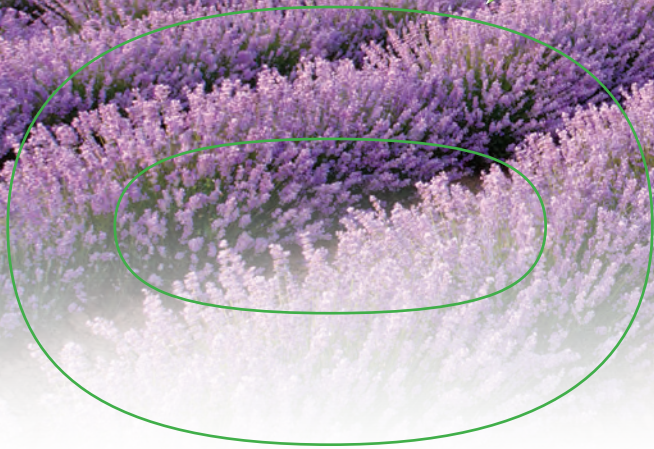


Alora Naturals®



CATALOGUE





Omega 3 Fish Oil combines wild and pure sources of sardine, mackerel & anchovy oils to provide clinically proven dosages of EPA and DHA. Increased consumption of fish is beneficial to health. Recent studies have found an association between consumption of fish oil and a reduced risk of cardiovascular disease, improvements in brain function, mood, joints and skin health.

Medicinal Ingredients / Ingrédients Médicinaux

Serving Size: 1 Softgel / Portion: 1 gélule
Servings Per Container: 180 / Portions par contenant : 180

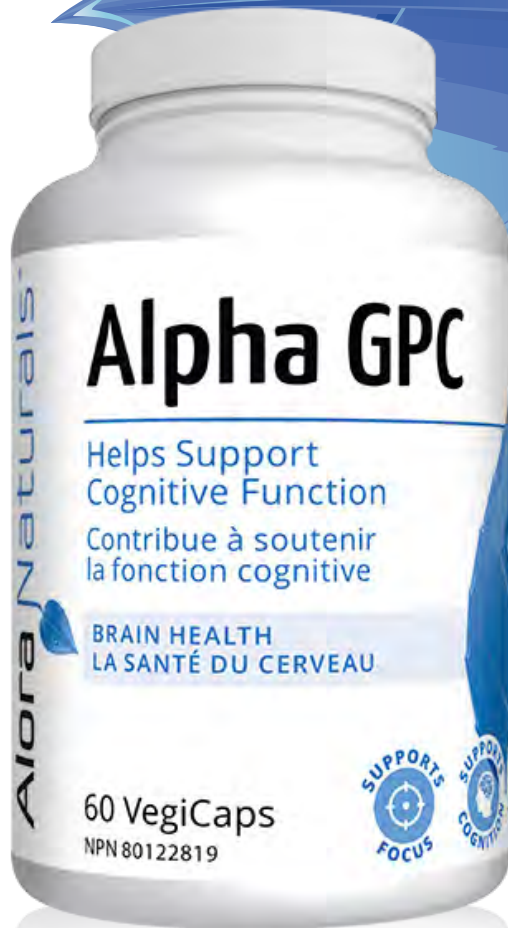
Amount / Quantité	Per serving (1 capsule) / Par portion (1 capsule)
Fish Oils (from Sardine, Mackerel & Anchovy)/ Huile de poissons (de sardine, de maquereau et d'anchois)	1000 mg
EPA/d'AEP (Eicosapentaenoic Acid/acide eicosapentaénoïque)	180mg
DHA/d'ADH (Docosahexaenoic Acid/acide docosahexaénoïque)	120mg

Non-Medicinal Ingredients: Gelatin, Glycerin, Water (Softgel).
Ingrédients non médicinaux : Gélatine, Glycérine, Eau (gélule).

Benefits

- Eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) in omega 3 are vital to many aspects of heart health
- High-potency wild fish oil standardized to contain a minimum of 40% EPA and 20% DHA
- Omega 3 supports brain health and provides support against depression and migraines
- EPA and DHA help to control and reduce inflammation
- Natural antioxidant support

Omega 3 1000 mg 180 Soft gels 87084700108-5



Alpha-GPC, also known as *alpha-glycerophosphocholine*, is a phospholipid-like compound found in all tissues of the body, including the brain. Alpha-GPC can be readily converted to phosphatidylcholine, the most abundant phospholipid found in the body. Alpha-GPC metabolizes into choline and glycerophosphate primarily within the GI tract and brain. Choline is a precursor of the neurotransmitter acetylcholine (ACh), which has been shown to support a host of cognitive functions including memory formation and recall, learning ability, and concentration/focus. The other byproduct of alpha-GPC is glycerophosphate, which supports several non-nootropic processes including healthy cell membrane integrity, and healthy bone strength and resilience.

Benefits

- Cognition and Memory
- Enhanced Focus
- Neural and Cellular Membrane support
- Neurochemical Balance
- Increase in Growth Hormone

Alpha GPC 600mg 60 Caps 87084700101-6

Medicinal Ingredients / Ingrédients Médicinaux

Serving Size / Portion : 1 Capsule / capsule
Servings Per Container / Portions par contenant : 60

Amount / Quantité	Per serving (1 capsules) / par portion (1 capsules)
L-alpha-GPC (Choline alfoscerate) /	600 mg
L-alpha-GPC (Choline alfoscerate)	

Non-Medicinal Ingredients: Magnesium Stearate (50 mg), Vegetable Cellulose (capsule)

Ingrédients non médicinaux : Stéarate de magnésium (50 mg), Cellulose végétale (capsule).

Recommended Use: Take 1 capsule of **ALPHA GPC** daily

Utilisation recommandée : Prendre 1 capsules de **ALPHA GPC** par jour.



5-Hydroxytryptophan (5-HTP), is a herbal supplement, derived from the African plant *Griffonia simplicifolia*. It is a naturally occurring amino acid that is the intermediate step between tryptophan and serotonin. 5-HTP safely and effectively boosts serotonin levels and may offer benefit in conditions linked to low serotonin levels. In today's busy world, low serotonin levels are becoming more common due to peoples increased stress, anxiety and poor diet. Serotonin is involved in the regulation of several processes within the brain including, depression, mood, emotions, sleep, appetite, anxiety, and memory.

Benefits

- Promotes healthy mood balance by raising low levels of serotonin
- Promotes and maintains sleep patterns
- An excellent natural anti-depressant
- Boosts the rate of serotonin synthesis in the brain
- Naturally sourced- isolated from a seed from an African plant(*Griffonia simplicifolia*)
- Relieves symptoms of fibromyalgia
- May help headache and migraine sufferers

5-HTP- 100 mg 60 Caps 8-7084700001-9

Medicinal Ingredients / Ingrédients Médicinaux

Serving Size: 1 Capsule / Portion: 1 capsule
Servings Per Container: 60 / Portions par contenant : 60

Amount / Quantité	Per serving / par portion
L-5-Hydroxytryptophan (<i>Griffonia simplicifolia</i> 99%) (seed/graine)	100 mg

Non-Medicinal Ingredients: Magnesium Stearate (50 mg), Vegetable Cellulose (capsule).

