

# WINTER WELLNESS



## VITAMIN AND SUPPLEMENT SHOPPING LIST

Speak to a team member to see what supplements are right for you and your family.

### ESSENTIALS

- Collagen
- Multivitamin
- Omega Oil
- Probiotic
- Vitamin C
- Vitamin D
- Green Powder

### IMMUNITY

- Echinacea
- Elderberry
- Medicinal Mushrooms
- Oil of Oregano
- Quercetin
- Silver
- Turmeric/Curcumin
- Zinc
- NAC (N-Acetyl Cysteine)
- Black Seed Oil

### STRESS

- Ashwagandha
- GABA
- L-Theanine
- Passion Flower
- Rhodiola

### KIDS

- Elderberry
- Fish Oil
- Homeopathic Remedies
- Immune Support
- Multivitamin
- Probiotic
- Vitamin C
- Vitamin D

### SPORTS NUTRITION

- Magnesium
- Pre-Workout/Energy
- Post-Workout/Recovery
- Protein

DECEMBER 3-4

**15%<sup>\*</sup>**  
**OFF**

**ON VITAMINS,  
SUPPLEMENTS,  
AND PERSONAL  
CARE PRODUCTS**

\*All regular priced in-stock items. Offer valid on purchases made in-store. Cannot be combined with other discounts. Discount does not include Bistro, Fresh Food, Produce, Grocery, Floral, and Household departments.