



Then 1924



Now 2017



Some traditions just grow stonger with time™

EXPERIENCE • QUALITY • SERVICE • COMMITMENT



**CALMER  
HAPPIER  
BETTER**



Welcome to the New You.

**StressCare**  
for Energy & Adrenal Support  
Calm down quickly in an over-rushed world.

120 veg caps	240 veg caps
<b>\$21.95</b>	<b>\$37.95</b>

feel the  
**GREENS**

...and the blues, yellows, purples, oranges and reds.



**FREE 10 DAY SUPPLY OF greens+ extra energy with the purchase of any greens+ product**

Nourish and energize your body with 23 colourful wholefood ingredients

**25% off regular price**

Experience the Real Beauty Benefits of BioSil™



FREE book with purchase of any BioSil products

"I take BioSil™ every day, and I am amazed at the difference I see in my skin, hair and nails!"  
-Christie Brinkley

**25% off regular price**  
30 mL & 120 v caps




THERE IS A WINNER EVERY MONTH  
WWW.FACEBOOK.COM/HOOPERSPHARMACY



It's time to CLEANSE . . . Revitalize your health.

You will love the WAY YOU FEEL in 7 days or less!

THE INDIVIDUAL HERBS IN WHOLY TEA™ HAVE BEEN USED WITH GREAT SUCCESS FOR THOUSANDS OF YEARS.

Look for your \$5 OFF COUPON in Vitality's September Issue

Wholy Tea  
WHOLE BODY HERBAL TEA  
32 Day Program  
25% off regular price



Take the #CleanseCanada Challenge

Find the cleanse formula that is RIGHT FOR YOU!

Cleansing can deliver benefits such as increased energy, reduced toxicity, improved digestion, and a lighter, healthier you!

\$19.95 - \$28.95



Criteria	15 Days	30 Days	7 Days
Have Never Cleansed Before	✓		
Have Cleansed Before		✓	✓
Sensitive Digestive System	✓		
Constipated		✓	✓
Short on Time			✓
Requires a Deep Cleanse		✓	

OMEGA3 SOLUTION

NutraSea®

A balanced formula for overall health and well-being.

NutraSea is a great choice for a pure, potent, and balanced omega-3 supplement. With 1250 mg of EPA+DHA per serving, NutraSea promotes the maintenance of overall good health, cardiovascular health, and helps lower triglycerides. It's also beneficial for the development of the brain, eyes, and nerves in children and adolescents.



500mL \$34.95  
150 soft gels \$34.95



500mL \$38.95  
150 soft gels \$36.95

Medicine Cabinet Essentials

... for CLEANSING!

STRESS LESS!



\$15.95

60 veg capsules

Relora

Helpful for achieving stress relief and appetite control with no sedating side effects.

MUST HAVE PROBIOTIC



\$9.95

90 capsules

Acidophilus & Bifidus  
10 Billion Active Cells

Double Strength  
Keeps a proper pH balance in small intestine, promoting regular bowel movements.

IMMUNITY BOOST



\$5.95

180 soft gels

Vitamin D3  
1000 IU

Responsible for activating innate immune system responses and yet most North Americans are deficient in it!

JUST ADD FIBRE



\$11.95

454 g powder

Psyllium Husk

Excellent source of 100% pure dietary fibre to support healthy intestinal functions and promote regularity.

POWER OF DIGESTION



\$15.95

90 capsules

Super Enzymes

Formulated with Bromelain, Ox Bile, Pancreatin & Papain. This helps to optimize the breakdown of fats, carbohydrates, & proteins.

IMPROVE CIRCULATION



\$15.95

BONUS SIZE  
210 tablets

Vitamin C  
1000mg

with bioflavonoids  
Enhances immune system function, improves circulation and the appearance of varicose veins.

**LOVE HOW YOU FEEL**  
25% off ALL greens+ Products

Love your gut  
FOR WHOLE BODY HEALTH



#LOVEHOWYOUFEEL

**FEED YOUR GUT**

Phytonutrients not only contribute to overall health, they can have beneficial effects on gut microflora populations – enhancing the digestion and assimilation of nutrients! **greens+** has been PROVEN to contain the richest concentration of phytonutrients among green food supplements, delivering up to 350% more phytonutrients than competing green foods.

**greens+ AND GUT HEALTH BENEFITS**

- ✔ **greens+** contains phytonutrients called polyphenols, which feed friendly gut bacteria populations and can help to promote the growth of friendly bacteria
- ✔ **advanced gut health probiotic** helps us to better use our phytonutrients found in **greens+** because the bioavailability of phytonutrients can be increased by over 100% when diverse microbes are present.

**greens+ IS THE ORIGINAL SUPERFOOD**

- ✔ Increases energy and vitality
- ✔ Provides antioxidants to relieve oxidative stress
- ✔ Helps in wound healing
- ✔ Supports liver function
- ✔ Builds healthy bones, cartilage, teeth and gums
- ✔ Provides gut health benefits

**Anti-Oxidants Help to Maintain your Internal CLEANSING MECHANISMS!**

**PRO Glutathione**  
60 veg capsules

Supports the immune system and helps combat oxidative stress and toxins.

**25% off**  
reg. price



**Resveratrol Concentrate**  
500 mg  
60 veg capsules

Promotes healthy aging. Protects the brain against oxidative stress & significantly increases physical & mental endurance.

**\$27.95**



**Love your LIVER**

**Milk Thistle**  
500 mL

Detoxify your liver from environmental toxins and ingested toxins such as multiple prescription drugs. Can also aid in digestion and weight management.

