

NaturalFacts

New product announcements, specials and information



Strong Bones and winter safety
The simplicity of Plant Sterols
Hair&Scalp discussed
Prevent stroke damage with Tocotrienols
Our new line of Exotic Oils



The increased likelihood of a slip or fall caused by the snow and ice of winter's wrath is most likely the major reason for seasonal fluctuations of fragility fractures. Being careful and choosing proper footwear will help; however, the maintenance of a strong skeletal system will help prevent fractures in the event of a slip or fall. Seasonal changes in bone mineral density are common for many species of mammals that hibernate; the more sedentary lifestyle many people lead during winter months contributes

both genders in the winter months.

StrongBones

Saletal repair & bone growth Indresse l'ossature & croissance des sa

296-297-950

NOUVELLE

that approximately 98% of the human skeleton is formed by the age of 20, and adequate calcium consumption is also critical for both genders through the adolescent and teenage years.

fractures related Fragility osteoporosis are twice as common for Canadian women than heart attack, stroke, and breast cancer combined. Osteoporosis is called the "silent disease", but the statistics are loud and clear that the establishment and maintenance of strong bones are among the most important wellness initiatives for consideration by Canadians.

Plant Sterols Simplified

he cholesterol-lowering benefits of plant sterols speak for themselves; yet how they work and when to take them rank among the most frequent questions regarding these friendly fats.

PlantSterols can be taken on their own or in addition to both prescription and non-prescription cholesterol-lowering medications for completely safe and side effect-free compounded benefits. Plant sterols work by simply blocking absorption sites for harmful LDL cholesterol within the intestines. The presence of plant sterols results in less LDL cholesterol circulating in the blood stream and depositing on arterial walls. The gradual process of plaque formation, commonly referred to as hardening of the arteries or atherosclerosis, is the major cause of heart attack and stroke.

PlantSterols exert health benefits on their own as well as in the presence of animal-based saturated fats; yet, moderation is still recommended regarding consumption of harmful saturated fats.

Expensive plant sterol-fortified margarines and orange juices on the market can leave the consumer confused as to how much of their product they have to consume to meet their daily requirements, and they often fall short for plant sterol intake. New Roots Herbal's **Plant**Sterols gives the consumer the freedom and convenience to make any food functional.

Dr. Peter Jones, Director of the Richardson Center for Functional Foods and Nutraceuticals at the University of Manitoba, states that 2 grams of plant sterols per day can lower blood serum levels of harmful LDL up to 15%.



"Shake down" your cholesterol levels with half a teaspoon (approximately 1 gram) of plant sterols with breakfast and at dinner with New Roots Herbal's **Plant**Sterols in a convenient 80-gram shaker.

Exciting new vegetable-sourced S.O.D.joins the New Roots Herbal product line.



PlantSterols

595

Our newly formulated S.O.D. formula reflects 18 months of research and testing to deliver the most effective and potent antioxidant formula available to Canadian consumers. Our new formula provides premium protection from the damaging effects of oxidative stress at the cellular level. Oxidative stress compromises the health and function of all our cells and is a common denominator for major agerelated degenerative diseases that include arthritis, coronary heart disease, and macular degeneration, as well as diseases including those of the colon, breast, and prostate.

Our exhaustive testing rejected in excess of 25 different sources of superoxide dismutase (S.O.D.) prior to finding the vegetable-sourced raw material that met the standards of our analytical laboratory for purity, potency, and effectiveness.

Each enteric-coated capsule delivers the combined therapeutic punch of 20.000 units of **vegetable-sourced** enzymatic activity, formulated with the protective effects of a matrix of wheat-sourced protein to preserve potency and increase intestinal absorption. Nine additional enzymes and cofactors complement and amplify the antioxidant potential of our S.O.D. formula.

Additional real benefits of Seabuckthorn Oil

The "OZ" effect was in full force this past June, when the Dr. Oz Show featured a study with two groups of mice fed with a high-fat diet, one of which was also given an omega-7—rich sea-buckthorn oil supplement. The control group almost doubled in size and the group taking sea-buckthorn oil maintained their weight during the experiment. These dramatic results have definitely raised the profile of a product already renowned for its positive effects on the health and beauty of skin.

This does not guarantee that **Seabuckthorn**Oil will help with weight loss. However, it has kindled interest into how the omega-7 fatty acids in **Seabuckthorn**Oil can discourage fat storage.



