



# NaturalFacts

*New product announcements, specials  
and information from New Roots Herbal*

September 1<sup>st</sup> to October 31<sup>st</sup>, 2010

## Focus on Fall

Global  
Warming  
&  
Airborne  
Allergens

Do Flu  
Viruses  
Take  
Vacations



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[www.newrootsherbal.com](http://www.newrootsherbal.com)



# Message from the President

**I**n the uncertain times we are all living with, whether it be economic troubles now and the threat of a possible return to a recession, I always remember the comforting saying "And this too will pass..."

Our Health Food Industry will survive and grow, even during tough times.

I believe we have a community of shared ideals, passions and purpose. These keep us growing stronger every day, and more and more people are becoming aware and better educated about the ideals and purpose that this community promotes and protects.

Our common sense, our common values and the common truths that guide us in our pursuit for a better, fairer, healthier future for the planet and its inhabitants is what attracts more new people to our health food stores every day.

Our industry will prevail and our message will be heard. Standing together shoulder to shoulder strong and united, we can take on all challenges facing us.

Godspeed to all!



Peter Wilkes

# Message from the Vice-President

**W**e are approaching the three-year mark since we created our state-of-the-art facility. It has been a very exciting and educational journey, where you think you've reached a high level of excellence, yet you realize there is so much more to learn.

I am excited to report that our facility never stops growing in terms of expertise. Our lab team has developed new test methods for extracts that had previously not existed in our industry. I am happy to know that science is playing an ever-increasing role and will serve to improve the credibility and reputation of natural health products in the future.

Under the direction of Dr. Abzal Hossain, Ph.D. (McGill University), we have had the luxury of having our laboratory and production facility under one roof for the last seven years. This allows us to be irrefutably certain of our guarantee of purity, potency, and safety in every product, from the raw material stage to retail ready.

We have also initiated an ongoing program developing product monographs for our most popular formulas.

The fall of 2009 marked the first open house for retailers and natural health care practitioners alike; it was a resounding success. We will be planning another one this fall. For those outside of the Montreal area, please contact us if you are in our neighbourhood, and it would be our pleasure to give you a tour of our entire facility.

I wish you all a healthy and prosperous fall, and look forward to earning your continued support in the near future.

Sincerely,



Patrick Quaille

# Focus on Fall

An endless summer would be terrific; however, we can all use a little help meeting the academic and career challenges that "Cerebral September" brings.

New Roots Herbal has several products that support the processes of concentration and data retention, including:

## Wild Omega 3 EPA 660 mg DHA 330 mg

Omega-3 fatty acids belong to the group of essential fatty acids, which the mind and body need yet can't synthesize. The benefits of omega-3 fatty acid consumption are most often associated with improving blood lipid profiles, combating the debilitating effects of pain and inflammation from arthritis and the health of joint tissue in general.

High concentrations of omega-3's are also found in the brain, and symptoms of a deficiency include fatigue, poor memory, and possible negative effects on mood or disposition. Omega-3 fatty acids support synaptic plasticity (communication between brain cells) that is critical for superior cognitive function, including memory retention critical to learning. Consider Wild Omega 3 EPA 660 mg DHA 330 mg as being mortar for memory consolidation.

## Ginkgo

Each capsule of Ginkgo contains 60 mg of ginkgo extract 24% flavonglycosides and 6% T. lactones, that tone the lining of the blood vessels and improve oxygenation of the brain and extremities. The antioxidant action of *Ginkgo biloba* further enhances its positive effects on the brain, that deter age-related memory loss and compromised cognitive function. 400 mg of ginkgo leaf powder boost the vascular and antioxidant properties of New Roots Herbal's Ginkgo and improve recognition and uptake of the standardized extract.

60 capsules #790  
120 capsules #791

## Smart Ginkgo

Smart Ginkgo is a broad-spectrum formula that addresses several of the elements critical to superior cognitive function. The nutraceuticals and standardized herbal extracts nourish, oxygenate, and protect the brain. The brain is the most complex and sensitive organ in the human body, yet is often neglected. The ingredients in Smart Ginkgo enable your brain to perform to its full potential.

