

ESSENTIAL FIBRE

Adequate fibre and fluids can help prevent constipation by supporting regularity. Certain fibres, like inulin, help nourish a healthy microbiome. Fibre helps stabilize blood sugar and lower cholesterol, makes you feel more satiated, and helps in weight management. Most Canadians consume only half the recommended intake: 25 g for women and 38 g for men. Do you get enough?



Capsules provide a synergistic formula with concentrated roselle flower to enhance digestion and maintain regularity.



Our powder formula offers the same fibre ratio as capsules, with added licorice root to support better digestion.



A convenient powder blend of psyllium and inulin supports bowel regularity and helps to maintain good intestinal health.



Single ingredient promotes regularity and helps manage cholesterol.

INTESTINAL SUPPORT

Our gut lining can be weakened by certain medications, excessive sugar, alcohol, greasy foods, food intolerances, infections, and chronic stress. When compromised, our intestinal lining may allow undigested food particles to enter our bloodstream. A healthy intestinal lining promotes better nutrient absorption, reduces inflammation, and supports immune function.

L-Glutamine helps support intestinal lining integrity, supporting gut health.

Available in capsules and powder. Mix powder with juice or a smoothie.



CONSTIPATION RELIEF

Despite our best efforts, sometimes we still get backed up. If constipation persists despite fibre and GI repair supplements, a laxative supplement can provide effective, short-term relief.

Cascara, a single-ingredient stimulant laxative, will get things moving in 6 to 12 hours.

Prolax, a herbal stimulant laxative formula, relieves constipation in 6 to 12 hours with added natural ingredients to support intestinal health.



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To ensure these products are right for you, always read and follow label directions.

DIGESTIVE ISSUES HOLDING YOU BACK?



TAKE CONTROL!

40 YEARS
New Roots
HERBAL
MAKING LIFE BETTER

DIGESTION

Digestion breaks down food into nutrients like vitamins, minerals, proteins, carbohydrates, and fats to fuel the body. When this process is disrupted, discomfort and nutrient deficiencies can occur.

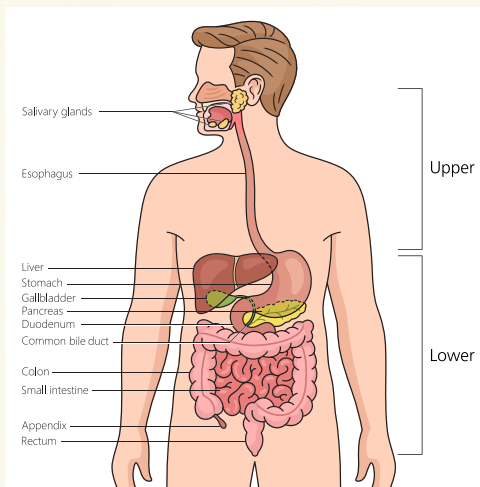
DIGESTION ISSUES

UPPER GI TRACT ISSUES

In Canada, about 7 million people (29% of the population) struggle with dyspepsia—upper GI discomfort that includes reflux, bloating, excessive burping, and early satiety.

LOWER GI TRACT ISSUES

Lower GI symptoms like flatulence, cramps, and malabsorption are common and often linked to conditions such as irritable bowel syndrome (IBS).



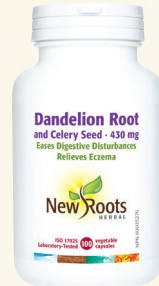
We offer a range of supplements to tackle symptoms and help restore your digestion for optimal health!



SCAN FOR MORE INFO →

SYMPTOM RELIEF

Experiencing occasional digestive issues? Our natural products can ease bothersome GI symptoms and restore your comfort.



Relieves digestive discomfort, boosts appetite, and supports bile production.



Pure ginger relieves motion-related nausea and calms the stomach. Indicated for ages 6 yrs+.



Concentrated 20:1 extract with 10% gingerol. Clinically proven to prevent and relieve motion-related nausea and reduce indigestion and flatulence.



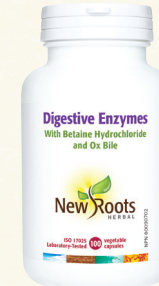
Ox bile, standardized to 45% cholic acid supports bile flow and aids in fat digestion.



Pure clove flower bud provides carminative support to relieve bloating and gas.

DIGESTIVE SUPPORT

With age, digestive enzyme production declines, leading to issues like bloating, reduced appetite, feeling full quickly, belching, and indigestion.



Pancreatic enzymes, betaine hydrochloride, ox bile, and pepsin work together to digest proteins, carbohydrates, and fats, reducing bloating after rich meals.



This 100% vegan, plant-enzyme blend supports digestion of fats, proteins, carbohydrates, and fibre, enhancing nutrient absorption. It works in any stomach condition.



Pork-derived enzyme blend aiding fat, protein, and sugar digestion. Ideal for those with enzyme deficiencies due to pancreatic conditions. GPS™ enteric coating protects enzymes.



This pure proteolytic enzyme, sourced from pineapple stems, supports digestion of both animal- and plant-sourced proteins. 100% vegan-friendly.