MEMBERSHIP HAS ITS PRIVILEGES

NHP RESEARCH Society of Canada



New Roots Herbal is a member of the NHP Research Society of Canada. This organization's mission statement is "to facilitate and support meaningful, scientifically rigorous research and education in the field of natural health products (NHPs)."

Membership allows us to be connected with and to share knowledge and information with an international network of researchers within our dynamic industry. This facilitates the development of safe, novel, cutting-edge products that deliver maximum therapeutic effects *naturally*.

The director of our analytical laboratory, Dr. Abzal Hossain, regularly attends seminars held by this highly respected organization to gather information critical for the process of refining and improving analytical methods specific to the natural health product industry.





hinning hair and baldness is a condition with many recognized causes. We at New Roots Herbal had this firmly embedded in our thought process as we initiated development of our hair loss and thinning formulation, Hair&Scalp. We examined the diverse and growing list of possible reasons or conditions that contribute to hair loss, including heredity, stress, age-related hormonal changes, and exposure to environmental toxins.

The majority of hair-loss products offered for the Canadian consumer that

we examined had limited therapeutic potential and scarce scientific support. **Hair**&Scalp features natural ingredients, supported by science, to create favourable conditions for the prevention of hair loss and thinning, and the promotion of hair growth in healthy hair follicles.

Every person's situation is unique and we cannot assure that **Hair**&Scalp will work for everyone's particular ailment. However, we believe that most people will observe results within 60 to 90 days, ranging from satisfactory to exceeding expectations.

Hair&Scalp

Comprehensive hormonal, circulatory, vitamin and mineral support for a healthy scalp and thicker hair.

NEW ROOTS HERBAL

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Everyone at New Roots Herbal wishes you a happy Valentine's Day. This being a leap year, make the best of your added day.

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

The following **New Roots Herbal** products can help manage cholesterol levels on their own or in unison with prescription medications for additional therapeutic benefits.

levated and dangerous cholesterol levels rank among the major risk factors for heart disease. Much like osteoporosis is without symptoms and is diagnosed only following a debilitating fracture, high blood cholesterol does not cause symptoms and is all too often only discovered in the wake of a heart attack or stroke.

LowerCholesterol 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. LowerCholesterol 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, block 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 cholesterols 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.

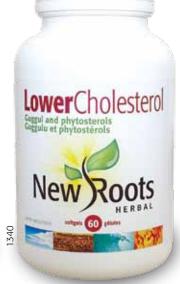
The vitamins, minerals and nutrient-rich compounds in **Clean**Arteries scavenge free radicals, prevent oxidization of LDL cholesterol, and improve arterial elasticity to improve overall cardiovascular vigour. **Clean**Arteries works in unison with **Cho-less-terin** for side effect-free synergistic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

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









& Stroke Survival

ebruary is **Heart and Stroke Awareness Month** in Canada. Everyone is aware of the frequent outcome of a heart attack; however, strokes are more of a mystery to many of us. Simply put, 88% of strokes are ischemic. This means they result from blockage of an artery supplying the brain with oxygen and the subsequent death of brain cells supplied by that artery.

A healthy diet, regular exercise, and stress management can exert a collective and protective force against heart attack and stroke. However, recent research conducted by Dr. Chandra Sen, professor and vice-chairman for research in Ohio State University's Department of Surgery, has discovered a "miracle molecule" that protects neurons from injury in the event of a stroke.

Animal trials following 10 weeks of *alpha*-tocotrienol (vitamin E) supplementation showed a statistically significant reduction in the death of brain cells due to stroke. This natural form of vitamin E stimulates production of the protein MRP1: this protein scavenges harmful glutathione sulfide that accumulates in and kills neurons following a stroke.

Tocotrienols, specifically the *alpha*-tocotrienol, found in New Roots Herbal's **Tocotrienols**, have a promising future as a natural way to stimulate the body's own repair mechanisms for protection of brain damage resulting from a stroke.

New Roots Herbal's **Tocotrienols** are effective for many conditions that include atherosclerosis, hypercholesterolemia and diseases of the breast and liver. The 22.64 mg of *alpha*tocotrienol per softgel can also provide crucial protection for brain cells in the event of a stroke.





area where richer products can often promote the creation of milia seeds, those unsightly white or yellowish little bumps that appear on the eyelids and temples.