Ingrédients non médicinaux : Stéarate de magnésium (50 mg), Cellulose végétale (capsule).

Recommended Use: Take 1 capsule of **5-HTP** with food, 1-3 times a day or as directed by a qualified health care practitioner. Store in a cool and dry place.

Utilisation recommandée : Prendre 1 portion de **5-HTP** avec un repas, 1-3 fois par jour ou comme dirigé par un praticien qualifié des soins de santé. Conserver dans un endroit frais et sec.



THINK, supports an alert mind by improving blood flow to the brain, while also strengthening memory and concentration. THINK combines highly effective active ingredients that act as food for your brain. Ginkgo Biloba 24/6 Extract used to improve circulation to the brain; Phosphatidylserine 50% Extract improves mental focus; Citicoline supplies the brain with energy it needs to stay sharp!

Medicinal Ingredients / Ingrédients Médicinaux

Serving Size: 2 Capsules / Portion: 2 capsules
 Servings Per Container: 30 / Portions par contenant : 30

Amount / Quantité	Per serving / par portion
Ginkgo Biloba Leaf Extract / Extrait de feuille de Ginkgo Biloba (24% Ginkgo Flavone Glycosides)(6% Terpene Lactones)	120 mg
Phosphatidylserine 50% Extract / Extrait	200 mg
Citicoline / Citicoline	200 mg

Non-Medicinal Ingredients: Magnesium Stearate (50 mg),
Vegetable Cellulose (capsule).

Ingrédients non médicinaux : Stéarate de magnésium
(50 mg), Cellulose végétale (capsule).

Recommended Use: Take 1–2 capsules of THINK, 2 times a day.
Store in a cool and dry place.

Utilisation recommandée : Prendre 1–2 capsules de THINK,
2 fois par jour. Conserver dans un endroit frais et sec.

Think™- NEW! 60 Caps 87084700075-0



Phosphatidylserine (PS), is a special nutrient that helps improve memory and cognitive function in most people, but especially older people. Our bodies need essential fatty acids and phosphatidylserine contains the essential fatty acid called phospholipid. This fatty acid is needed to build brain cell membranes that are fluid enough to release the neurotransmitters acetylcholine and dopamine.

Benefits

- Helps with age-related cognitive decline such as memory loss
- Strengthens memory
- Relieves symptoms of depression
- Decreases stress
- Speeds recovery and reduces muscle soreness in athletes

Medicinal Ingredients / Ingrédients Médicinaux	
Serving Size: 1 Capsule / Portion: 1 capsule	
Servings Per Container: 90 / Portions par contenant : 90	
Amount / Quantité	Per serving / par portion
Phosphatidylserine (min. 20% standardized extract) / Phosphatidylsérine (Min. 20% d'extrait standardisé)	100 mg

Non-Medicinal Ingredients: Magnesium Stearate, Vegetable Cellulose (capsule).

Ingrédients non médicinaux : Stéarate de magnésium, Cellulose végétale (capsule).

Recommended Use: Take 1 capsule of **PHOSPHATIDYLSERINE** with food, 3 times a day or as directed by a qualified health care practitioner. Store in a cool and dry place.

Utilisation recommandée : Prendre 1 portion de **PHOSPHATIDYLSERINE** avec un repas, 3 fois par jour ou comme dirigé par un praticien qualifié des soins de santé. Conserver dans un endroit frais et sec.

Phosphatidylserine- 100 mg 90 Caps 8-7084700024-8



Medicinal Ingredients / Ingrédients Médicinaux

Serving Size: 1 Scoop (13.34 g) / Portion: 1 cuillerée (13,34 g)
 Servings Per Container: 30 / Portions par contenant : 30

Amount / Quantité	per serving / par portion
Green Superfoods: Alkalinizing and Detoxifying / Superaliments verts: alcalinisants et detoxifiants	4.5 g
Organic Spirulina Powder / Poudre de Spiruline Biologique	1500 mg
Organic Chlorella Powder / Poudre de chlorelle biologique	500 mg
Organic Alfalfa Juice Powder / Poudre de jus de luzerne biologique	500 mg
Organic Barley Grass Juice Powder / Poudre de jus d'herbe d'orge biologique	500 mg
Organic Wheat Grass Juice Powder / Poudre de jus d'herbe de blé biologique	500 mg
Organic Oat Grass Extract (Avena Sativa) Powder / Extrait d'herbe d'avoine biologique (Avena Sativa)	500 mg
Parsley Powder / Poudre de persil	250 mg
Kale Powder / Poudre de chou frisé	250 mg
Fiber and Prebiotic Blend / Fibre et mélange prébiotique	2.75 g
Inulin/Inuline	1000 mg
Flax Seed Powder (defatted) / Poudre de graines de lin (dégraissé)	750 mg
Oat Fiber / Fibre d'avoine	500 mg
Apple Pectin / Pectine de pomme	500 mg
Adaptogenic Herbs: Energy Support / Herbes adaptogènes: énergie	1.355 g
Schizandra Extract (2% schizandrin) / Extrait de Schisandra (2% de schisandrine)	200 mg
Maca (4:1) Extract/Extrait de Maca (4:1)	500 mg
Dulse/Dulse	400 mg
Ashwagandha (2% withanolides)/Ashwagandha (2% de withanolides)	125 mg
Siberian Ginseng (.8% eleuthosides)/Ginseng de Sibérie (.8% d'eleuthosides)	80 mg
Panax ginseng (10% ginsenosides)/Panax ginseng (10% de ginsenosides)	50 mg
Probiotic Support / Probiotiques	133 mg
L. Rhamnosus (Rosell – 11)	5 Billion Active cells /milliards de cellules vivante

True Greens™ is an all-natural super blend of phytonutrient dense plant foods that include organic chlorella, spirulina, alfalfa juice, barley grass juice, wheat grass juice and oat grass extract. True Greens™ offers a wide spectrum of concentrated fruit extracts that are well known for their high antioxidant levels. Ginkgo biloba, grape seed and green tea contribute to improved circulation, cognitive function and enhanced memory. Incorporating True Greens™ in your everyday routine will enhance your energy levels, reduces stress levels, help prevent oxidative damage in your body, help your body to alkalize, and help you maintain healthy immune function.

