

# Product Catalogue



prairienaturals®



Spring 2022

[www.prairienaturals.ca](http://www.prairienaturals.ca)



# PRAIRIE NATURALS HEALTH ACADEMY

Product education is the strongest point of difference we have as an industry. Knowing what products do and how they work is an invaluable service, that traditional natural health product retailers are known for. This is why we introduced our Prairie Naturals Health Academy. Available at your convenience, our portal offers a downloadable workbook and pre-recorded trainings hosted by our research and education specialist RoseMarie Pierce B.Sc.Pharm. These sessions are targeted and designed to help our retailers learn valuable features and benefits of our best-selling Prairie Naturals products. When you complete the training, take the online quiz and choose a product from the training and we will ship it out with your next retail order.



Prairie Naturals Health Academy  
is the go to resource for up-to-date  
product information:

Scan here



and sign up today!



**Retailers access the link provided after registration to:**

- Download the Prairie Naturals training files
- View the training videos by RoseMarie Pierce B.Sc. Pharm
- Complete the online quiz
- Choose any select product to try.  
\* 60/120 size of any featured product that is part of the training
- Receive your Health Academy Ambassador Certification and sample product with your next order.

## HOLISTIC PRACTITIONER

### RoseMarie Pierce, B.Sc.Pharm

RoseMarie Pierce B.Sc.Pharm as earned her degree in Pharmacy from Dalhousie University in 1972. After extensive studies in herbal and nutritional medicine, RoseMarie integrated these disciplinary practices with her pharmacy education to become Canada's 1st Holistic Pharmacist. She is recognized as one of Canada's foremost integrated health spokespeople. RoseMarie is a respected lecturer, educator and writer, bringing a special kind of energy and enthusiasm to natural health retailers and health-seekers, across Canada.

For more information on RoseMarie's appearances and events please follow Prairie Naturals on social media or visit [www.PrairieNaturals.ca](http://www.PrairieNaturals.ca)

## PRODUCT INVENTORY

### Fermented & Organic Superfoods

Remember when your mom and grandma told you to “Eat more greens?” Well guess what, they were right! Thousands of published scientific studies from around the world have confirmed the healthy wisdom of what mom and grandma always said. And that’s not all! Now the latest research also tells us to eat the blues, the reds, the yellows, and all the other colours every day in order to get the full spectrum of colourful phyto (plant) nutrients we need to be healthy and active.

Fermented foods have been used as medicine throughout history. Chinese workers ate acid-fermented vegetables while building the Great Wall of China. The Japanese have had Kimchi as part of their daily menu for centuries. The Romans used sauerkraut to treat and prevent intestinal infections. Captain Cook used sauerkraut and lime juice to prevent scurvy on his three-year journey around the world. In the case of superfoods, we’ve taken the highest quality, antioxidants-rich superfoods and fermented them, which makes them even more... super!



VEGAN  
VÉGÉTALIEN

NON  
GMO  
SANS  
OGM

DAIRY  
FREE  
SANS  
P. LAITIERS

Code	Product Description	Size
00080	<b>Fermented &amp; Organic Superfoods</b> (Powder)	200 g
10050	<b>Fermented &amp; Organic Superfoods</b> (Packets)	30 X 8.1g

### Fermented & Organic Turmeric

Even after thousands of years of traditional culinary use, Turmeric (*Curcuma longa*) continues to surprise and delight nutritional researchers by its endless array of health benefits. Packed with antioxidants and phyto-nutrients, Turmeric’s medicinal and culinary versatility makes it the most popular superfood spice in the world today. Even a small amount yields big benefits. Studies show that a mere half teaspoon daily provides a broad spectrum of protective antioxidant power.

Code	Product Description	Size
00636	<b>Fermented &amp; Organic Turmeric</b> (Powder)	150 g

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### Organic Red Superfoods

Remember when the green superfood revolution began? We sure do. Prairie Naturals helped establish this vital lifestyle trend of eating more colourful, antioxidant-rich plant foods with the launch of our colours of health family of whole food powders. There is nothing else quite like this potent blend of deliciously nutritious organic red plant foods! Check out this impressive list of wholesome and healing ingredients in Organic Red Superfoods: organic beet roots, organic pomegranate, organic goji berries, organic grapeseed, organic carrots, organic strawberries, organic blueberries, organic raspberries & organic cranberries.

Contains NO soy, dairy, eggs, gluten, artificial flavours, colours, preservatives, sweeteners, GMO, ingredients or fillers. 100 % vegan. Experience the energizing, healing and restorative power of Prairie Naturals non-GMO and Organic Red Superfoods. This instant, ready-to-use powder is the perfect addition to smoothies, salad dressings, sauces and homemade energy bars!



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Code	Product Description	Size
00611	<b>Organic Red Superfoods</b> (Powder)	210 g
10045	<b>Organic Red Superfoods</b> (Individual packets)	30 X 7 g





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## Fermented & Organic Maca

Considered by the Incas as a "Gift from the Gods", maca is a highly-valued traditional food and medicine from South America. It has been used for well over 2,000 years by the natives of the Central Andes. Truly legendary in status, maca's cultivation in the harsh conditions of the Peruvian Highlands is a remarkable story. It thrives in one of the world's highest-altitude. Naturally prolific between 9,000 to 14,000 feet above sea level, maca is thought to have originated in the Junín Plateau and Pasco region of Peru. These regions have rocky and volcanic soil, a dry climate, little oxygen, high levels of solar exposure, along with freezing nighttime temperatures even during the summer. Quite a combination!

