



Our Recommended Products

- Biofreeze** by *Performance Health* (gel, spray, or roll available) **\$30**
- Biofreeze Pain Relieving Spray uses Menthol as the active ingredient; the spray formula also has MSM, Ilex and a new blend of botanical ingredients including Arnica, Calendula, Chamomile, Echinacea, Juniper Berry, and White Tea. Paraben and dye free.
- Custom Orthotics** by *Ontario Orthotic Lab (oolab)* **\$450**
- Customized foot orthotics help maintain good posture and alignment by correcting biomechanical foot problems. Canadian company & covered by most extended health care plans.
- Vitamin D** by *Innate Choice* **\$30**
- Naturally occurring (not synthetic like most others) Vitamin D3 from lanolin in certified organic olive oil. Most North American's are deficient in this vitamin. Vitamin D has been shown to help reduce inflammation, prevent cancer, and enhance immunity.
- Omega 3 Extra Strength** by *Innate Choice* *gel caps: \$55 liquid: \$65*
- Strictly 3rd party tested to ensure purity; each gives you naturally occurring dosages of EPA and DHA for maximum absorption with no fishy taste, repeat or odour. Great for long-term use for treatment of chronic inflammation and enhanced brain function.
- Probiotic Sufficiency** by *Innate Choice* **\$45**
- Probiotic formula designed on our innate genetic requirements for healthy intestinal flora. These probiotics come naturally from fruits, vegetables, and soil **NOT** dairy, soy, corn or wheat, like others – which decrease their effectiveness.

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