Benefits

- Increases Energy
- Reduces Stress Levels
- 8,000+ ORAC Value Per Serving
- Detoxifies & Cleanses the Body
- Helps the Body to Alkalize
- Supports Good Health & Longevity

Amount / Quantité	per serving / par portion
Green Superfoods: Alkalinizing and Detoxifying / Superaliments verts: alcalinisants et detoxifiants	1.158 g
Acai Berry Extract (4:1) / Extrait de baie d'acai (4:1)	150 mg
Acerola Extract (4:1) / Extrait d'acérôla (4:1)	200 mg
Broccoli Extract (4:1) / Extrait de brocoli (4:1)	100 mg
Blueberry Extract (4:1) / Extrait de bleuets (4:1)	100 mg
Cranberry Extract (4:1) / Extrait de canneberge (4:1)	100 mg
Bilberry Extract (4:1) / Extrait de myrtille (4:1)	30 mg
Lycopene / Lycopène	3 mg
Lutein / Lutéine	5 mg
Resveratrol (50% transresveratrol) / Resvératrol (50% de trans-resvératrol)	10 mg
Red Beet Extract / Extrait de betterave rouge	400 mg
Pomegranate Seed Extract (40% ellagic acid) / Extrait de graine de grenade (40% d'acide ellagique)	60 mg
Phytonutrient Blend: Anti-inflammatory Benefits / Mélange de phytonutriments: bienfaits anti-inflammatoire	390 mg
Organic Cherry Juice Extract (36:1 concentrate) / Extrait de jus de cerise biologique (concentré 36:1)	200 mg
Turmeric Extract (95% curcuminoids) / Extrait de curcuma (95% de curcuminoïdes)	100 mg
Grape Seed Extract (90% PCO) / Extrait de pépins de raisin (90% PCO)	30 mg
Green Tea Extract (80% catechins) / Extrait de thé vert (80% de catéchines)	30 mg
Ginkgo Biloba Extract (24% ginkgo flavones) / Extrait de ginkgo biloba (24% de flavonoïdes ginkgo)	30 mg
Herbal Concentrates: Immune Support / Concentrés d'herbes: soutien immunitaire	360 mg
Astragalus (4:1) Extract / Astragale (4:1) Extrait	100 mg
Dandelion Root (4:1) Extract / Extrait de racine de pissenit (4:1)	100 mg
Milk Thistle (80% silymarin) / Chardon-Marie (80% de silymarine)	100 mg
Elderberry Extract (4:1) / Extrait de sureau (4:1)	60 mg

- True Greens™ **Natural Fruit Punch** 400 g 8-7084700056-9
- True Greens™ **Natural Pomegranate Berry** 400 g 8-7084700057-6
- True Greens™ **Natural Pineapple Mango** 400 g 8-7084700062-0
- True Greens™ **Raspberry Lemonade** 400 g 8-7084700109-2
- True Greens™ **Unflavoured** 400 g 8-7084700059-0



Super B-Complex is a high potency vitamin B supplement that aids in growth, development and a variety of other bodily functions. B-Vitamins play a major role in the activities of enzymes and proteins that regulate chemical reactions in the body, which are important in turning food into energy and other needed substances.

Benefits

- Increases energy to help the body cope with stress
- Supports a healthy nervous system
- Maintains a healthy immune system
- Supports proper brain function
- Helps metabolize fat, proteins and carbohydrates

Medicinal Ingredients / Ingrédients Médicinaux	
Serving Size / Portion : 1 Capsule / capsule	
Servings Per Container / Portions par contenant : 90	
Amount / Quantité	Per serving (1 capsules) / par portion (1 capsules)
Vitamin B-1 (thiamine mononitrate/mononitrate de thiamine)	52 mg
Vitamin B-2 (riboflavin/riboflavine)	52 mg
Vitamin B-3 (niacinamide)	52 mg
Vitamin B-5 (d-pantothenic acid/acide d-pantothénique)	52 mg
Vitamin B-6 (pyridoxine HCL)	52 mg
Vitamin B-12 (cyanocobalamin/cyanocobalamine)	52 mcg
Vitamin C (ascorbic acid/acide ascorbique)	52 mg
Biotin	52 mcg
Folic Acid/Acide folique (folate)	1,000 mcg
Inositol	52 mg
PABA	52 mg
Choline (bitartrate)	30 mg

Non-Medicinal Ingredients: Alfalfa, Chamomile, Watercress, Kelp, Parsley, Magnesium Stearate, Vegetable Cellulose (capsule)

Ingrédients non médicinaux : Luzerne, Camomille, Cresson, Varech, Persil, Stéarate de magnésium, Cellulose végétale (capsule).

Recommended Use: Take 1 capsule of SUPER B-COMPLEX per day with food or as directed by a qualified health practitioner. Store in a cool, dry place.

Utilisation recommandée : Prendre 1 portion de SUPER B-COMPLEX quotidiennement avec un repas ou comme dirigé par un praticien qualifié de la santé.

Super B-Complex™- 447 mg

90 Caps

8-7084700014-9



Vitamin B12 is stored in the kidneys, liver and other body tissues and as a result, the signs and symptoms of vitamin B12 deficiency may not show themselves until 5-6 years of poor dietary intake. The classic symptom of vitamin B12 deficiency is anemia; however it appears that a deficiency will affect the brain and nervous system first. This can lead to impaired nerve function such as a feeling of numbness, a pins and needles sensation as well as mental function.

Medicinal Ingredients / Ingrédients médicinaux	
Serving Size: 15 drops (0.5 mL) / Portion: 15 gouttes (0,5 mL)	
Servings Per Container: 100 / Portions par contenant : 100	
Amount / Quantité	per 1 Serving (0.5 mL) / par 1 portion (0,5 mL)
Vitamin B12 (methylcobalamin) / Vitamine B12 (méthylcobalamine)	1000 mcg