### Each capsule of Smart Ginkgo contains:

<i>Ginkgo biloba</i> extract	
24% ginkgo flavonglycosides & 6% T. lactones.....	80 mg
<i>Ginkgo biloba</i> leaf powder.....	40 mg
<i>Bacopa monnieri</i> 45%.....	30 mg
Fo Ti 2% anthraquinone phosphatide (10:1).....	20 mg
Siberian ginseng root 0.8% eleutherosides (50:1).....	100 mg
L-Glutamine.....	150 mg
Huperzine A ( <i>Huperzine serrata</i> 1%) 40 mg providing.....	400 mcg
Phosphatidylserine 24% 150 mg providing.....	36 mg
Gotu Kola.....	40 mg
L-Theanine.....	50 mg

60 softgels #1253  
120 softgels #1280



60 capsules #208

<b>B</b> 5 10.81 Boron	<b>Mg</b> 12 24.31 Magnesium	<b>P</b> 15 30.97 Phosphorus	<b>Ca</b> 20 40.08 Calcium	<b>Cr</b> 24 52.00 Chromium	<b>Mn</b> 25 54.94 Manganese	<b>Fe</b> 26 55.85 Iron	<b>Co</b> 27 58.93 Cobalt	<b>Fe</b> 26 55.85 Iron	<b>Cu</b> 29 63.55 Copper	<b>Zn</b> 30 65.39 Zinc	<b>Se</b> 34 78.96 Selenium	<b>Mo</b> 42 95.94 Molybdenum	<b>I</b> 53 126.90 Iodine
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# CHEM 101

The human body is a collection of 28 elements, 15 of which make up 99.99% of the human body. Water, the universal solvent, accounts for approximately 80% of our composition. Carbon, with the ability to bond to itself, is the currency for all known living things and comprises 10 % of our body weight.

Although hunger is not common in North America, a deficiency of any one of the 13 trace elements is a form of malnutrition that can lead to many illnesses and diseases. Several examples are the correlations between iron deficiency and anemia, zinc and prostate health including fertility, and the relationship between insufficient iodine and hypothyroidism.

The right chemistry for all elements responsible for our well-being is a balancing act we all perform.

Here are a few product suggestions from New Roots Herbal to meet your daily mineral requirements.

**STRONG BONES** contains 21 herbs, vitamins, minerals, and nutraceuticals that work to strengthen the skeletal system. The elemental calcium in Strong Bones is sourced from microcrystalline hydroxyapatite, a highly bioavailable source identical to that found in human skeletal tissue. MCHA is also naturally rich in magnesium and phosphorus. Magnesium participates in over 300 enzymatic reactions, and is also indispensable in the absorption and release of calcium from the skeletal system. Phosphorus is in constant demand for the remineralization of bones and teeth.

**MAGNESIUM BISGLYCINATE** delivers 150 mg of elemental magnesium per capsule in the form of magnesium chelate (attached with two L-glycine molecules) to maximize intestinal absorption and reduce stomach irritation frequently caused by other forms of magnesium supplementation. L-taurine is formulated with Magnesium Bisglycinate for its increased absorption.

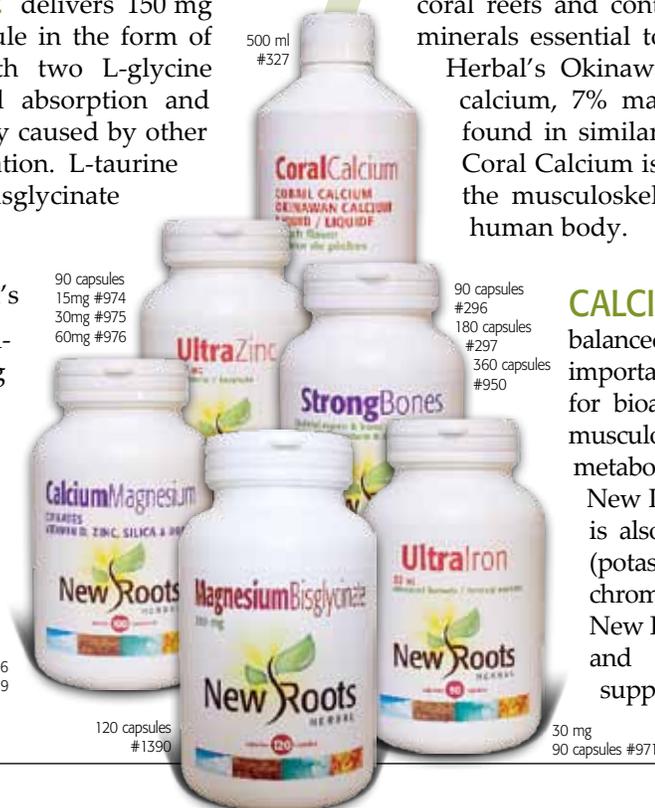
The zinc in New Roots Herbal's **ULTRA ZINC** is in highly bioavailable citrate form. Zinc is among the most important trace elements and is involved in immune system function, gene expression, cellular energy production, prostate health and fertility. Ultra Zinc also includes B vitamins and 150 mcg of molybdenum, which plays a role in protein synthesis, metabolism and growth.