Vitamin E, abundant in goji seeds, holds the ability to neutralize fat-soluble radicals and helps protect cell membranes from lipid oxidation, maintaining skin elasticity and firmness. Penetrating deep into the skin, goji seed oil stimulates blood circulation and raises skin metabolism, thereby accelerating cell turnover, helping to even out skin tone, and attenuate melanin deposits such as age spots and freckles.

Important in the synthesis of vitamin A, beta-carotene is a fat-soluble nutrient essential to normal growth, vision and cell structure, as well as healthy bones, teeth and skin. It is but one of the carotenoids naturally found in goji seeds. Carotenoids have been proven to protect the eyes from cataracts and macular degeneration, and are important retinal antioxidants and pigment filters of ultraviolet light, protecting your eyes from the sun's harmful UV rays and HEV light.

With all of this in mind, **Goji**Seed Oil definitely points towards being an excellent addition to your skin-care regime, most especially the delicate skin of the eye-contour area, as well as supporting one of your most precious organs—your eyes.

New line of exotic oils now available! RAV



FROM MOROCCO

Golden for your body as the rich golden color it exhibits, raw organic **Argan**Oil holds the secret to glowing hydrated skin, hair and nails. This legendary oil has been praised centuries long for its skin-soothing and anti-aging properties.

Argan oil is produced from the nut of the rare argan tree (*Argania spinosa*), which mainly grows in a small southwestern region of Morocco. Our pure organic **Argan**Oil is first cold-pressed to offer you the best quality and highest-grade oil possible. We purchase our raw organic argan oil from a women's cooperative that works within a UNESCO Biosphere Reserve, ensuring the protection and reforestation of argan trees, as well as supporting the social and economic welfare of the women involved.

When used on a regular basis, ArganOil smoothes wrinkles, softens skin, and increases skin elasticity. Vitamin E, one of the most powerful biological antioxidants, is found at very high concentrations in argan oil. Vitamin E holds the ability to neutralize free radicals and help protect cell membranes from lipid oxidation, thereby slowing the aging process and sustaining your skin's youthful appearance. Argan oil also contains exceptionally high levels of essential fatty acids, including linoleic acid (omega-6). These fatty acids protect and repair the skin by stimulating intracellular oxygenation, helping to restore the vital balance of water and fats in the



ORGANIC **ROSA**MOSQUETA (ROSEHIP) SEED OIL

FROM THE CHILEAN ANDES

Rosehip seed oil is produced from the seeds contained inside the berries of a wild rose bush that grows abundantly in the southern Andes: Rosa rubiginosa, also known as Rosa Mosqueta by the locals in Chile and Argentina. The pale pink flowers of this shrub are quite the ethereal bloom, with a short life span of only about 24 hours. Once the petals have fallen, what is left behind is the much-coveted reddish fruit, vessel to the precious rosehip seeds. Our pure organic rosehip seed oil, which comes from the lush and rainy mountainous valleys of Chile, is first cold-pressed to offer you the best quality and highest grade oil possible.

What sets rosehip seed oil apart from other natural oils is the bioavailable retinoic acid (a metabolite of vitamin A) it contains. Retinoic acid delays the effects of skin aging, assists cell regeneration, and promotes the increase of collagen and elastin levels that provide structural support for the skin. The result is firmer, smoother, and more youthfullooking skin, with greater elasticity and defined contours. As it increases the skin's capacity to produce new cells and replace old ones, applied on a regular basis, rosehip seed oil is an excellent aid in reducing hyperpigmentation, reversing UV damage, as well as improving and evening out skin tone and colour.



Rosehip seed oil's regenerative and healing benefits can also be attributed to its high amount of essential fatty acids as well as vitamins C and E, which further promote healthy skin. It is particularly rich in linoleic and linolenic acids, nutrients which play an important role in keeping skin hydrated, supple and protected.

Raw organic Rosehip Seed Oil is a rejuvenating, multitasking ally in your daily body care regime.

hydrolipidic film of the skin. As such, argan oil is effective in treating and soothing acne, psoriasis, eczema, and cold sores.