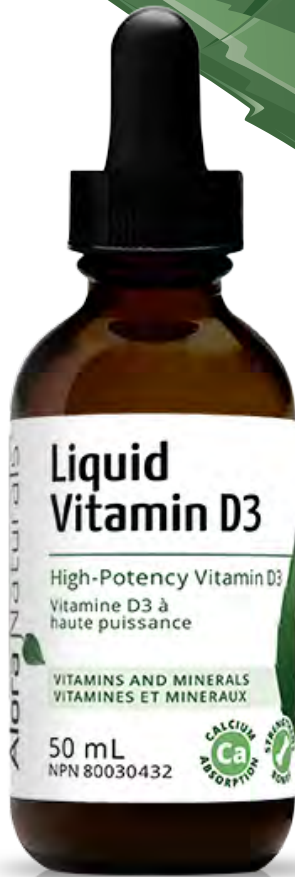
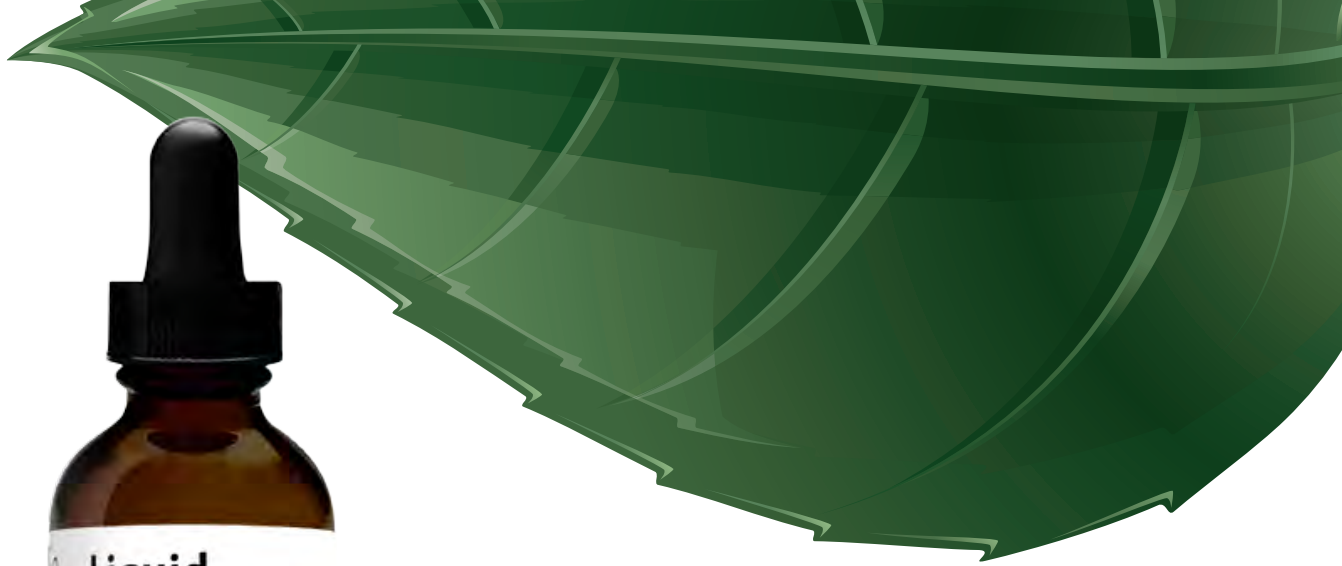
Non-Medicinal Ingredients : Glycerine, Potassium Sorbate, Citric Acid, Purified Water.

Ingrédients non médicinaux : Glycérine, Sorbate de potassium, Acide citrique, Eau purifiée.

Recommended Use: Take 15 drops of LIQUID VITAMIN B12™ daily (0.5 ml) or as directed by a qualified health care practitioner. Store in a cool, dry place.

Utilisation recommandée : Prendre 15 gouttes de LIQUID VITAMIN B12™ par jour (0,5 ml) ou comme dirigé par un praticien qualifié de la santé. Bien agiter avant l'usage. Conserver dans un endroit frais et sec.

Liquid Vitamin B12 50 ml 8-7084700030-9



Vitamin D3 Called the sunshine vitamin, vitamin D is formed naturally in the skin by exposure to sunlight. But when an individual does not get enough sun exposure, their body cannot make sufficient vitamin D. Vitamin D supplementation is especially important because it's hard to get enough during our long, dark northern winters. Vitamin D is a vitamin and hormone that stimulates the body to absorb calcium, and it is needed to keep bones strong. People deficient in vitamin D levels tend to have softer, thin bones, predisposing them to fractures. Vitamin D is especially important for the elderly because of their difficulty synthesizing vitamin D from sunlight as some medications interfere with vitamin D absorption.

Medicinal Ingredients / Ingrédients médicinaux

Serving Size: 1 drop (0.03 mL) / Portion: 1 goutte (0,03 mL)
 Servings Per Container: 1666 / Portions par contenant : 1666

Amount / Quantité	per 1 Serving (0.03 mL) / par 1 portion (0,03 mL)
Vitamin D3 (cholecalciferol) / Vitamine D3 (cholecalciferol)	1000 IU

Non-Medicinal Ingredients : Organic Sunflower Oil.

Ingrédients non médicinaux : Huile de Tournesol Bio.

Recommended Use: Take one drop of **LIQUID VITAMIN D3™** daily or as directed by a qualified health care practitioner. Shake well before use. Store in a cool, dry place.

Utilisation recommandée : Prendre une goutte de **LIQUID VITAMIN D3™** par jour ou comme dirigé par un professionnel qualifié de la santé. Bien agiter avant l'usage. Conserver dans un endroit frais et sec.

Liquid Vitamin D3 25 ml 8-7084700031-6
Liquid Vitamin D3 50 ml 8-7084700082-8



Vitamin C™ is a powerful antioxidant that helps to boost the body's immune system and it plays an important role in cardiovascular health. Vitamin C is needed for growth and repair of tissues in all parts of the body as well as formation of collagen. Collagen is a protein used to make skin, scar tissue, tendons, ligaments and blood vessels. As an antioxidant, vitamin C protects cells from free radical damage.

Benefits

- Promotes healthy teeth and gums
- Helps heal wounds and broken bones
- Boosts immune function
- Aids in iron absorption
- Helps form collagen and connective tissues
- Lowers blood pressure

Medicinal Ingredients / Ingrédients Médicinaux	
Serving Size: 1 Capsules / Portion: 1 capsules Servings Per Container: 180 / Portions par contenant : 180	
Amount / Quantité	Per serving (1 capsule) / Par portion (1 capsule)
Vitamin C (Ascorbic Acid) / Vitamine C (Acide ascorbique)	500 mg

Non-Medicinal Ingredients: Magnesium Stearate, Vegetable Cellulose (capsule).
Ingrédients non médicinaux : Stéarate de magnésium, Cellulose végétale (capsule).

Vitamin C- 500 mg

180 Caps

87084700107-8



Joint Recovery™ Extra Strength (300 VegiCaps) is a potent pain relief formula that quickly reduces pain and inflammation in joints while strengthening and repairing cartilage, synovial fluid and connective tissue. Joint Recovery™ is a total body recovery solution for people seeking relief from joint pain, inflammation, injury, surgery and over training. Our formula works synergistically with your body to actively improve joint function.

Benefits

- Potent Pain Relief Formula
- Supports Healthy Joints and Range of Motion
- Protects Against Joint Deterioration
- Builds Healthy Cartilage
- Contains High Potency Ingredients

Joint Recovery™ Extra Strength Capsules	150 cap	87084700104-7
Joint Recovery™ Extra Strength Capsules	300 cap	87084700103-0
Joint Recovery™ Extra Strength Natural Pomegranate Berry	(254 g) 60 Serve	87084700105-4

Medicinal Ingredients / Ingrédients Médicinaux	
Serving Size: 5 Capsules / Portion: 5 capsules	
Servings Per Container: 60 / Portions par contenant: 60	
Amount / Quantité	Per serving (5 capsules) / par portion (5 capsules)
Opti MSM Methylsulfonylmethane / Opti MSM Méthylsulfonylméthane	1500 mg
Glucosamine Sulfate / Sulfate de glucosamine	500 mg
Glucosamine HCL / Glucosamine ACL	500 mg
Citrus Bioflavonoids / Bioflavonoïdes d'agrumes	250 mg
Bromelain / Bromélaïne 1000 GDU	200 mg
Curcumin / Curcume	190 mg
Boswellia Extract 65% Boswellic Acids / Boswellia extrait 65% d'acides boswelliques	150 mg
Vitamin C (magnesium ascorbate) / Vitamine C (Acide ascorbique)	150 mg
Ginger Root/Racine de gingembre	100 mg
Hyaluronic Acid/Acide hyaluronique	25 mg
Serrapeptase 60,000 SPU	24 mg

Non-Medicinal Ingredients: Magnesium Stearate, Vegetable Cellulose (capsule)
Ingrédients non médicinaux : Stéarate de magnésium, Cellulose végétale (capsule).