100 tablets #1216  
200 tablets #1219

**ULTRA IRON** by New Roots Herbal delivers 30 mg of elemental iron in highly bioavailable ascorbate form. Iron ascorbate is ideal for those with sensibility to iron supplementation, as it will not cause stomach upset or constipation. Adequate iron is essential for the synthesis of B vitamins and is the central element in the protein (hemoglobin) responsible for oxygen transport within the blood.

**CORAL CALCIUM** is harvested from non-living coral reefs and contains calcium and a mix of trace minerals essential to metabolic function. New Roots Herbal's Okinawan Coral Calcium contains 38% calcium, 7% magnesium, and 72 trace minerals found in similar proportion to the human body. Coral Calcium is an excellent supplement to meet the musculoskeletal and metabolic needs of the human body.

**CALCIUM MAGNESIUM** is a well-balanced formula of two of the most important macrominerals (in citrate form for bioavailability) essential for a healthy musculoskeletal system, and effective metabolic and nervous system function. New Roots Herbal's Calcium Magnesium is also a source of seven trace minerals (potassium, manganese, vanadium, zinc, chromium, molybdenum, and selenium). New Roots Herbal offers several formulas and formats for calcium/magnesium supplements.



# Break Free of Statin Side Effects

Patent protection has run its course on the world's most prescribed medication. For those facing a lifelong dependency with statin drugs and their possible side effects, there is hope on the horizon. The average savings for a 40 mg daily dose of atorvastatin (Lipitor) with the availability of generic substitutes is approximately \$1.35 less per day. This represents an excellent window of opportunity to spend the savings on complementary treatment that can lower or eliminate statin dependency and reduce the risk of the many side effects associated with long-term use. The starting dose for statin therapy is most often within the range of 20 to 40 mg, with dosage varying between 5 to 80 mg. Research studies correlating statin dosage to side effects are not readily available; however, a lower dose would definitely seem to lessen the probability of side effects. Muscle soreness and degeneration, along with cognitive impairment, are among the most common side effects related to long-term statin use. The most detrimental result of long-term statin use may emerge from the fact that atorvastatin robs the body of coenzyme Q10. This is not a side effect, as it's a direct function of the drug.

New Roots Herbal has many side-effect-free natural alternatives available for those with high cholesterol, that can replace or work adjunctively with prescription drugs.

**Lower Cholesterol** contains phytosterols that block the intestinal absorption of LDL (harmful) cholesterol and disrupt the process that increases their solubility. Extracts of guggul (3.5% guggulsterones) work at the hepatic level, inhibiting production of the farnesoid X receptor that regulates the conversion of LDL cholesterol to bile salts for excretion.

Plant sterols and guggul combined can reduce total cholesterol by 35%. They block the absorption sites for cholesterol within the intestines. Both nutrients reduce the production of cholesterol within the liver and make their beneficial effects cumulative. Lower Cholesterol is an excellent adjunctive treatment to reduce dependency on prescription medication.

**Cho-less-terin** is formulated to offer a broad-spectrum approach to cholesterol management. Extracts of guggul, sourced from the *Commiphora mukul* tree, blocks the activity of the farnesoid X receptor which inhibits the body from converting LDL cholesterol to bile salts within the liver for excretion. Sterols and sterolins prevent intestinal absorption of cholesterol. Red yeast extract decreases the liver's production of LDL cholesterol. The beta-glucans in oat fibre provide additional soluble fibre that reduce the absorption of cholesterol into the bloodstream. The EGCG found in green tea extract exerts two beneficial effects on cardiovascular health. It is suggested that EGCG interferes with the micellar\* solubilization of cholesterol within the intestines; this is the process that facilitates intestinal absorption. The antioxidant action of the EGCG in green tea extract inhibits the oxidation of LDL cholesterol that results in atherosclerosis (hardening of the arteries). Cho-less-terin is an excellent adjunctive treatment to reduce dependency on prescription medication. The combined isolates in Cho-less-terin can cumulatively reduce cholesterol levels by 50%.



Cholesterol control with statins causes a depletion of the coenzyme Q10 that is vital to energy production within the mitochondria of all cells. Supplementation with New Roots Herbal's **Co-Enzyme Q10** can improve energy levels for those exposed to long-term statin use. New Roots Herbal's Co-Enzyme Q10 is fermented according to the stringent standards of Japanese pharmacopoeia.