Code	Product Description	Size
00659	<b>Fermented &amp; Organic Maca</b> (Powder)	150 g

## Organic Moringa Leaf

Moringa, a global superfood star, sometimes called the "Miracle Tree,". This beautiful tree is native to India and other parts of South Asia. Virtually all parts of it are used as food and medicine in traditional Indian diets, but the leaves are recognized as the most nutritious part of the tree.

Prairie Naturals Organic Moringa Leaf powder is sustainably and certified organically grown in India. Packaged as pure powder and in vegetable capsules (without fillers), Moringa Leaf is a convenient way to fortify your diet with potent, plant-source antioxidants.

Code	Product Description	Size
00630	<b>Organic Moringa Leaf</b> (vCaps)	180
00631	<b>Organic Moringa Leaf</b> (Powder)	200 g



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## Fermented & Organic Kale

Kale (Brassica oleracea) has rapidly become the most popular leafy green in North America. It's undisputed health benefits and versatile culinary uses are touted by nutritional researchers and gourmet cooks alike. Our easy-to-use Fermented & Organic Kale powder provides all the nutritional and health benefits of kale along with the digestive benefits provided by fermentation.

Code	Product Description	Size
00632	<b>NEW! Fermented &amp; Organic Kale</b> (Powder)	150 g
00633	<b>NEW! Fermented &amp; Organic Kale</b> (Powder)	300 g

NEW!



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NEW!

## Fermented & Organic Alfalfa

Alfalfa (Medicago sativa) is a beautiful leafy green plant that grows up to a metre high with roots stretching 15 metres downwards. Harvested as tender, young greens, the leafy aerial parts of our organically grown alfalfa are then naturally fermented. The result is a pleasant-tasting fermented leafy green powder that is highly nutritious and alkalizing while promoting the healthy production of friendly gut microbes.

Code	Product Description	Size
00634	<b>NEW! Fermented &amp; Organic Alfalfa</b> (Powder)	150 g
00635	<b>NEW! Fermented &amp; Organic Alfalfa</b> (Powder)	300 g

NEW!

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NEW!



## Organic Spirulina

Spirulina (*Spirulina platensis*) is one of the most ancient green superfood plants on earth. These tiny, single-celled fresh-water micro algae contain an impressive 60% protein content! This lean and green protein source is also a natural source of minerals, including iron, calcium, and magnesium. Its high levels of B12 and protein make it the perfect addition to the diets of vegetarians. Spirulina contains all the essential amino acids and essential fats, along with complex carbohydrates, fibre, a wide range of vitamins and minerals including antioxidants, carotenoids (especially lutein) and nucleic acids. Researchers have found that spirulina intake reduces blood cholesterol and inflammation. Regular supplementation with spirulina also removes accumulated toxins in the body, creating a gentle and safe daily cleansing effect.



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Code	Product Description	Size
00623	<b>Organic Spirulina</b> (vCaps)	180
00442	<b>Organic Spirulina</b> (Tablets)	180
00443	<b>Organic Spirulina</b> (Tablets)	360
00444	<b>Organic Spirulina</b> (Powder)	200 g
00445	<b>Organic Spirulina</b> (Powder)	400 g

## Organic Aqua Greens

Some foods just naturally belong together. So what can be better than combining two of the world's most popular and beloved green energizers together into one super powerful, super convenient superfood duo? That's exactly what we did at Prairie Naturals when we created our Organic Aqua Greens, an equal ratio blend of our Organic Chlorella and Organic Spirulina powders. Prairie Naturals Chlorella and Spirulina are grown sustainably and organically, outside and in the sunshine in ecologically protected areas to ensure purity and maximum nutritional value.

Code	Product Description	Size
00480	<b>Organic Aqua Greens</b> (vCaps)	180
00492	<b>Organic Aqua Greens</b> (vCaps)	360
00481	<b>Organic Aqua Greens</b> (Powder)	200 g

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## Organic Chlorella (BROKEN WALL CELL)

Chlorella is one of the most ancient food plants on earth. These tiny, single-celled green micro algae are "fresh-water phytoplankton" that float on the water's surface soaking up sunshine and converting it into green energy power cells! But these fast-growing, microscopic green energy cells are not only packed with chlorophyll; chlorella contains concentrated levels of protein (with all the essential amino acids) and essential fats, along with complex carbohydrates, fibre, vitamins and minerals including antioxidants, carotenoids (especially lutein) and nucleic acids. Researchers in Japan and Korea are finding that chlorella intake has a positive effect on blood cholesterol, blood sugar and appetite. control. Studies show that Chlorella also has the power to remove toxins from the body.



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Code	Product Description	Size
00617	<b>Organic Chlorella</b> (vCaps)	180
00410	<b>Organic Chlorella</b> (Tablets)	180
00411	<b>Organic Chlorella</b> (Tablets)	360
00412	<b>Organic Chlorella</b> (Powder)	200 g
00446	<b>Organic Chlorella</b> (Powder)	400 g

## Fermented & Organic Barley Grass

While fermented foods such as yogurt and sauerkraut have been recognized for their many health benefits for thousands of years, the fermentation of cereal greens is new and revolutionary. And Prairie Naturals is the very FIRST in Canada with Fermented & Organic Barley Grass.

Prairie Naturals Fermented & Organic Barley Grass delivers a refreshingly green taste experience that includes the natural juice and fibre from the fresh leaf blade. Enlivened with health-promoting probiotic bacteria, Fermented & Organic Barley Grass is easily digested and supports bowel regularity and healthy immunity. This concentrated source of readily assimilated chlorophyll, vitamins, minerals, antioxidants and enzymes is pleasant-tasting and is the perfect addition to smoothies, salad dressings and sauces!