Organic Rosehip Seed Ol Rosa Mosqueta

From Chile / Du Chili

Biologique

Your hair and scalp can also highly benefit from the restorative and protective properties of ArganOil. By mending split ends and repairing dry, damaged hair, argan oil will strengthen the protein-bonding structures of the hair and restore elasticity, shine and luster, making the hair smoother and more manageable. It will help treat and soothe dry, flaky scalp conditions, as well as nourish and promote healthy hair growth. Apply the oil on dry or wet hair from tip to root, and finish with a light scalp massage. Wrap a warm towel around your head and leave the oil on for 30 minutes or multiple hours. Wash and style as usual. To further smooth hair texture, mend split ends and moisturize, a light layer of oil may be applied on the bottom three quarters of your hair length just before blow-drying; the heat will then help the oil penetrate even deeper, and give the hair more luster and shine.

Even dry, brittle nails can be addressed with ArganOil. Soak your nails and cuticles in a mixture of equal parts of ArganOil and lemon juice, to soften your cuticles and strengthen your nails, and finish off the perfect manicure with a luscious layer of ArganOil all over your hands.

Raw organic **Argan**Oil is a rejuvenating, multitasking ally for your daily body-care regime.



ORGANIC **SKIN**LOVERS OIL

A synergistic symphony for your body, our blend of exotic oils will support your skin on every front imaginable. The combined qualities of our oils will deeply hydrate and rejuvenate your skin. Fine lines will be smoothed away and wrinkles slowed in their process. Accelerated cell turnover will offer radiant, flawless, and even skin tone. Increased skin elasticity will prevent and reduce stretch marks, defending your skin from potential pathogens and invaders, as well as reversing and protecting your skin from oxidative and UV damage.

We have bottled the ultimate experience in skin therapy, where dramatic positive change is an absolute reality.



ORGANIC **SEABUCKTHORN**SEED OIL

FROM THE QINGHAI-TIBETAN PLATEAU

Pure and natural antioxidant power, whether applied externally or taken internally; SeabuckthornSeed Oil will strengthen, protect, relieve and help regenerate every part of your body it will come in contact with. It is no wonder this super berry was a staple in the diet of the great Genghis Khan's army. It is said the soldiers were given an extra advantage, making them tough, with a stronger immune response, capable of handling their harsh environment better than their opponents.

Sea-buckthorn itself is a highly resilient wild shrub: it grows in sandy or very arid soils, and thrives in unforgiving conditions where many cannot survive. It can tolerate temperatures ranging from –40 °C to +40 °C, from high elevations to salt spray splash. Sea-buckthorn is native over a wide area, ranging from the Atlantic coasts of Europe, over to northwestern China.

Our pure organic SeabuckthornSeed Oil comes from the Qinghai-Tibetan Plateau. This area has proven to yield the best quality and most potent seabuckthorn berries in the world. This is due to the intense conditions the sea-buckthorn must endure. High altitude, strong ultraviolet radiation, severe cold and heat, dry barren soil, etc., have allowed the sea-buckthorn in this area to create a superior and extraordinary biodefense mechanism.

Rich in vitamins E and K, carotenoids, flavonoids and a near-perfect ratio of the unsaturated essential fatty acids omega-3 and -6, sea-buckthorn seed oil is a powerful antioxidant, protecting the skin from UV radiation and free radicals, inhibiting inflammatory disorders and accelerating skin regeneration.

Long-wave UV rays are known as the most damaging of the UV rays, due to the fact they can travel through glass, clothing, and even the skin to reach the dermis, thus creating cumulative damage over time. Sea-buckthorn seed oil has been proven to effectively absorb these harmful UV rays and protect the skin. Remember to apply a thin layer of this natural sunscreen to the exposed areas of your body the next time you slip on your runners for a quick jog, or gear up for a ski jaunt down the slopes.

When used on a regular basis, **Seabuckthorn**Seed Oil will smooth away wrinkles, soften skin, improve microcirculation, prevent moisture loss and protect your skin from fungi and other invaders.

Organic **Seabuckthorn**Seed Oil is a sure ally to help keep your body and your skin, strong, protected and looking its best.







ORGANIC **SEABUCKTHORN**FRUIT OIL

Pure and natural antioxidant power, whether applied externally or taken internally; SeabuckthornFruit Oil will strengthen, protect, relieve and help regenerate every part of your body it will come in contact with. It is no wonder this superberry was a staple in the diet of the great Genghis Khan's army. It is said the soldiers were given an extra advantage, making them tough, with a stronger immune response, capable of handling their harsh environment better than their opponents.