The vitamins, minerals and nutrient-rich compounds in **Clean Arteries** scavenge free radicals, prevent oxidization of LDL cholesterol, and improve arterial elasticity to improve overall cardiovascular vigour. Clean Arteries works in unison with Cho-less-terin for side-effect-free synergistic results.

\*A group of surfactant molecules dispersed in a liquid suspension.



# EPIDERMAL REPAIR



## CleanFlow

90 capsules #1079

Clean Flow is a pain-free program of 13 herbs and standardized extracts selected for their positive effects on renal function. Kidneys are responsible for the elimination of nitrogenous wastes, the by-products of metabolism. Clean Flow helps your kidneys clean and detoxify your blood to keep all your organ systems, including your skin, functioning efficiently.

Your skin protects you from harmful sensory information, promotes internal body temperature, synthesizes vitamins, and needs your support.

The skin is the largest and most often neglected organ. We strip down and expose our skin to excess ultraviolet light, sunscreens, and an overall increase in wear and tear. Pollution, sun exposure and buildup of toxins, pesticide residues, and heavy metals are all factors that can damage the skin.

September is a good time of the year to focus on skin care. The skin care industry has many products that can help you from within and relies on proper nutrition and a healthy lifestyle.

New Roots Herbal has several products that can help you achieve healthy skin.

## Happy Skin

60 ml #657

Happy Skin is an extract of six certified organic herbs that have common positive action on liver function that contribute to healthy, vibrant skin.



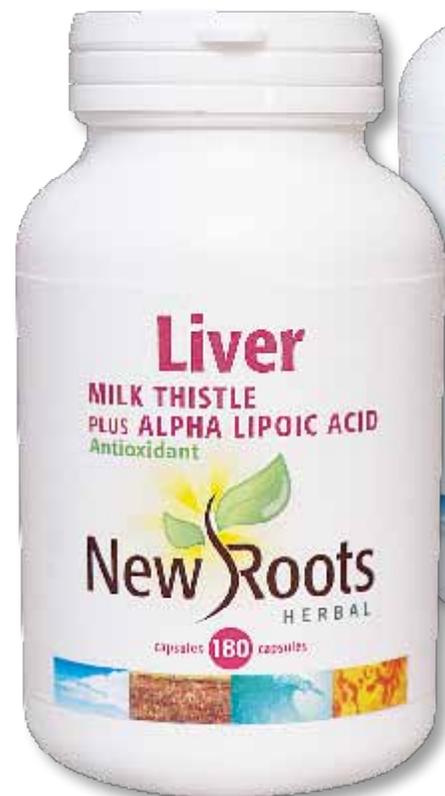
## Liver

45 capsules #210

90 capsules #206

180 capsules #859

Liver is a nutraceutical formula including milk thistle and alpha-lipoic acid that detoxify the liver and allow it to operate at peak performance to effectively rid the body of toxic residues. The accumulation of toxins in the skin can manifest itself with age spots, psoriasis, eczema, and an overall sallow or dull skin tone.



# DERMAL REPAIR

harsh environmental elements, gathers immune system function, regulates body systems, and literally holds you together. It

ed organ in the human body. The summer months see us exposed to ultraviolet radiation, environmental toxins, insect repellents, and tear. These factors are compounded by the year-round pollutants, and other contaminants that we ingest on a daily basis.

on skin repair and renewal for the upcoming dry winter months that promote healthy skin; however, great skin starts with a healthy liver.

