skin**. "Speed healing and **prevent scarring, ease joint pain and improve your vision.**" according to Woman's World. **95% pure Hyaluronic acid, 50 mg.** Most on the market are from rooster comb/chicken source and only contains 15% HA. This product is extracted by bacterial fermentation from Europe & is highly absorbable. Stay youthful and healthy with this incredible product!

\$43⁹⁹

60's

Save \$11
Buy 6, get one FREE



SUPER DEAL

Strauss Heart Drops – Clogged Arteries? High Cholesterol? HBP? Bad Circulation?

Strauss Heart Drops is your answer! We received countless testimonials from customers over the years saying how Strauss Heart Drops gave back their lives. They can go ballroom dancing, travel, enjoy their families and friends without feeling exhausted, drive again, etc. **MOST IMPORTANT! They don't worry anymore! Merle: "This customer had 2 x 100%, 1 x 90%, 1 x 50% clogged arteries. After only 4 months with Strauss Heart Drops, his checkup at St. Paul's showed all the four arteries are unclogged!"**

\$37⁹⁹

50ml

\$68⁹⁹
100ml

BOTTLE RECYCLING

We REWARD you for recycling. Bring your empty vitamin bottles to purchase the SAME PRODUCTS and receive 50¢/\$1 OFF. One empty bottle to one product purchased, presented at the time of purchase.

CUSTOMER APPRECIATION DAY - 1st TUESDAY EVERY MONTH 15% OFF ENTIRE STOCK

Except sales items. Remember to mark it on your calendar.



Redeemable by bearer for merchandise at any Morning Sun Health Foods when you purchase a minimum of \$30 (excluding tax).

Coupon must be presented at time of purchase. One coupon per family. Not redeemable for cash.

\$2 OFF

Expiry Date
April 21, 2010

Coral Calcium Carb & Starch Blocker * Cut Fat & Hunger

STUDY FINDS CLA WORKS! **CLA (Conjugated Linoleic Acid) – “Supplement Helps Cut Fat, Study Finds” National Post 12/6/06; Van Sun, 12/23/06 & PBS TV broadcast Dec/06.** Researchers at the Univ. of Guelph & Univ of Wisconsin-Madison, published in the International Journal of Obesity **in a six month study, found the group taking 3.2gms (3,200mg) daily of CLA lost 2.2 of fat with a tendency to shed it from the abdomen. The CLA group lost weight despite reporting 40% decrease in physical activity over six months.** "Despite no difference between the CLA and the placebo group with regards to calorie intake or physical activity throughout the study, the CLA group still managed to lose weight prior to the holiday season and didn't gain any weight over the holidays", said Andrea Buchholz, a professor of nutrition at Guelph Univ. She also said **CLA "increases fat-burning in the body", and "It also keeps fat cells from proliferating and it causes pre-fat cells to kill themselves".** She would still remind customers to continue with **exercise and dieting "You want to maximize it's effectiveness".**

\$19⁹⁹
90 Softgels
\$35⁹⁹
180 Softgels
 Save up to \$15
 Buy 6, get one FREE



TAKE WITH ACAI TO LOSE MORE WEIGHT!
SineQuaNon Colon Cleanse – Have you scrubbed your colon? Feces & undigested food become compacted in the bowels. Sheets of this waste cling to the walls of the colon and large intestines and then dry. Over the years, and without regular colon cleansing this compacted waste can start to add up to several pounds of unwanted toxic weight! This amazing little tablet does wonders for constipation and cleansing, even for bowel obstruction! Take one in the morning and one at bedtime. 100% organic, non habit forming. Results: weight loss, no bloating or gas & beautiful skin!

\$20⁹⁹
 50s
 Save \$5
 Buy 6 get 1 FREE



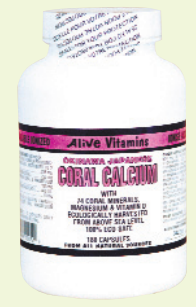
ENERGY! REDUCE HUNGER! WEIGHT LOSS!
Acai Berry Pure 500mg - P.E. 10:1 Extract
 Alive Acai is certified to contain 500mg of 100% pure acai berry extract 10:1 (10:1 means e.g. 10# of fresh acai berries to make 1# of extract – high concentration). Acai berries do have one of the highest concentration of antioxidants compared to other fruits to help combat free radical damage to the body, including premature aging. Because of its ability to give you high energy when consumed, Acai has been helpful to stimulate sluggish metabolism to burn calories and reduce hunger. When SineQuaNon Colon Cleanse & Acai Berries are taken together you will see weight loss speed up much faster resulting in a Healthy & Slim Body!