Code	Product Description	Size
00451	<b>Fermented &amp; Organic Barley Grass</b> (Powder)	150 g

## Fermented & Organic Wheat Grass

While the fermentation of many foods is an ancient dietary practice, the fermentation of organic Wheat Grass is new and revolutionary. And Prairie Naturals is proud to be the very FIRST company in Canada to provide Fermented & Organic Wheat Grass powder.

We start with the sustainable harvesting of fresh young green leaves (*cotyledons*) of organically grown wheat (*Triticum aestivum*) plants. These fresh-cut blades of wheat grass are then naturally cultured with probiotics - Lactobacillus plantarum and Saccharomyces boulardii - on a molasses matrix and fermented for four days. This natural fermentation process enhances and transforms the naturally occurring nutrients to more readily assimilated forms.

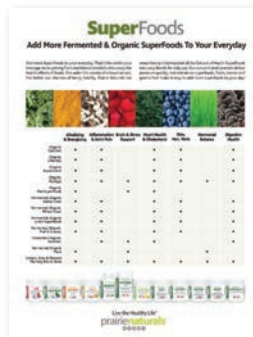
Code	Product Description	Size
00466	<b>Fermented &amp; Organic Wheat Grass</b> (Powder)	150 g



## SUPERFOODS MARKETING ASSETS



▲ Product Education



▲ Alive Magazine / Vitalité Placement



▲ Display Stand



▲ Counter Sign



▲ Poster



▲ Booklet



▲ Recipe Book



▲ Social Media Graphics



▲ Instagram Stories





## 100% Organic & Grass Fed Whey Protein

Every body needs protein every day! Naturally derived from North American organic fresh milk, Prairie Naturals Organic Whey Protein is free of antibiotics, synthetic hormones and GMOs (genetically modified organisms). With no added sugar, artificial flavours or colours, Prairie Naturals Organic Whey Protein is a delicious low fat, low carbohydrate and low lactose source of organic protein. Micro ultra-filtered and concentrated without high heat or acid treatments.

Code	Product Description	Size
00403	<b>Organic Whey Protein</b> Natural (Powder)	300 g
00400	<b>Organic Whey Protein</b> Vanilla (Powder)	300 g



## Organic Sprouted Rice Protein

ReThink protein! Think green! Prairie Naturals was the first in Canada to introduce this 100% Vegan protein powder made entirely from organic, sprouted brown rice. Rice protein is a balanced, complete protein containing all the essential amino acids. It has a Protein Digestibility Corrected Amino Acid Score (PDCAAS) of 1, which is the same protein quality rating as whey, egg white and milk. Delicious, creamy-smooth flavour. Make great, whole food protein shakes for the whole family!

Code	Product Description	Size
00286	<b>Organic, Sprouted Rice Protein</b> Natural (Powder)	360 g
00287	<b>Organic, Sprouted Rice Protein</b> Vanilla (Powder)	360 g



## Organic, Raw Hemp Protein

Eat a more plant-based diet! Prairie Naturals Hemp Protein is more than a protein powder. It's a more balanced way of living and eating. Hempseeds yield a high protein, nutrient dense food that nourishes us without depleting the soil or using vast amounts of water. This ecologically sound protein powder is completely green and 100% vegan. Hemp protein delivers superior quality protein containing every one of the essential amino acids our bodies need. Naturally balanced omega fats in Hemp Protein reduce inflammation, strengthen hearts, promote resilient skin, flexible joints and enhanced immunity.

Code	Product Description	Size
00283	<b>Organic, Raw Hemp Protein</b> Natural (Powder)	400 g
00285	<b>Organic, Raw Hemp Protein</b> Chocolate (Powder)	400 g
00289	<b>Organic, Raw Hemp Protein</b> Vanilla (Powder)	400 g



## Organic Bone Broth Protein

Bone Broth is one of the most unique and powerful superfoods we have today. Although the exact nutritional content may vary, broth made from bones is a rich source of digestible collagen, an array of amino acids, hyaluronic acid, chondroitin and glucosamine, easy-to-absorb minerals, and much more! Our bones are from organic, grass-fed and grass-finished cattle and free-range chickens, making our certified organic bone broth 100% pasture-raised and free of antibiotics and hormones. Our Bone Broth is dairy-free, non-GMO, Paleo and Keto friendly, gluten-free, non-allergenic with no MSG or preservatives.

Code	Product Description	Size
00675	<b>NEW! Organic Bone Broth</b> Chicken (Powder)	150 g
00649	<b>Organic Bone Broth</b> Chicken (Powder)	300 g
00676	<b>NEW! Organic Bone Broth</b> Beef (Powder)	150 g
00650	<b>Organic Bone Broth</b> Beef (Powder)	300 g



## Multi-Force Vegan

Code	Product Description	Size
00460	<b>Multi-Force Vegan</b> Multiple Vitamins, Minerals, & Greenfoods	60 vCaps
00461		120 vCaps



## Vitamin D3 1000 IU

Code	Product Description	Size
10020	<b>Vitamin D3 1000 IU</b> Cholecalciferol 1,000 IU in Organic Extra-Virgin Olive Oil	30 Softgels
00294		90 Softgels
00295		180 Softgels
00291		500 Softgels
10021	<b>Counter Stand - Liquid Vitamin D3</b> Cholecalciferol 1,000 IU	15mL x 12 box