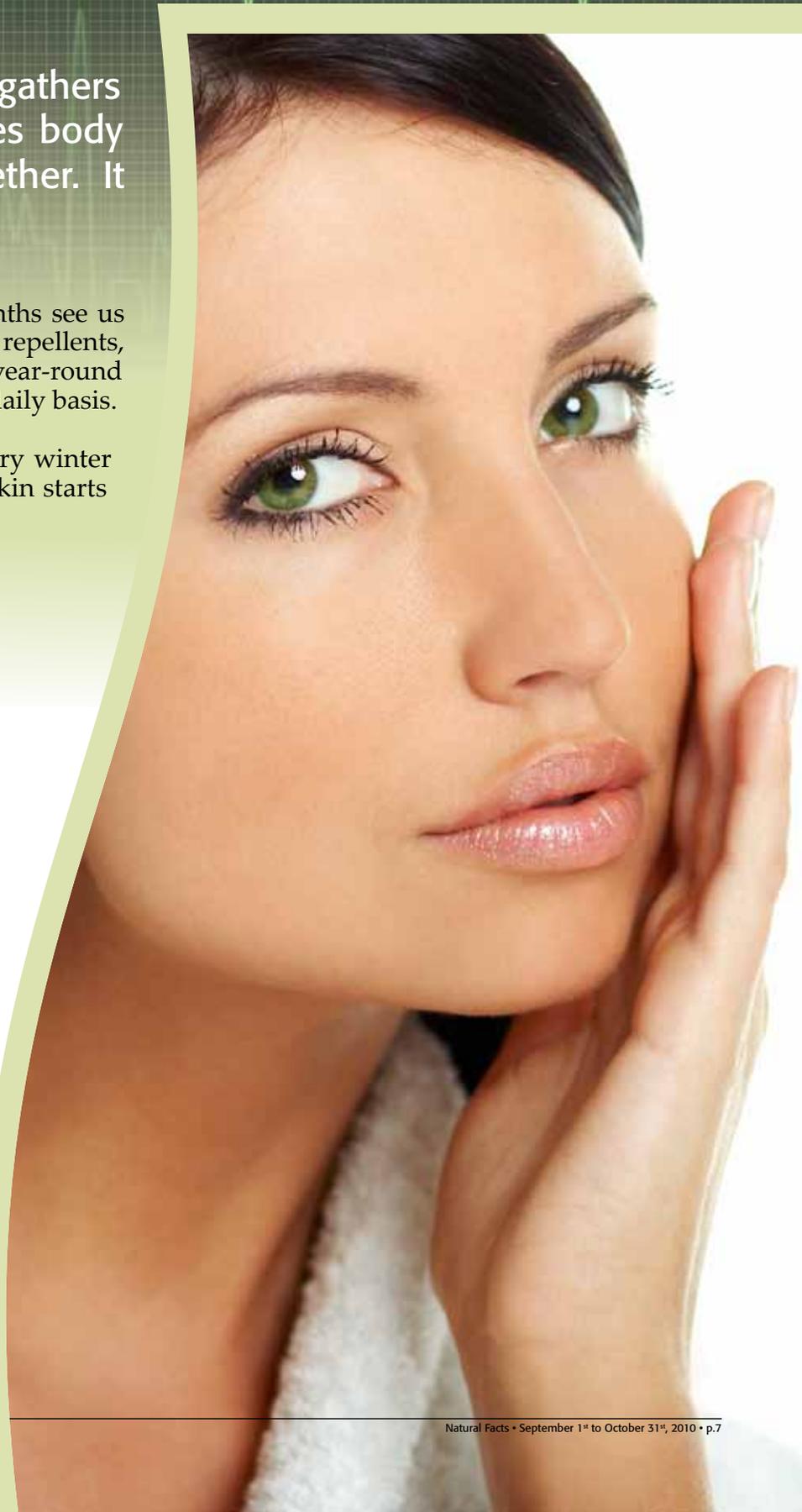
help restore great looking healthy skin.



## Vitamin E<sup>8</sup>

60 softgels #1093  
120 softgels #1096

The antioxidant action of the complete group of non-GMO sourced four tocopherols and four tocotrienols in Vitamin E<sup>8</sup> promote cellular respiration, improve arterial elasticity, and can counteract the process of premature aging of the skin.



# Do flu viruses



**IMMX Immune**

This potent combination of ten traditional herbs is formulated to promote a strong and resilient immune system. This well-balanced formula collectively possesses antibacterial, antifungal, antiviral, antioxidant, anti-allergy, anti-inflammatory, and antibiotic properties.

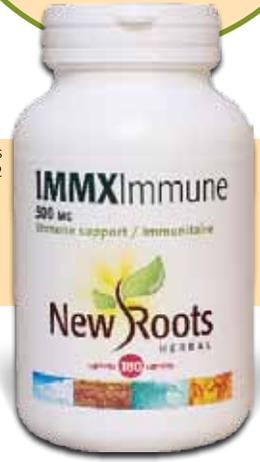
**Acidophilus Ultra**

Each special PH<sup>5</sup>D water-based enteric coated capsule contains 11 billion colony forming units of 10 scientifically proven probiotic strains formulated to optimize proper intake of nutrients, promote vitamin synthesis, and stimulate immune system function. Approximately 80% of immune system function originates within the intestines.

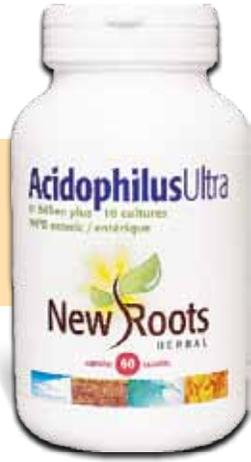
**Super Immune Sterols & Sterolins**

Improve your blood lipid profile and support immune system function with the 240 mg of plant sterols and more than 206 mg of arabinogalactan (soluble fibre that promotes growth of probiotic bacteria) in each capsule of Super Immune Sterols & Sterolins.