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Although sea-buckthorn fruit and seed oils share many similarities, it is in their essential fatty acid profiles they differ the most and where the fruit oil stands out. Sea-buckthorn fruit oil is rich in the rare palmitoleic essential fatty acid (omega-7). The ability to soothe and heal the mucous membranes of the body, including the gastrointestinal and urogenital tracts, is where omega-7 is so special. Restoring the integrity of the mucous membranes and thus supporting the respective organs, has the welcome effect of raising immune function and a more efficient, resilient body. A perfect ratio of omega-3 and -6 essential fatty acids, also including omega-9, supports, heals and protects the skin from premature aging, loss of elasticity and many skin-related disorders such as acne, psoriasis and rosacea.

Remarkable cardiotonics, the flavonoids in sea-buckthorn fruit oil have been proven to support healthy cholesterol levels by reducing LDL (bad cholesterol) and increasing HDL (good cholesterol). 18 carotenoids-including lutein, zeaxanthin and lycopene-maintain healthy eyes and protect against macular degeneration and cataracts. Vitamins A, C and E, DHA, and numerous trace elements count among the impressive array of nutrients sea-buckthorn fruit oil contains.

It is best to consume your **Seabuckthorn**Fruit Oil in its raw state, in order to assimilate the nutrients it is comprised of to the highest of their potential. Simply supplement the oil to your shakes and smoothies, or have fun sprinkling it over soups and salads to add a nice touch of colour to your dishes. Tip: Mix in a few drops of SeabuckthornFruit Oil to your rice just before serving; it will give the rice a lovely orange hue and impress your guests, as well as the cells of their bodies, with your culinary offerings.

Due to its high carotenoid content, **Seabuckthorn**Fruit Oil is guite dark in color. With this in mind, please be cautious while handling the bottle, as the oil can permanently stain clothing and other surfaces.

Organic **Seabuckthorn**Fruit Oil is a sure ally to help keep your eyes, body and skin strong, protected and looking their best.

ORGANIC SKIN CARE **TAMANU**OIL

FROM THE SOUTH PACIFIC ISLANDS

The ultimate rescue remedy for ailing skin and various pains, tamanu oil is produced from the kernel contained within the nut of the tamanu fruit. The tamanu tree (Calophyllum inophyllum) is indigenous to tropical Southeast Asia, where it grows both on the coast and inland. In order to release the precious oils contained within, the kernel must be left to dry in the sun for about a month or two, where it will then become covered with a rich, dark and very sticky oil. From that point, the kernel can be cold pressed to extract the luxurious and fragrant greenish-colored oil of tamanu.

Tamanu oil has many varied uses and is a remarkable topical healing agent to a broad range of skin conditions. The indigenous peoples of Southeast Asia have used this sacred oil for centuries. It heals cuts, bites, stings, wounds, severe burns and any skin-related ailment, has an analgesic effect and relieves joint/ muscle pain, sprains, sciatica, arthritis and rheumatism. Tamanu oil can even be applied on the neck to relieve and soothe a sore throat.

Anti-inflammatory, powerful а antibacterial and antifungal, tamanu oil has proven efficient towards clearing and healing the body of numerous pathogens, e.g. athlete's foot, ringworm, abscesses, infected nails, wounds, and the list goes on. Promoting the formation

of new tissue, thus optimizing wound healing and the growth of healthy skin, its regenerative properties are impressive towards the cicatrization and attenuation of scars, stretch marks and blemishes. Highly antioxidant, it will support your skin by slowing down the hands of time and keeping it plump, smooth and youthful.

Tamanu truly is a precious gem in the family of natural oils. If you look closely, you will notice it exhibits delicate shiny microcrystals: no wonder it possesses so many beautifying qualities!



SAVE YOUR sick days for something OTHER than being sick

WILD OREGANO C93 is effective against colds and flu as well as sinus infections and intestinal parasites.

WILD OREGANO C93 contains the rare species *Origanum minutiflorum*, the only oregano species that only grows in the wild and has the highest naturally occurring carvacrol concentration of total volatile oils at up to 93.14%. And, since it's blended with certified organic extra virgin olive oil, WILD OREGANO C93's unique taste that will make you as happy as it does healthy. Get the wild oregano that works!

Our 9 scientists are testing and researching for more than 1500 hours per month. Our scientific laboratory is staffed with **2 PhD, 3 MSc and 4 BSc,** producing the highest quality, most effective medicines that keep on working and working.

To learn more, visit newrootsherbal.com