**NEW!**

**NEW!**

**NEW!**

## Vitamin D3 2500 IU

Code	Product Description	Size
00691	<b>NEW! Vitamin D3 2500 IU</b> Cholecalciferol 2,500 IU in Organic Extra-Virgin Olive Oil	180 Softgels
00574		500+50 Softgels
10023	<b>NEW! Counter Stand - Liquid Vitamin D3</b> Cholecalciferol 2,500 IU	15 mL x 12 box

## Bone & Joint Health

Code	Product Description	Size
00132	<b>Cal-Mag Force 2:1</b>	90 Tablets
00133		180 Tablets
00075	<b>Mag-Force</b> Magnesium & Malic Acid	90 Capsules
00404		180 Capsules
00067	<b>OptiMSM</b> 1,000mg	180 Capsules
00066	<b>OptiMSM</b> Powder	250 g
01135	<b>OptiMSM</b> Cream	100 ml
00653	<b>MSMForce</b> OptiMSM, Glucosamine Sulfate, & Chondroitin Sulfate	60 Capsules
00654		120 Capsules
01150	<b>Muscle Heat with OptiMSM</b> Instant Heat Relief Lotion for Muscles	100 ml
01153	<b>Muscle Ice with OptiMSM</b> Instant Cold Relief Lotion for Muscles	100 ml







## CulturedCare Probiotic Gum

Code	Product Description	Size
05000	<b>Probiotic Gum with BlisK12</b> - Oral Probiotic - Spearmint/Peppermint	Box of 12
05001	<b>Probiotic Gum with BlisK12</b> - Oral Probiotic - Raspberry/Pomegranate	Box of 12
05005	<b>Counter Display Stand - Probiotic Gum</b>	3 Boxes of each



## ReCleanse

Code	Product Description	Size
00642	<b>ReCleanse</b> 7 Day Herbal Cleanse	1 Kit

## Health Basics

"PRAIRIE NATURALS MAKES PRODUCTS DESIGNED TO HELP YOU "LIVE THE HEALTHY LIFE".

Code	Product Description	Size
00478	<b>Astaxanthin Plus</b> 4 mg Astaxanthin, Lutein, & Zeaxanthin	60 Softgels
00479		120 Softgels
00610	<b>Biotin</b> 5,000mcg	60 vCaps
00408	<b>R(+)</b> Alpha Lipoic Acid 100mg	60 vCaps
00409	<b>R(+)</b> Alpha Lipoic Acid 200mg	60 vCaps
00267	<b>Sublingual B12</b> Methylcobalamin 1,000mcg + Folic Acid	90 Tablets
00455	<b>Sublingual B12</b> Methylcobalamin 5,000mcg	90 Tablets
00274	<b>Vitamin C-Force Mineral Ascorbate</b> Vitamin C with Antioxidant-Rich Fruit Blend	60 vCaps
00279		120 vCaps
00568		120 vCaps + 20 FREE
00182	<b>Vitamin C Ascorbic Acid</b> 500mg	120 vCaps
00266	<b>Sublingual Melatonin</b> 3mg	90 Tablets
00260	<b>L-Lysine</b> 500mg	90 Capsules
00290	<b>Resveratrol RX</b> 265mg of Transresveratrol & Polyphenols	60 vCaps
00103	<b>Ginkgo Biloba</b> Extract 60mg with Phosphatidylserine	60 vCaps
00104		120 vCaps
00101		360 vCaps
00432	<b>Vitamin K2</b> MK-7 100mcg	60 vCaps
00573		120 vCaps
00413	<b>Sytrinol</b> One-A-Day Cholesterol Support	60 vCaps
00292	<b>Super B-Force</b> B Complex with P5P & Methylcobalamin	60 vCaps
00293		120 vCaps
00570		120 vCaps + 20 FREE
NEW! 00693	<b>NEW! NAC 1000</b> N-Acetyl L-Cysteine	60 Caplets

NEW!

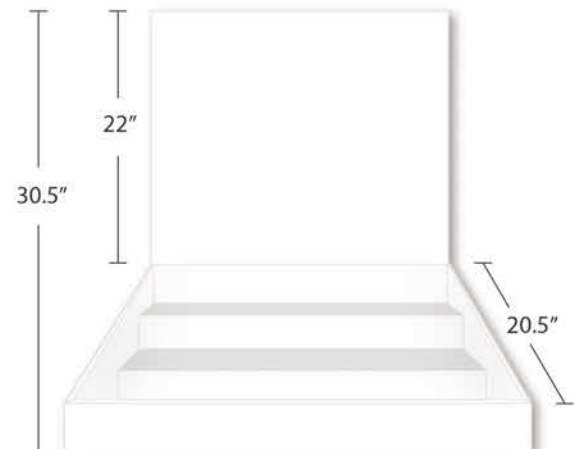
NEW!