Alora Naturals African Mango™ extract naturally increases your body's adiponectin known as a protein hormone that enhances your muscle's ability to use carbohydrates for energy, boosts your metabolism, increases the rate in which your body breaks down fat and curbs your appetite. Studies have shown that Adiponectin helps to control insulin levels in the body.

Supplement Facts

EACH CAPSULE CONTAINS/CHAQUE CAPSULE CONTIENT:

Serving Size/Portion: 1 VegiCap

African Mango 10:1 Extract300 mg
Africaine mangue extrait 10:1

Non-Medicinal Ingredients: Vegetable grade magnesium stearate, cellulose vegetarian capsule shell.

Ingrédients non-médicinaux: stéarate de magnésium de qualité végétal, enveloppe de la capsule cellulose végétarienne.

Alora Naturals™ guarantees there are no other ingredients or excipients added to this formula other than what is listed on the label.

Alora Naturals™ garantit qu'il n'y a pas d'autres ingrédients ou excipients ajoutés à cette formule autre que ce qui est cotée sur l'étiquette.

African Mango- 300 mg

60 Caps

8-7084700054-5



Apple Cider Vinegar has been used for centuries for countless purposes. It is an ancient folk remedy known to relieve just about any ailment you can think of. More recently, apple cider vinegar supplements are used to aid a variety of health conditions including weight loss, digestive difficulties, joint pain, blood thinning and infections. It is also an excellent source of naturally occurring potassium.

Benefits

- Curbs sugar/carb cravings
- May benefit diabetes patients by stabilizing blood sugar levels
- Supports digestion
- Reduces cholesterol and blood triglyceride levels
- Supports weight loss
- Good source of organic potassium

Supplement Facts

EACH CAPSULE CONTAINS/CHAQUE CAPSULE CONTIENT:

Serving Size/Portion: 1 VegiCap

Apple Cider Vinegar/Vinaigre de Cidre de pomme500 mg

Non-Medicinal Ingredients: Vegetable grade magnesium stearate, cellulose vegetarian capsule shell.

Ingrédients non-médicinaux: stéarate de magnésium de qualité végétal, enveloppe de la capsule cellulose végétarienne.

Alora Naturals™ guarantees there are no other ingredients or excipients added to this formula other than what is listed on the label.

Alora Naturals™ garantit qu'il n'y a pas d'autres ingrédients ou excipients ajoutés à cette formule autre que ce qui est coté sur l'étiquette.

Apple Cider Vinegar- 500 mg 90 Caps

8-7084700027-9



Carb Block with Phase2™ is an all-natural, non-stimulant white kidney bean extract. It is the first carbohydrate blocker clinically proven in multiple studies to delay the digestion and absorption of carbohydrates. This, in turn, reduces the caloric impact of starchy foods, and also lowers the glycemic index.

Benefits

- Neutralizes Starch Calories
- Prevents Starch Calories Conversion into Glucose
- Directs the Body to Burn Fat
- Delays the Absorption of Carbohydrates
- Contains non-GMO white kidney beans

Medicinal Ingredients / Ingrédients Médicinaux	
Serving Size / Portion : 1 Capsule / capsule	
Servings Per Container / Portions par contenant : 90	
Amount / Quantité	Per serving (1 capsules) / par portion (1 capsules)
Phase 2™ Standardized Extract of White Kidney Bean/	500 mg
Phase 2™ extrait standardisé d'haricot blanc	

Non-Medicinal Ingredients: Magnesium Stearate, Vegetable Cellulose (capsule)

Ingrédients non médicinaux : Stéarate de magnésium, Cellulose végétale (capsule).

Recommended Use: Take 1 capsule of **CARB BLOCK**, three times daily with meals containing carbohydrates or as directed by a qualified health care practitioner. Store in a cool, dry place.

Utilisation recommandée : Prendre 1 portion de **CARB BLOCK**, 3 fois par jour avec des repas contenant des glucides ou comme dirigé par un praticien qualifié des soins de la santé. Conserver dans un endroit frais et sec.

Carb-Block with Phase 2™ 90 Caps

8-7084700039-2



CLA Burn™ is an all-natural healthy way to reduce body fat levels safely and effectively.

CLA Burn™ contains high quality conjugated linoleic acid (CLA) derived from 100% pure safflower oil. Recent scientific studies have shown that CLA reduces body fat while maintaining lean body mass. CLA is a natural ingredient that works to block the enzyme called lipoprotein which helps to absorb fat into fat cells. CLA blocks this enzyme and diverts unused fat to muscle cells. CLA then activates enzymes which help your muscles to burn this fat. This increased breakdown of fat helps to prevent fat accumulation in fat cells and helps to fuel and preserve muscle mass.

Benefits

- CLA- Derived from 100% Safflower Oil
- Supports Body Fat Reduction
- Increases Energy Levels
- Maintains Lean Body Mass
- Rich in Antioxidants

CLA Burn™ Capsules 90 Caps

8-7084700068-2

Medicinal Ingredients / Ingrédients Médicinaux

Serving Size: 3 Capsules / Portion : 3 capsules
Serving Per Container: 30 / Portions par contenant : 30

Amount / Quantité	Per serving (3 capsules) / Par portion (3 capsules)
Conjugated Linoleic Acid (90% Fatty Acids) powder / Acide linoléique conjugué (90% acides gras) poudre	2000 mg
Green Coffee Bean Extract (50% chlorogenic acid) / Extrait de café vert (50% d'acide chlorogénique)	350 mg
Cissus Quadrangularis	250 mg
Green Tea Extract (min. 40% catechins, 60% polyphenols) / Extrait de thé vert (min. 40% cathéchines, 60% polyphénols)	200 mg
L-Theanine / L-théanine	50 mg
Astragin®	10 mg

Non-Medicinal Ingredients: Magnesium Stearate, Vegetable Cellulose (capsule).

Ingrédients non médicinaux : Stéarate de magnésium, Cellulose végétale (capsule).

Recommended Use: Take 3 capsules of CLA BURN with water. Take one to three servings per day. Store in a cool, dry place.

Utilisation recommandée : Prendre 3 capsules de CLA BURN avec l'eau. Prendre une à trois portions par jour. Conserver dans un endroit frais et sec.



Garcinia Cambogia is an all natural fruit that looks very similar to an undersized pumpkin, green in colour and more oval in shape. The active component in garcina cambogia, hydroxycitric acid (HCA) has been clinically proven to promote fat burning and appetite suppressing effects.