180 capsules #342



30 capsules #1270  
60 capsules #004  
120 capsules #495  
250 capsules #940



120 capsules #1195



# take vacations?

Scientists have been questioning the seasonal nature of viruses since their discovery. Viruses are uninvited guests that travel the world over, hijacking their host cells and imposing their own genetic instructions, which eventually result in the death of the host cell or the host cell developing resistance to the virus.

Researchers at Penn State University have done research to determine why flu viruses are seasonal. One theory contends that the flu virus lays dormant during the summer months, waiting for the right conditions to re-emerge and spread. This theory, however, doesn't explain the dynamic nature of viruses: we seem to face new strains year to year. The theory that viruses travel north and south across the equator seems to account for the emergence of new strains with each season. Flu viruses are common year-round in tropical climates, and it's believed that places such as southeast Asia, where animals and humans live in close proximity, represent a melting pot for the exchange of genetic information.

Viruses represent a double threat to our collective health; they can exchange their genetic makeup and develop new strains from season to season, and can spread globally at a fast pace in today's connected world.

The one constant that is agreed upon is that people with strong immune systems are more likely to resist infection and have quicker recovery rates when infected.



## Probiotic Rescue

Each PH<sup>5</sup>D enteric coated capsule contains 50 billion live cells of 10 specially selected strains of probiotic bacteria for use in cases where a total reboot of the intestinal flora is necessary to restore proper immune system function, effective nutrient absorption, and vitamin synthesis. Probiotic Rescue can alleviate symptoms of IBS and traveler's diarrhea, along with being an excellent way to optimize immune system function heading into cold and flu season.

## Multi-Max Immune

Multi-Max Immune contains highly bioavailable forms of all the vitamins and minerals essential to superior immune system performance, formulated with 17 nutraceuticals selected to support a broad range of metabolic and immunological functions.

## Wild Oregano C93

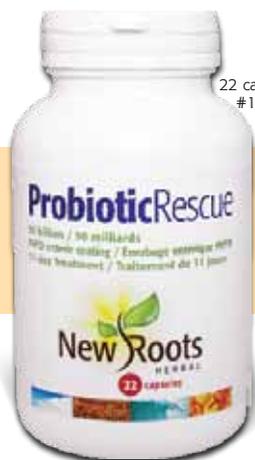
Wild Oregano C93 boasts the highest naturally occurring carvacrol content as a percentage of total volatile oils. The antifungal, antiviral, and antibacterial properties of Wild Oregano C93 make it an excellent supplement during cold and flu season. It's also available in convenient 15 ml and 30 ml bottles suitable for air travel.

# Patchwork Prevention? ...or Profit?

The most recent development on the immunization front comes in the form of a patch. The patch has approximately 100 micro needles of a biodegradable synthetic polymer called polyvinylpyrrolidone (PVP). PVP has been used for decades as a vital component in hair spray to achieve classic styles such as the beehive hairdo style, and as the glue that holds plywood together. This material will permeate your skin and be absorbed by your body. How healthy is that?

In the meantime, Canada has approximately half of its supply of 50 million doses of the H1N1 vaccine left over, with a shelf life of 18 months. Spain and Germany also have excess vaccine for sale.

Great health and superior immune system function remain among the most effective defenses against the flu strains that emerge every season.



22 capsules  
#1398



60 capsules  
#1236  
120 capsules  
#225  
240 capsules  
#253



15 ml  
#1233  
30 ml  
#1255  
60 ml  
#1266





## Coming Soon: Astragalus IV

This fall will see the addition of Astragalus IV to the New Roots Herbal product line. Astragalus IV is a cutting-edge immune system enhancement that combines the most recognized herbs for immune system support, with ingredients representing recent innovations in the field of immunity.

60 capsules • #1428

The ingredients in Astragalus IV scavenge free radicals throughout the body, provide the raw materials for the cells to produce their own intracellular antioxidants, assist the cells in energy production, stimulate white blood cell production, and exert antimicrobial action throughout the body.

Astragalosides are known to activate the enzyme telomerase that triggers cells to reproduce, which is a key factor contributing to longevity and anti-aging. This gene is normally “switched off” in adult stem cells.