## Displays Stands



Blank Counter Display code: **00257**





## Displays Stands

Keto Healthy  
Half Stand  
code: **10286**

Solutions  
Half Stand  
code: **10286**

Hair Care  
Half Stand  
code: **10286**

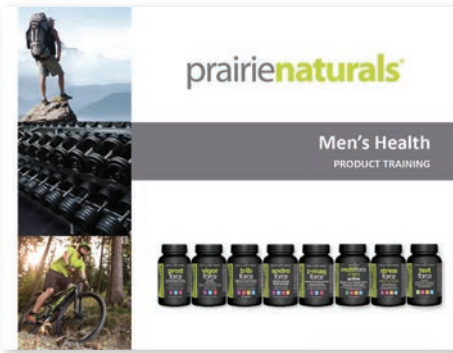
Hair Care  
Half Stand  
code: **10286**



The above Half Displays Stands are also available in Full Display Stand



## MEN'S HEALTH MARKETING ASSETS



▲ Product Education



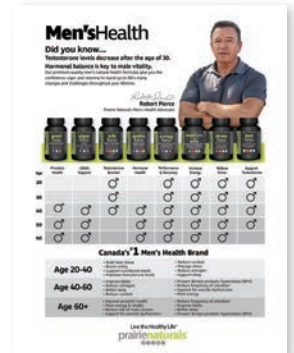
▲ Alive Magazine / Vitalite Placement



▲ Counter Display



▲ Counter Sign



▲ Poster



▲ Booklet



▲ Social Media Graphics



▲ Instagram Stories



## Men's Health

Code	Product Description	Size
00163	<b>Prost-Force</b> Prostate Support for Men	30 Softgels
00162		60 Softgels
00159		120 Softgels
00681	<b>Vigor-Force</b> Libido & Endurance for Men	30 Softgels
00453		60 Softgels
00454		120 Softgels
00257	<b>Counter Display - Men's Health</b> Prost-Force 60-120 & Vigor-Force 60-120	6 x 60 + 6X 120
00662	<b>Andro-Force</b> Reduces Cortisol & Blocks Estrogen	60 Softgels
00663		120 Softgels
00641	<b>Z•Mag-Force</b> Zinc, Magnesium Aspartate, P5P (B6), & Holy Basil Extract	60 vCaps
00667		120 vCaps
00497	<b>Trib-Force</b> Bulgarian Tribulus Terrestris & Panax Ginseng Extracts	60 vCaps
00462	<b>Multi-Force</b> for Active Men IRON-FREE Multiple Vitamin & Mineral	60 vCaps
00682	<b>Stress-Force</b> for Men	60 Capsules
00684	<b>Test-Force</b>	60 vCaps



## HEALTHY AT ANY AGE ASSETS



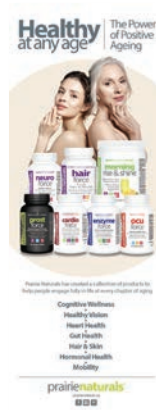
▲ Sandwich Board/Poster



◀ Wobblers



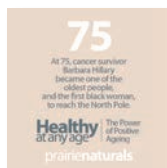
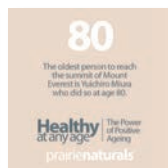
▼ Social Media Graphics



▲ Magazine Ads Full/ Half Page



▲ Booklet



## Enzyme Health

Code	Product Description	Size
00664	<b>Bile-Force</b> Bile Salts with Lipase	60 Capsules
00665		120 Capsules
00280	<b>Enzyme -Force</b> Full Spectrum Plant Enzyme with FibrZyme	60 vCaps
00281		120 vCaps
10043		15 vCaps
00626	<b>Digest -Force</b> Activated Coconut Charcoal & Ginger Root Extract	60 vCaps
00627		120 vCaps
00257	<b>Counter Display -Enzyme Health</b> Enzyme-Force 60-120, Digest-Force & Bile-Force 60	9X 60 + 3X 120
00416	<b>Betaine HCL</b> 500 mg	60 vCaps
00417		120 vCaps
00569	<b>BONUS Super Strength Serra-Force</b> 120,000 SU	120 vCaps + 20 FREE







## Vision Health

Code	Product Description	Size
00476	<b>Ocu-Force</b> Vision Support with Lutein, Astaxanthin, Taurine, C3G, Vitamins, & Minerals	60 Softgels
00477		120 Softgels
00647	<b>Ocu-Blue</b> Multiple Vitamins, Minerals, & Co-Factors	60 Softgels
00257	<b>Counter Display - Vision Protection</b>	4 Bottles of each



## Alkaline Health

Code	Product Description	Size
00272	<b>Morning Rise &amp; Shine</b> pH Balancing Lemon, Aloe, & Mineral Drink Mix	126 g
00273		252 g
10010		30 Packets of 8.4 g
00257	<b>Counter Display - Alkaline Health</b>	6X 126 g
01250	<b>pH Paper</b>	1 Roll



## Cardio Health

Code	Product Description	Size
00685	<b>MaxOmega-3-Force</b> with Maxsimil® EPA/DHA	60 Softgels
00686		120 Softgels
00257	<b>Counter Display - MaxOmega-3-Force</b>	6X30 + 6X60 Softgels
00694	<b>NEW! Cardio-Force</b> Cardio Health + Mitochondrial Support - CoQ10 & PQQ	60 vCaps
00413	<b>Sytrinol</b> One-A-Day Cholesterol Support	60 vCaps
00559	Bonus <b>Omega-3-Force</b> 360 EPA/360 DHA	180 + 20 Softgels

## Cognitive Health



Code	Product Description	Size
00620	<b>Neuro-Force</b> Cognitive Health Blend with PQQ, Bacopa, & Alpha GPC	30 Softgels
00621		60 Softgels
00622		120 Softgels
00257	<b>Counter Display - Neuro-Force</b>	6X60 / 6X120 Softgels
00485	<b>Vinpocetine Plus</b> 15mg with Blueberry Extract	60 Softgels
00486		120 Softgels
00103	<b>Ginkgo Biloba Extract</b> 60 mg with Phosphatidylserine	60 vCaps
00104		120 vCaps
00101		360 vCaps