Benefits

- Effective Fat Blocking Agent
- Appetite Suppressant
- Increases Serotonin Levels
- Accelerates Metabolism
- 60% Concentration of Hydroxycitric Acid (HCA)

Medicinal Ingredients / Ingrédients Médicinaux

Serving Size / Portion : 1 Capsule / capsule
Serving Size / Portion : 1 Capsule / capsule

Servings Per Container / Portions par contenant : 60

Amount / Quantité	Per serving (1 capsules) / par portion (1 capsules)
Garcinia Cambogia Extract (Fruit)(60% Hydroxycitric Acid) / 500 mg	
Extrait de Garcinia Cambogia (fruit)(60% d'acide hydroxycitrique)	

Non-Medicinal Ingredients: Magnesium Stearate, Vegetable Cellulose (capsule)

Ingrédients non médicinaux : Stéarate de magnésium, Cellulose végétale (capsule).

Recommended Use: Take 1 capsule of **GARCINIA CAMBOGIA** two times daily, thirty minutes before a meal. Store in a cool, dry place.

Utilisation recommandée : Prendre 1 portion de **GARCINIA CAMBOGIA** 2 fois par jour, 30 minutes avant un repas. Conserver dans un endroit frais et sec.

Garcinia Cambogia- 500 mg 60 Caps

8-7084700052-1



Alora Naturals Green Coffee Bean™ is an all natural weight loss agent that is a powerful insulin stabilizer and antioxidant. The green (raw) coffee bean contains high amounts of chlorogenic acid, which inhibits an enzyme, glucose-6-phosphate, that promotes the formation of glucose in the liver. By slowing down the absorption of glucose in the bloodstream, the chlorogenic acid thus reduces the absorption of fat.

Benefits

- Supports Weight Loss
- Helps Stabilize Insulin Levels
- Antioxidant

Medicinal Ingredients / Ingrédients Médicinaux

Serving Size / Portion : 1 Capsule / capsule
Serving Per Container / Portions par contenant : 60

Amount / Quantité	Per serving (1 capsules) / par portion (1 capsules)
Green Coffee Bean Extract (50% chlorogenic acid) / Extrait de grain de café vert (50% acide chlorogénique)	400 mg

Non-Medicinal Ingredients: Magnesium Stearate, Vegetable Cellulose (capsule)

Ingrédients non médicinaux : Stéarate de magnésium, Cellulose végétale (capsule).

Recommended Use: Take 1 capsule of GREEN COFFEE BEAN two times daily, thirty minutes before a meal. Store in a cool, dry place.

Utilisation recommandée : Prendre 1 portion de GREEN COFFEE BEAN 2 fois par jour, 30 minutes avant un repas. Conserver dans un endroit frais et sec.

Green Coffee Bean- 400 mg 60 Caps

8-7084700051-4



Raspberry ketones are phenolic compounds found naturally occurring in red raspberries. These substances cause cells to release stored fat into the blood stream where they can be burned as fuel by the body. Research from the Wadsworth Medical Center in Ohio, showed its effectiveness in burning body fat.

Benefits

- Increases body temperature and speeds up metabolism
- Reduces insulin production preventing carbs from being stored as body fat
- Reduces the absorption of fat preventing weight gain

Medicinal Ingredients / Ingrédients Médicinaux

Serving Size / Portion : 1 Capsule / capsule
 Servings Per Container / Portions par contenant : 120

Amount / Quantité	Per serving (1 capsules) / par portion (1 capsules)
Green Tea Extract/Extrait de thé verte (Camellia sinensis 95% Polyphenols 50% EGCG) / Extrait de thé verte (Camellia sinensis 95 % polyphénols 50 % EGCG)	300 mg

Non-Medicinal Ingredients: Raspberry Ketone (200 mg), Magnesium Stearate (50 mg), Vegetable Cellulose (capsule)
Ingrédients non médicinaux : Cétone de framboise (200 mg), Stéarate de magnésium (50 mg), Cellulose végétale (capsule).

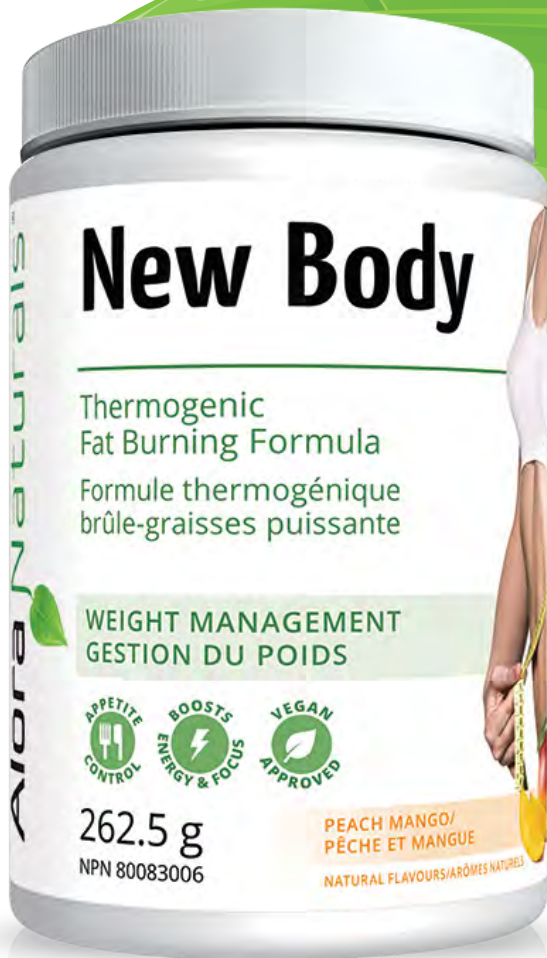
Recommended Use: Take 1–2 capsules daily or as directed by a qualified health care practitioner.

Utilisation recommandée : Prendre 1–2 capsules par jour ou comme dirigé par un praticien qualifié des soins de santé.

Green Tea/Raspberry Ketones

120 Caps

8-7084700040-8



New Body is a breakthrough in weight loss technology it uses the most recent scientific discoveries and best researched pharmaceutical grade nutrients and herbal extracts to help you safely and effectively reach your ideal weight.