Each capsule of Astragalus IV contains:

<i>Astragalus membranaceus</i> (Astragalus) (root)	
Astragaloside IV 3% .....	500 mg
N-Acetylcysteine .....	200 mg
R+ Alpha-Lipoic Acid .....	25 mg
Ascorbic Acid USP .....	10 mg
D-Alpha-Tocopherol Succinate .....	10 IU
Myrrh powder .....	10 mg
Goldenseal root 5% berberine .....	10 mg



90 capsules  
#1434

## Prenatal: Comprehensive Coverage for Expectant Mothers



New Roots Herbal welcomes another member to its line of comprehensive vitamin formulas with Prenatal.

Prenatal is formulated with 24 vitamins and minerals necessary to meet the critical nutritional requirements of the expectant mother before and during pregnancy, and while breastfeeding. Prenatal provides the proper balance of micronutrients necessary to fuel exponential cell growth within the fetus during pregnancy. The full range of B-complex vitamins essential for the proper development of the central nervous system and spinal cord are also addressed with Prenatal.

Prenatal is free from vitamin A and beta-carotene, two potentially unsafe compounds that can harm fetal development and are best obtained by dietary means.

Three vegetable capsules of Prenatal contain:

Vitamin C (as Calcium Ascorbate) .....	175 mg
Vitamin D (as Vitamin D3) .....	400 IU
Vitamin E (as d-Alpha-Tocopheryl Acetate) .....	50 IU
Vitamin K (as Vitamin K1) .....	100 mcg
Vitamin B1 (Thiamine) .....	75 mg
Vitamin B2 (Riboflavin 5-Phosphate).....	35 mg
Vitamin B3 (Niacinamide).....	50 mg
Vitamin B6 (Pyridoxal-5-Phosphate) .....	35 mg
Folic acid (Folate) .....	1000 mcg
Vitamin B12 (Methylcobalamin).....	1000 mcg
Biotin .....	300 mcg
Vitamin B5 (Calcium Pantothenate) .....	100 mg
Calcium Citrate .....	200 mg
Iron Glycinate .....	35 mg
Iodine (Potassium Iodide) .....	150 mcg
Magnesium Bisglycinate .....	100 mg
Zinc Picolinate .....	25 mg
Selenium Ascorbate .....	50 mcg
Copper Citrate.....	1.5 mg
Manganese Citrate.....	5 mg
Chromium Polynicotinate .....	100 mcg
Molybdenum Citrate.....	50 mcg
Potassium Citrate .....	70 mg
Boron Citrate .....	700 mcg



# Global Warming and Airborne Allergens

Approximately one in six Canadians suffers from seasonal allergic rhinitis, more commonly known as "hay fever". Ironically, it's not caused by hay and doesn't result in a fever. Ragweed is the cause for approximately 75% of those that suffer from hay fever. This opportunistic plant is an orphan species that thrives in barren, disturbed soil that includes roadsides and abandoned fields.

The average plant produces approximately 1 billion allergy-causing spores per season. The disturbing news on the horizon is that the effects of global warming will have a twofold effect on ragweed growth and reproductive strategy. Higher levels of atmospheric carbon dioxide trigger a survival strategy of increased pollen production in many plant species, including ragweed. Studies conducted by the Harvard Medical School on the side effects of increased exposure of ragweed to carbon dioxide showed a 61% increase in pollen production.

The date of the first frost, associated with the end of allergy season, is also occurring later in recent years. According to Environment Canada's senior climatologist David Phillips, his prediction that the short winter of 2009/2010 will lead to a long dry summer has come true. Look for the fields of gold to be healthier than ever and the first frost to be potentially later than usual.

New Roots Herbal has several products that offer side-effect-free relief from allergy symptoms for what may be a prolonged allergy season: Aller-G, Black Cumin Seed Oil, Quercetin, and Quercetin Bioflavonoid Complex.



# Sleep<sup>8</sup>

Wake Up & Know it All

Sleep<sup>8</sup> combines several ingredients that promote healthy, restful sleep free of the side effects often associated with sleep medications. The critical importance of sufficient, quality sleep can't be underestimated. It has been demonstrated in animal trials that sleep deprivation causes an even higher mortality rate than starvation. Insufficient sleep impairs the ability of the cerebral cortex (portion of the brain responsible for long-term memory) to commit knowledge and emotions essential to learning and memory for long term storage and retrieval.

Sleep<sup>8</sup> addresses the many variables that can exert a negative effect on sleep. Passionflower extract is believed to support the production of gamma-aminobutyric acid (GABA). GABA increases the production of alpha brain waves that relax the mind.

Extracts of both hops and chamomile have compounds that deliver similar results to those of popular sedatives, without the risk of addiction. These two herbs have been used for centuries for the treatment of insomnia in the form of hops pillows, long preceding the isolation of their active ingredients.