## Hair, Skin & Nails



Code	Product Description	Size
00020	<b>Hair-Force</b> Multiple Vitamins, Minerals, & Co-Factors for Healthy Hair	30 Softgels
00021		90 Softgels
00029		180 Softgels
00257	<b>Counter Display - Healthy Hair</b> 6X Hair-Force 90 + 6X Ultra-Silica 60/120	
00651	<b>Ultra-Silica</b> Vegetal Silica from Aqueous Extract of Horsetail	60 vCaps
00652		120 vCaps
02103	<b>Germ-Force</b> Moisturizing Hand Sanitizer Green Apple - Paraben-Free	6X 60 mL
02101		250 mL
02109		1 L
00257	<b>Counter Display - Germ-Force</b>	24X 60 mL



## Women's Health

Code	Product Description	Size
00124	<b>Vena-Femme</b> Circulatory Support for Women	60 Capsules

## Liquid & Ionic Solutions

Code	Product Description	Size
10047	<b>Liquid Sleep Solution</b> Sleep Aid with PharmaGABA®	Box of 12 X 60 ml
00233		500 ml
10048	<b>Liquid Respir Solution</b> Herbal Support for Respiratory Health	Box of 12 X 60 ml
00224		500 ml
00222	<b>Liquid Ionic Bone Solution 2:1</b> Calcium, Magnesium, Boron, & Vitamin D	500 ml
00225	<b>Liquid Ionic Bone Solution 1:1</b> Calcium, Magnesium, Boron, & Vitamin D	500 ml
00227	<b>Liquid Ionic Magnesium Solution</b> Magnesium & Malic Acid	500 ml
00229	<b>Liquid Ionic Iron Solution</b> Iron & Vitamin B12	500 ml
00231	<b>Liquid B Complex Solution</b> B Complex with Methylcobalamin	500 ml



## Immune Health

Code	Product Description	Size
00428	<b>Citrus Soother</b> Cold & Flu Hot Immune-Boosting Drink with Elderberry, Zinc, Vitamins D & C, & Lemon Balm	150 g
10012		30 x 10 g Packets
00257	<b>Counter Display - Citrus Soother</b>	6 x 150 g
00677	500mg <b>Quercetin</b>	60 vCaps
00678		120 vCaps
00688	European <b>Black Elderberry Fruit Extract</b> 15:1	60 vCaps
00689		120 vCaps
00687	<b>Cold &amp; Cough</b> Forsythia, Honeysuckle, & Skullcap in Black Elderberry Syrup	90 ml
00086	<b>F.L.U. Force</b> Anti-Viral with Black Elderberry, Echinacea Extract, & Olive Leaf	30 vCaps
00089		60 vCaps
00257	<b>Counter Display - F.L.U Force</b>	6X 60 + 6X 120
00274	<b>Vitamin C-Force</b> Mineral Ascorbate Vitamin C with Antioxidant-Rich Fruit Blend	60 vCaps
00279		120 vCaps
00568		120 + 20 FREE vCaps
00182	<b>Vitamin C Ascorbic Acid</b> 500mg	120 vCaps



## Stress Health



Code	Product Description	Size
00670	<b>Adrenal-Force</b> Adrenal Cortex Gland, Rhodiola, L-Tyrosine, & Activated B Vitamins	30 Softgels
00671		60 Softgels
00257	<b>Counter Display - Adrenal-Force</b>	6X 30 + 6X 60
00292	<b>Super B-Force</b> with P5P & Methylcobalamin	60 vCaps
00293		120 vCaps
00570		120 + 20 vCaps



## 4Everfit Fruit Blast 100% Natural Whey Protein Isolate

Code	Product Description	Size
03058	<b>Natural Fruit Blast</b> 100% Whey Protein Isolate - Tropical Mango	908 g
03061	<b>Natural Fruit Blast</b> 100% Whey Protein Isolate - Strawberry Kiwi	908 g
03063	<b>Natural Fruit Blast</b> 100% Whey Protein Isolate - Black Raspberry	908 g

## 4Everfit Supplements

Code	Product Description	Size
03006	<b>Ephedrine</b> HCL 8mg - Minimum 12	50 Tablets
03009	<b>Caffeine</b> 200mg - Minimum 12	100 Tablets



## Prairie Naturals Sport

Code	Product Description	Size
00668	<b>Electrolyte Fuel</b> pH Balanced Lemon, Aloe & Mineral Drink Mix	252 g
00495	<b>BCAA Fuel</b> pH Balanced BCAA - Fruit Punch	315 g
00496	<b>BCAA Fuel</b> pH Balanced BCAA - Lemon Lime	315 g
00426	<b>Zip Fuel</b> Creatine Energy Drink pH Balanced - Citrus Mango	300 g
00490	<b>Zip Fuel</b> Creatine Energy Drink pH Balanced - Wildberry Burst	300 g
00423	<b>Lean Whey</b> French Vanilla Cream - Whey Protein Concentrate Blend	454 g
00206		908 g
00424	<b>Lean Whey</b> Chocolate Supreme - Whey Protein Concentrate Blend	454 g
00207		908 g
00450	<b>Lean Whey</b> Unflavoured & Unsweetened - Whey Protein Concentrate Blend	454 g
00228		908 g
00105	<b>L-Glutamine</b> 500mg	90 Capsules
00181	<b>L-Glutamine</b> Powder	200 g
10286	<b>Half Display Stand - Prairie Naturals Sport</b>	Mixed Units
10285	<b>Display Stand - Prairie Naturals Sport</b>	Mixed Units