Benefits

- Advanced Fat Burning Formula
- Intense Thermogenic Power that Helps Burn Body Fat into Energy
- Boosts Energy & Mental Focus
- Infused with Green Tea, powerful antioxidant support

New Body™ - Natural Fruit Punch	262.5 gram	8-7084700046-0
New Body™ - Natural Pink Lemonade	262.5 gram	8-7084700053-8
New Body™ - Natural Peach Mango	262.5 gram	8-7084700058-3
New Body™ - Natural Pomegranate Berry	262.5 gram	8-7084700061-3

Medicinal Ingredients / Ingrédients Médicinaux

Serving Size: 1 Scoop (8.75 g) / Portion: 1 cuillerée (8,75 g)
Serving Per Container: 30 / Portions par contenant : 30

Amount / Quantité	per 1 Scoop (8.75 g) / par 1 cuillerée (8,75 g)
NUTRITIVE SUPPORT/SUPPORT NUTRITIF	125.7 mg
Pantothenic Acid, Chromium Picolinate, Vitamin B-12 (Methylcobalamin), Vitamin B-6 (pyridoxine hcl) / Acide pantothénique, picolinate de chrome, vitamine B-12 (méthylcobalamine), vitamine B-6 (pyridoxine hcl)	
THERMOGENIC MATRIX BLEND/MÉLANGE THERMOGÈNE	850 mg
Green Tea Extract (98% polyphenols), Guarana Extract (22% caffeine), Green Coffee Bean Extract (45% chlorogenic acids), Cissus Quadrangularis / Extrait de thé vert (98% de polyphénols), extrait de guarana (22% de caféine), extrait de grain de café vert (45% d'acides chlorogéniques), Cissus Quadrangularis	
MOOD AND MENTAL FOCUS BLEND / HUMEUR ET CONCENTRATION MENTALE	2,250 mg
L-Taurine, L-Tyrosine, Carnitine L-Tartrate, Acetyl-L-Carnitine, Caffeine Anhydrous / L-Taurine, L-tyrosine, carnitine L-tartrate, acétyl-L-carnitine, caféine anhydre	
APPETITE CONTROL AND SATIETY BLEND / CONTRÔLE D'APPÉTIT ET SATIÉTÉ	1,750 mg
Inulin, Glucomannan (Konjac Root), Garcinia Cambogia (50% HCA), L-Theanine, BioPerine™ / Inuline, Glucomannane (racine de Konjac), Garcinia Cambogia (50% HCA), L-Théanine, BioPerine™	

Non-Medicinal Ingredients: Vita-Fiber®, Natural Peach Mango Flavour, Stevia, Natural Orange Colour Powder.

Ingrédients non médicinaux : Vita-Fiber®, arôme naturel de mangue pêche, stévia, poudre de couleur orange naturelle.

Recommended Use: As a dietary supplement take 1 scoop of NEW BODY, 2 times per day. Mix each scoop with 6 fl. oz. of water. If you feel this dosage is too strong, reduce to ½ scoop, 2 times per day. This product contains caffeine, therefore to avoid sleeplessness do not take within 6 hours of sleep. Take away from other caffeine containing products. Store in a cool, dry place.

Utilisation recommandée : Comme complément alimentaire, prenez 1 cuiller de NEW BODY, 2 fois par jour. Mélanger avec 6 oz. d'eau. Si vous sentez que cette dose est trop forte, réduisez à 1/2 scoop, 2 fois par jour. Ce produit contient de la caféine, donc pour éviter l'insomnie ne pas utiliser durant les 6 heures de sommeil. Éliminez les autres produits contenant de la caféine. Conserver dans un endroit frais et sec.



Bamboo Silica is considered today's fountain of youth! Bamboo Silica is found in the nodes of a bamboo tree. Bamboo is an edible grass that has been part of the diet of human and animals alike for thousands of years. Bamboo Silica has been used traditionally as a rich source of naturally occurring, organic silica.

Benefits

- Regenerates the skin, strengthens finger nails and beautifies hair.
- Helps to prevent premature aging.
- Increases the flexibility of body tissues and joints.

Medicinal Ingredients / Ingrédients Médicinaux

Serving Size / Portion : 1 Capsule / capsule
Serving Per Container / Portions par contenant : 90

Amount / Quantité	Per serving (1 capsules) / par portion (1 capsules)
Bamboo Silica Extract (contains 70 mg elemental silica) / Extrait de silice de bambou (contient 70 mg de magnésium élémentaire)	200 mg
Calcium Citrate (contains 40 mg elemental calcium) / Calcium Citrate (contient 40 mg de calcium élémentaire)	200 mg
Magnesium Citrate (contains 70 mg elemental silica) / Magnesium Citrate (contient 40 mg de silice élémentaire)	100 mg
Vitamin D (cholecalciferol) / Vitamin D (cholecalciferol)	100 IU

Non-Medicinal Ingredients: Magnesium Stearate,
Vegetable Cellulose (capsule)

Ingrédients non médicinaux : Stéarate de magnésium,
Cellulose végétale (capsule).

Recommended Use: Take 1 capsule of **BAMBOO SILICA** daily or
as directed by a qualified health practitioner.

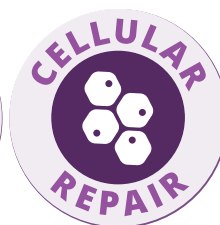
Utilisation recommandée : Prendre 1 portion de **BAMBOO SILICA** quotidiennement ou comme dirigé par un professionnel qualifié de la santé.

Bamboo Silica- 100 mg

90 Caps

8-7084700003-3





Nicotinamide Riboside (NR) is a nucleoside made out of niacinamide and ribose. It is a form of Vitamin B3 and is a precursor to nicotinamide adenine dinucleotide which means it is needed to make NAD⁺, increased NAD⁺ then activates the following enzymes.

- *Sirtuins, a potential anti-aging target*
- *PARPs, which may repair damaged DNA*
- *CD38, a receptor in the immune system which is involved in glucose-induced insulin secretion*

Because Sirt1 activates PGC-1alpha, scientists are investigating if NR supplementation stimulates mitochondrial biogenesis and improves mitochondrial health. Scientists have explored its effects on generating energy in mitochondrial-dense tissues like muscle, brain, and liver.

Benefits

- Stimulates NAD⁺ Metabolism
- Improves Exercise Performance
- Boosts Cognitive Health

Medicinal Ingredients / Ingrédients Médicinaux

Serving Size: 1 Capsule / Portion: 1 capsule
Serving Per Container: 30 / Portions par contenant : 30

Amount / Quantité	Per serving / par portion
Coenzyme Q10 Ubiquinone (microorganism) / Coenzyme Q10 Ubiquinone (microorganisme)	400 mg
Nicotinamide Riboside / Nicotinamide Riboside	300 mg

Non-Medicinal Ingredients: Magnesium Stearate (50 mg), Vegetable Cellulose (capsule).

Ingrédients non médicinaux : Stéarate de magnésium (50 mg), Cellulose végétale (capsule).

Recommended Use: Take 1 capsule of **NICOTINAMIDE RIBOSIDE** daily.

Utilisation recommandée : Prendre une portion de **NICOTINAMIDE RIBOSIDE** par jour.