**25% off**  
reg. price



**L - Methionine**  
500 mg 100 capsules

Supports Detox Mechanisms and the production of glutathione and SAME.

**\$13.95**



**Don't Let Joint Pain or Arthritis Slow You Down**

**The NutriFLEX Family of Joint Care Products**

Helps to relieve the pain associated with osteoarthritis and aching joints.

A factor in the building of healthy cartilage.

An effective alternative to prescription drugs.

**25% off reg. price**



**MultiVitamins to help keep you GOING!**

**activ-X multivitamin**

**Feel Energized.**  
Maximize performance.  
Beat fatigue.

**activ-X** is a comprehensive multivitamin containing adaptogens to boost energy and curcumin to relieve post-workout soreness.

60 softgels  
**\$39.95**

120 softgels  
**\$59.95**



**Soothe Your Sore Throat NATURALLY with HOMEOPATHY**

**Homeovox - \$11.95**  
60 chew tabs

Relieves hoarseness, loss of voice, laryngitis, and strained vocal chords.

**Roxalia - \$11.95**  
60 chew tabs

Relieves pain when swallowing by providing comfort to your dry or scratchy throat.



# Naturopathic Medicine

Naturopathic Article Contributed By: Dr. Eliane Lewis, ND, CHH



## Coping with Stress in our Daily Lives

We are all faced with stress through our daily lives and although we cannot always remove our personal stress triggers, we can reduce the impact that these factors have on our mood and overall health.

The food choices we make throughout the day are critical to being resilient in times of stress. Eating regular meals high in vegetables with adequate protein and whole grains help to curb mood swings, food cravings and foggy thinking. Practicing mindfulness and adopting a regular exercise routine are also simple ways to ensure that our mental-emotional health is preserved during stress.

If you notice low energy, weight gain, and poor sleep, stress may be impacting your adrenal glands' ability to function properly. The adrenal glands are responsible for our resilience through the stress response, and over time, they can be compromised in instances of chronic stress. Optimal adrenal function is linked to adequate intake of vitamin B12, B5, C, D, Magnesium, Zinc and Selenium.

Centre for Collaborative Health Oakville Clinic | Article contributed by Dr. Eliane Lewis, ND, CHH | Centre for Collaborative Health | info@cch-oakville.ca | (905) 849 9915

# Compounding

Compounding Article Contributed By:



## Condition: Keratoconjunctivitis sicca (KCS) also known as DRY EYE

Lisa, a patient with KCS, cannot naturally produce enough tears. So she suffers with painful burning and irritation hindering her eye sight. Her doctor, who had tried every traditional eye drop with no success, seeks the expertise of Tetyana, a Hooper's compounding pharmacist, in finding an alternative.

## Rx: Autologous Serum Eye Drops

Working with Lisa's doctor, Tetyana suggests autologous serum eye drops. Lisa is sent to the lab to obtain bloodwork. She returns to Hooper's and Tetyana uses the patients own blood plasma to compound these serum eye drops. They are hypo-allergenic and have the same bio-chemical & biophysical properties as Lisa's own tears.

A few weeks later Lisa returned to the pharmacy to say thank you for the medication that "changed her life". If you suffer from ocular surface disease, keratitis, or Sjorgen's Syndrome, come and speak to one of our pharmacists! Please note, this compounding speciality is available at the PORT CREDIT location ONLY!

**Hooper's has gone DIGITAL!**

Go to [www.hoopershealth.com](http://www.hoopershealth.com) or visit your local Hooper's location for more details.

SENIORS DAY IS THE FIRST TUESDAY OF EVERY MONTH  
SAVE AN EXTRA 5% ON TOP OF OUR EVERYDAY 10% SENIORS DISCOUNT.  
SOME EXCEPTIONS MAY APPLY. SEE PHARMACY FOR DETAILS.

**OUR SERVICES....**

VitCheck Consultations • Nutritional Consultations • Reiki Sessions • Live Blood Cell Analysis • Hair Analysis Testing • Rocky Mountain Analytical Testing....and More!

### PORT CREDIT

Pharmacy and Natural Apothecary  
88 Lakeshore Road East

**(905) 278-4242**

**MASSIVE CLEARANCE NOW ON!**  
We carry all you and your child need to survive back to school. Come and speak to one of our nutritionists!

### BEACHES

Pharmacy and Vitamin Shop  
2136 Queen Street East

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**HUGE SALE on Kid's supplements and products. Back to School savings all month long!** Your job is to keep them healthy. OUR job is to help you.

### BRAMPTON

Pharmacy and Vitamin Shop  
31 Main Street North

**(905) 451-2453**

Feel the PLUS of greens+! Visit us to learn how to nourish & energize your body with 23 colourful whole food ingredients. We will also have demos!

### OAKVILLE

Vitamin Shop  
Upper Oakville Shopping Centre  
1011 Upper Middle Road East

**(905) 337-8522**

Centre for Collaborative Health is now accepting new patients.  
(905) 849-9915  
1011 Upper Middle Rd. E. Unit A7

### VAUGHAN

Pharmacy and Vitamin Shop  
Eagles Landing Plaza  
1410 Major Mackenzie Drive W.

**(905) 303-4466**

Walk-in Medical Clinic and Dr. Mokhtari ND accepting new patients - call for more details



**Sale Prices In Effect - September 15<sup>th</sup> - September 29<sup>th</sup>, 2017**

**Thank you for choosing Hooper's Pharmacy & Vitamin Shop**

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