## Prairie Naturals Sport KETO Healthy

Code	Product Description	Size
00657	<b>KetoPro</b> Organic Bone Broth & New Zealand Whey Protein - French Vanilla Cream	490 g
00658	<b>KetoPro</b> Organic Bone Broth & New Zealand Whey Protein - Chocolate Supreme	524 g
00673	<b>KetoPro Vegan</b> Organic Pumpkin Seed & Pea Protein with Organic MCT Oil - French Vanilla Cream	369 g
00674	<b>KetoPro Vegan</b> Organic Pumpkin Seed & Pea Protein with Organic MCT Oil - Chocolate Supreme	413 g
01301	<b>KetoStrips</b> 100 Strips	1 Unit
00660	<b>KetoEnzyme</b> Fat-Digesting Enzyme with Lipase & Bile Salts	60 Capsules
00661		120 Capsules
00655	<b>Keto Coconut</b> Organic Coconut Oil 1,000mg	240 Softgels
00672	<b>NEW! Keto &amp; Sweet</b> Organic Erythritol 100% Sugar-Free	454 g
00679		1200 g
10286	<b>Half Display Stand - Keto Healthy</b>	Mixed Units
10285	<b>Display Stand - Keto Healthy</b>	Mixed Units





# Beautiful Hair - without dangerous ingredients -

Prairie Naturals has been helping create beautiful, healthy hair naturally for more than 30 years. As a family owned and operated business, health and environmental responsibility has been a primary focus behind product development. It is our mission to create clean, non-polluting hair care formulas that do not harm the people who use them or our planet.

With more than 40 products for all hair types, Prairie Naturals offers a range of exceptional salon quality formulas made with care in the beautiful Okanagan Valley. We source only the best ingredients and organic botanicals to create glorious, healthy hair with no dangerous ingredients.

**NO PHTHALATES • NO PARABENS • NO MEA, DEA, TEA • NO PROPYLENE GLYCOL • NO MINERAL OIL • NO GLUTEN  
NO SULFATES • NO GMO'S • NO ARTIFICIAL FRAGRANCES • NO SYNTHETIC COLOURS OR DYES • NO ANIMAL TESTING**



## Hair Care: Shampoos & Conditioners

Code	Product Description	Size
01141	<b>Arctic Sun</b> Hypoallergenic Shampoo	500 ml
01146	<b>Arctic Sun</b> Hypoallergenic Conditioner	350 ml
01003	<b>Avalanche</b> Dandruff Treatment Shampoo	500 ml
01008	<b>Avalanche</b> Dandruff Treatment Conditioner	350 ml
01013	<b>Big Sky</b> Tea Tree Shampoo	500 ml
01018	<b>Big Sky</b> Tea Tree Conditioner	350 ml
01137	<b>Coconut Breeze</b> Smoothing Shampoo	500 ml
01138	<b>Coconut Breeze</b> Smoothing Conditioner	350 ml
01144	<b>Collagen Care</b> Hydrating Damage Repair Shampoo	500 ml
01145	<b>Collagen Care</b> Hydrating Damage Repair Conditioner	350 ml
01033	<b>Evergreen</b> Active Lifestyle Shampoo	500 ml
01037	<b>Evergreen</b> Active Lifestyle Conditioner	350 ml
01043	<b>Goldenrod</b> Volumizing Shampoo	500 ml
01048	<b>Goldenrod</b> Volumizing Conditioner	350 ml
01053	<b>Harvest Moon</b> Silica Strengthening Shampoo	500 ml
01057	<b>Harvest Moon</b> Silica Strengthening Conditioner	350 ml
01063	<b>Indigo Summer</b> Colour Protection Shampoo	500 ml
01067	<b>Indigo Summer</b> Colour Protection Conditioner	350 ml
01147	<b>Moroccan Moon</b> Argan Shampoo	500 ml
01148	<b>Moroccan Moon</b> Argan Conditioner	350 ml
NEW! 01142	<b>NEW! Moringa Meadows</b> Moisturizing Shampoo	500 ml
01143	<b>NEW! Moringa Meadows</b> Moisturizing Conditioner	350 ml
01083	<b>Northern Lights</b> Moisture Fortifying Shampoo	500 ml
01088	<b>Northern Lights</b> Moisture Fortifying Conditioner	350 ml
01093	<b>WildRose</b> Moisture Balancing Shampoo	500 ml
01098	<b>WildRose</b> Moisture Balancing Conditioner	350 ml
10286	<b>Half Display Stand - Hair Care</b>	48 Mixed
P9008	<b>Display Stand - Hair Care</b>	96 Mixed

# We've Got Style!



**BADLANDS** is a rich, restorative blend that improves hydration, texture, elasticity and shine for the most damaged hair.

**WHITE LIGHTNING** is an invigorating blend of plant oils that stimulates blood flow to the scalp and helps prevent excessive hair loss.

**COCONUT BREEZE** is a leave in treatment that will smooth and soften hair while maximizing shine.

**MOONSHINE** is a concentrated formula designed to repair and fortify dry, brittle hair.

**MOROCCAN MOON** is a leave in treatment that will fortify your hair, improve texture and shine.

**WILD ROSE** is a multi-tasking blend that can be used daily to hydrate hair and smooth split ends.



## Regular Hold ICE RAIN

delivers firm, long-lasting hold for all hairstyles, even in humid conditions. This non-sticky spray dries instantly leaving hair smooth, shiny and manageable. Ice Rain leaves your hair with a dazzling shine that is touchable and never sticky.