Nicotinamide Riboside 300mg 30 Caps 87084700102-3



Naturals Sleep Tight™ is a scientifically proven, fast acting combination of natural compounds that is safe and non-habit forming. Sleep Tight™ will help you to fall asleep easily, sleep soundly through the night, and wake up feeling refreshed. Prescription sleeping pills can reduce the length of REM sleep (the dreaming phase) leading to feeling groggy and mildly depressed in the morning. Natural sleep aids support REM sleep, and have no side effects

Medicinal Ingredients / Ingrédients Médicinaux	
Serving Size: 3 Capsules / Portion: 3 capsules	
Servings Per Container: 30 / Portions par contenant: 30	
Amount / Quantité	Per serving (3 capsules) / Par portion (3 capsules)
Valerian Root Extract (0.8% Valerenic Acid) / Extrait de racine de valériane (0,8 % d'acide valérienique)	500 mg
Passion Flower / Fleur de la passion	500 mg
Skullcap / Calotte	500 mg
Gamma Aminobutyric Acid / Acide gamma-aminobutyrique	300 mg
Lemon Balm (10:1 Extract) / Mélisse (extrait 10:1)	300 mg
L-Theanine / L-théanine	240 mg
L-Tryptophan / L-tryptophane	150 mg
5-Hydroxytryptophan (5-HTP) (Griffonia simplicifolia) (seed) / 5-Hydroxytryptophane (5-HTP) (Griffonia simplicifolia) (graine)	100 mg
Non-Medicinal Ingredients: Magnesium Stearate, Vegetable Cellulose (capsule).	
Ingrédients non médicinaux : Stéarate de magnésium, Cellulose végétale (capsule).	
Recommended Use: Take 1 to 3 capsules of SLEEP TIGHT , depending on body weight and severity of condition, 20 to 30 minutes before bed, preferably on an empty stomach.	
Utilisation recommandée : Prendre 1 à 3 capsules de SLEEP TIGHT , selon le poids corporel et la gravité de la situation, 20 à 30 minutes avant de se coucher, de préférence à jeun.	

Sleep Tight™ 90 Caps

8-7084700067-5





Cayenne 40,000 SHU or Capsicum assists in regulating blood flow and is helpful to the cardiovascular system by strengthening the heart, arteries, capillaries, nerves and reducing blood cholesterol and triglyceride levels. Cayenne is also suitable for those with insufficient peripheral circulation with cold hands, and feet, chilblains. When taken with meals, cayenne aids in digestion.

Benefits

- Regulates blood flow
- Raises metabolic rate by as much as 25%
- Aids in digestion
- Reduces constipation, gas & bloating
- Helps cardiovascular system

Supplement Facts

EACH CAPSULE CONTAINS/CHAQUE CAPSULE CONTIENT:

Serving Size/Portion: 1 VegiCap

Cayenne powder (*Capsicum annuum*) (fruit)500 mg
(40,000 Scoville Heat Units)

Cayenne en poudre (*Capsicum annuum*) (fruit)500 mg
(40 000 unités de chaleur Scoville)

Non-Medicinal Ingredients: cellulose vegetarian capsule shell.

Ingrédients non-médicinaux: enveloppe de la capsule cellulosique végétarienne.

Alora Naturals™ guarantees there are no other ingredients or excipients added to this formula other than what is listed on the label.

Alora Naturals™ garantit qu'il n'y a pas d'autres ingrédients ou excipients ajoutés à cette formule autre que ce qui est coté sur l'étiquette.

Cayenne 40,000 SHU- 500mg

90 caps

8-7084700004-0

Alora Naturals®





Milk Thistle (Silymarin 80%) is well known as a potent herb for liver disorders. The active ingredients in milk thistle are flavonoids comprised of silybin, silydianin and silychristin, collectively known as silymarin. Silymarin 80%, a milk thistle extract standardized to 80% silymarin, an active compound noted for its antioxidant properties.

Benefits

- Helps to protect liver
- Provides a detox for the liver
- Powerful antioxidant to help “clean” liver
- Reduces inflammation
- Stimulates protein synthesis

Medicinal Ingredients / Ingrédients Médicinaux	
Serving Size / Portion : 1 Capsule / capsule	
Servings Per Container / Portions par contenant : 90	
Amount / Quantité	Per serving (1 capsules) / par portion (1 capsules)
Milk Thistle Extract (Silybum marianum) (Standardized 80% Silymarin) / Extrait de chardon-Marie (Silybum marianum) (Normalisé à 80% de silymarine)	200 mg
Milk Thistle Powder / Poudre de chardon-Marie	300 mg

Non-Medicinal Ingredients: Magnesium Stearate, Vegetable Cellulose (capsule)

Ingrédients non médicinaux : Stéarate de magnésium, Cellulose végétale (capsule).

Recommended Use: Take 1 capsule of MILK THISTLE 2-3 times daily with food or as directed by a qualified health care practitioner. Maximum daily dose is 6 capsules.

Utilisation recommandée : Prendre 1 portion de MILK THISTLE 2-3 fois par jour avec les repas ou comme dirigé par un professionnel qualifié de la santé. La dose quotidienne maximale est de 6 gélules.

Recommended Use: Consult a health practitioner prior to use if you have liver disease or impaired liver function or if symptoms worsen. Do not use if pregnant or breastfeeding. Keep out of reach of children.

Utilisation recommandée : Consulter un praticien de la santé avant l'usage si vous souffrez d'une maladie du foie ou d'une insuffisance hépatique ou si les symptômes s'aggravent. Ne pas utiliser si vous êtes enceinte ou allaitez. Tenir hors de la portée des enfants.

Milk Thistle (Silymarin 80%) - 515 mg

90 Caps

8-7084700002-6





Prost-First™ helps to relieve the urological symptoms associated with benign prostatic hyperplasia (BPH). Prost-First™ is a specially formulated blend of potent herbs which directly benefits the prostate gland and urinary tract assisting those with weak urine flow, frequent daytime & night time urination.

Benefits

- Maintains a healthy prostate
- Relieves symptoms associated with benign prostatic hyperplasia
- Natural potent herbs decrease the swelling of prostate gland
- Treats urinary inconsistency
- High in antioxidants

Supplement Facts / Valeur en supplément	
1 VegiCap contains:	1 VegiCap contient:
Saw Palmetto (25% fatty acids/acides gras 25%)	200 mg
Pygeum Bark Extract/Extrait d'écorce de Pygeum (25% sterols)	20 mg
Stinging Nettle 5:1 extract/Extrait d'ortie 5:1	100 mg
Lycopene/lycopène (5%)	10 mg
Pumpkin Seed 4:1 extract/Graines de citrouille 4:1 extract	70 mg
Juniper Berries/Baies de genièvre	50 mg
Corn Silk/Soie de maïs	50 mg

Non-Medicinal Ingredients: cellulose vegetarian capsule shell, vegetable grade magnesium stearate.

Ingrédients non-médicinaux: Enveloppe de la capsule cellulosique végétarienne, stéarate de magnésium de qualité végétal.

Alora Naturals® guarantees there are no other ingredients or excipients added to this formula other than what is listed on the label.

Alora Naturals® garantit qu'il n'y a pas d'autres ingrédients ou excipients ajoutés à cette formule autre que ce qui est coté sur l'étiquette.

Prost First™- 500 mg 90 Caps

8-7084700019-4