Nutrient-rich skullcap (30% flavonoids) is a native North American perennial with a long history of use for many nervous disorders, including epilepsy, anxiety, sedative withdrawal, and insomnia.

Melatonin is a common single ingredient product to restore proper hormone levels that regulate sleep patterns (circadian rhythms); the 500 mcg in Sleep<sup>8</sup> supports restful sleep without the common side effect of excess grogginess in the morning. Catnip herb calms the nervous system to enhance the overall effectiveness of the many ingredients in Sleep<sup>8</sup>.

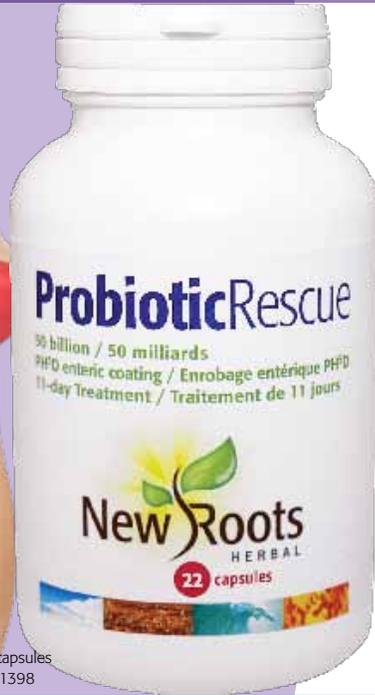
The highly bioavailable form of magnesium in magnesium bisglycinate protects the brain from stress-related irritability and relaxes the circulatory system. Magnesium is also essential for maintaining the integrity of the myelin sheath that insulates the nerves and provides protection for neurons within the brain from overreacting to minor stimuli.

The positive effects on brain activity provided by San Qi, combined with the benefits of the selected ingredients in Sleep<sup>8</sup>, provide natural, side-effect-free relief from stress-related insomnia.



20 capsules • #1443  
60 capsules • #1403

# Probiotic Rescue



Approximately 80% of immune system function originates within the intestines. The 50 billion colony forming units (CFU) of 10 clinically proven strains in Probiotic Rescue can restore impaired immune system function resulting from IBS, antibiotic use or traveler's diarrhea. Probiotic Rescue can also be taken proactively in anticipation of colds, flus and infections.

**Each capsule of Probiotic Rescue contains:**

<i>Bifidobacterium longum</i> R0175	9 billion
<i>Lactobacillus casei</i> R0215	9 billion
<i>Lactobacillus helveticus</i> R0052	9 billion
<i>Lactobacillus plantarum</i> R1012	9 billion
<i>Lactobacillus rhamnosus</i> R0011	9 billion
<i>Bifidobacterium bifidum</i> R0071	1 billion
<i>Bifidobacterium breve</i> R0070	1 billion
<i>Bifidobacterium infantis</i> R0033	1 billion
<i>Lactobacillus delbrueckii ssp. bulgaricus</i> R9001	1 billion
<i>Streptococcus thermophilus</i> R0083	1 billion
F.O.S. (Fructo-oligosaccharides)	10 mg
A.O.S. (Arabino-oligosaccharides)	10 mg

22 capsules  
#1398

## Re-Establishing Routines

Sleep<sup>8</sup> is suitable for relief for those suffering from stress related insomnia to the weary traveler struggling to adjust to a new time zone. Sleep<sup>8</sup> can also help people get the necessary rest required to settle back into academic and career-oriented environments following the often hectic summer months.

20 capsules • #1443  
60 capsules • #1403

**Each capsule of Sleep<sup>8</sup> contains:**

Passion flower extract, 5% isovitexin	35 mg
Hops extract, 5% flavones	35 mg
Skullcap extract, 30% flavonoids	35 mg
Chamomile extract, 9% flavonoids	35 mg
San Qi	25 mg
Melatonin	500 mcg
Catnip	15 mg
Magnesium bisglycinate	111 mg
providing elemental magnesium	20 mg



Please note that we will be closed on September 6 (Labour Day) as well as on October 11 (Thanksgiving). We will be open on November 11 (Remembrance Day).

All texts researched & written by Gord Raza, B.Sc.

**New Roots**  
HERBAL

3405, F.-X.-Tessier Street, Vaudreuil-Dorion (Québec) J7V 5V5  
T: 1 800 268-9486 F: 1 800 676-8902 www.newrootsherbal.com

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October 23-24, 2010  
Metro Toronto Convention Centre  
North Building, **Pavilion 3**