## Spritz Hairspray ICE FREEZE

is a non-aerosol, fine mist, firm hold styling spray that delivers lasting control for all hairstyles. Providing a superior hold and stunning shine, Ice Freeze keeps hairstyles looking fresh even in humid conditions. Ice Freeze is non-sticking and won't flake.



## Spray On Styling Gel GLACIER MIST

is a light to medium hold spray gel designed to achieve style, volume and manageability. This alcohol, paraben and phthalate-free formula, prevents unwanted build-up, flaking and imparts shine and fullness to all hair types.



## Maximum Hold Gel ARCTIC FROST

is a lightweight styling gel that provides maximum hold, long-lasting volume without drying or damaging hair or health. For all hairstyles. Jojoba oil nourishes and smoothes hair to encourage a healthy shine that is touchable and never sticky.



## Leave In Conditioner & Detangler MOUNTAIN MIST

is a lightweight leave in conditioner that detangles and moisturizes the hair. Perfect for all hair types, this ultra-light formula contains UV filters to protect hair from external stresses and styling damage. The botanical blend works to hydrate and smooth hair, reducing frizz. It can also be sprayed on skin while out doors to protect against damage caused by the environment.

Code	Product Description	Size
01103	<b>Arctic Frost</b> Maximum Hold Styling Gel	250 ml
01101	<b>Badlands</b> Hair Reconstructing Treatment	100 ml
01139	<b>Coconut Breeze</b> Shine Serum	100 ml
01107	<b>Glacier Mist</b> Light Medium Hold Styling Gel	250 ml
01113	<b>Ice Freeze</b> Firm Hold Styling Spray	250 ml
01110	<b>Ice Rain</b> Regular Hold Flexible Hair Spray	250 ml
01116	<b>Moonshine</b> Silica Finishing Serum	100 ml
01149	<b>Moroccan Moon</b> Argan Serum	100 ml
01119	<b>Mountain Mist</b> Spray-On Leave-In Conditioning Treatment	250 ml
01122	<b>White Lightning</b> Scalp Treatment	100 ml
01155	<b>WildRose</b> Moisture serum	100 ml
00257	<b>Counter Display - Hair Care Serums</b>	15 Mixed

# NEW Product Checklist

## NEW Prairie Naturals Cardio-Force

Cardio Health & Mitochondrial Support

Prairie Naturals Cardio-Force is a powerful and effective combination of CoQ10, PQQ, P5P B6 and phosphatidylcholine, designed to actively support cardio function and healthy cellular aging.

- Vegan
- Gluten-free
- Non-GMO
- Yeast-free
- Dairy-free

## CARDIO-FORCE

60 vCaps

Code

00694



## NEW SIZE Bone Broth 150g

Prairie Naturals introduces convenient 150g size of our popular chicken Bone Broth (organic & free-range) and beef Bone Broth (organic & grass-fed). Chicken and beef Bone Broth are dairy-free, non-GMO, keto & paleo friendly, gluten-free, antibiotic-free, non-allergenic with no MSG or preservatives.

## NEW Size BONE BROTH

150 g Powder

Beef

Code

00676



Chicken

Code

00675

## NEW Moringa Meadows Shampoo & Conditioner

- NOT tested on animals
- NO BAPA
- NO sulphate
- NO artificial fragrances
- NO parabens

## SHAMPOO & CONDITIONER

500 ml / 350 ml

Code

01142

01143



## NEW Prairie Naturals Vitamin D3 2500 IU

Canada's FAVOURITE Vitamin D3 Brand is now available in a high potency 2500 IU dose. Prairie Naturals is proud to introduce our Vitamin D 2500 IU softgel in a base of organic olive oil. A factor in the maintenance of good health.

## VITAMIN D3 2500 IU

Liquid 15 mL x 12 Box / 180 Softgels

Bonus 500 + 50 FREE Softgels

## Introductory Offer!

Code

10023

00691

00574



## New Prairie Naturals Sport Keto & Sweet

Keto & Sweet crystalline powder is made with organic, non-GMO erythritol and nothing else. Our erythritol is produced by a fermentation process from organic, non-GMO corn. It's the ultimate sugar alternative for the keto or paleo lifestyle, or anyone looking to reduce their carbs and calories.

## Organic Erythritol features:

- Keto and paleo friendly
- Clean & sweet with no aftertaste
- 100% natural, 0-net carbs, 0-calories, plant-based
- Heart-healthy sweetener
- No impact upon blood glucose or insulin levels
- Looks, tastes and bakes just like sugar
- Tooth-friendly
- Well-tolerated
- Diabetic safe



## KETO & SWEET Organic Erythritol

454 g & 1200 g Powder

454 g

Code

00672

1200 g

Code

00679

## NEW Health Benefits of NAC 1000

- Replenishes glutathione
- Relieves symptoms of chronic bronchitis
- Reduces oxidative stress
- Reduces inflammation of the respiratory system
- Provides immune support
- Cardiovascular health

## NAC 1000

60 Caplets

Code

00693



## NEW Fermented & Organic Kale

- Antioxidant-rich
- Enhanced digestibility
- Vegan
- Gluten-free
- Non-GMO

## Fermented & Organic KALE

150 g / 300 g

Code

00632

00633



## NEW Fermented & Organic Alfalfa

- Chlorophyll-rich
- Alkalinizing
- Vegan
- Gluten-free
- Non-GMO

## Fermented & Organic ALFALFA

150 g / 300 g

Code

00634

00635