\$16⁹⁹
 60s
\$28⁹⁹
 120s
 Save up to \$7
 Buy 6, get one FREE



YOU SEE RESULTS
Japanese Okinawa Coral Calcium – The Most Absorbable Calcium on the Market! with 74 Trace Minerals, Magnesium, Vitamin D & HCL. The most requested calcium by women today! Alive coral calcium is a high grade marine coral calcium, above sea level and ecologically safe. Coral minerals are **naturally ionized (nature's smallest form, 1000 times smaller than colloidal) allowing for almost total bioavailability. Together with 74 trace minerals and added vitamin D and magnesium citrate, this coral calcium absorption is very high.** Testimonials from coral calcium are endless and amazing: **Amazing relief from twitching, bone pain, heart palpitation, acid reflux (ph 8.6), fatigue, insomnia, joint pain, tendonitis, etc.**

\$16⁹⁹
 90s
\$31⁹⁹
 180s
 Save up to \$11
 Buy 6, get one FREE



ADDICTED TO CARBS? TRY PHASE 2™ – Starch, carbohydrate and calorie blocker. Are you trying to lose weight? But **love Pizzas, Breads, Pastas, Fries and lose weight doing it? Sounds Impossible?** This is how it works ... with Phase 2. Since starch makes up 25%-33% of most diet, taking Phase 2 will neutralize about 375 to 495 calories a day even if make no other changes. That's enough to lose a pound every 7-9 days. You will lose more if you make a few simple switches. Phase 2 means "dieters only have to shift calories not eliminate them", says Dr. Rosen Blatt. "You shift your diet away from excessive non-starch calories, such as those in fat and sugar, and compensate by consuming more starch". While starch and sugar are both forms of carbs, calories in sugar are NOT affected by phase 2. When it comes to **food like bread, pastas, Phase 2 will neutralize 75% of their calories leaving you with a far lower net calories intake than before.** This effect is **INSTANT AND SAFE! Sold in Hong Kong as "Extrim" for double our price!**

\$21⁹⁹
 60s
 Save \$7
 Buy 6, get one FREE



We make no claim, either expressed or implied that these products can cure disease, replace prescription, or supersede sound medical advice.

www.morningsunhealthfoods.ca
 www.alivehealthblog.com
 Mail orders available at all locations. Please call stores direct or fax at 403-240-0010
 OUT OF TOWN:
 Toll-free phone: 1-866-499-9546
 Toll-free fax: 1-866-811-8402
 email: alive@supplementsplus.ca
 We accept all major credit cards & debit cards.
 SALE PRICES AVAILABLE AT ALL LOCATIONS WHILE QUANTITIES LAST

MORNING SUN HEALTH FOODS LOCATIONS

- | | | | |
|---|---------------------|---|---------------------|
| Northland Village Shoppes
Calgary (close to Home Outfitters) | 403-288-0014 | Airdrie Village Square Plaza
Airdrie (Behind Shell Station on Main St.) | 403-948-8777 |
| Market Mall
Calgary (opposite the Bay) | 403-286-5655 | The Shoppes at Shawnessey
Calgary (between Zellers & Canadian Tire) | 403-254-6966 |
| Westbrook Mall (RELOCATED)
Calgary (opposite Lottery Booth & Main Entrance) | 403-246-8133 | Deerfoot Mall
Calgary (near Winners) | 403-730-8562 |
| Sunridge Mall
Calgary (Zellers side near Rocky Mountain Chocolate Factory) | 403-293-9445 | Signal Hill Centre
Calgary (across from Superstore) | 403-217-3304 |
| Glenmore Landing
Calgary (near McDonald's) | 403-253-9633 | Sherwood Park Mall
Sherwood Park (near Food Court) | 780-449-3528 |
| | | Mill Woods Town Centre
Edmonton (across from Dollarama) | 780-468-2868 |