



Vital Choice Health Store

Live Well. Naturally.

440-885-9505 • VChoice.com



January 2026

Ancient Nutrition Multi Protein Plant-Based

Mixed Berry
15 servings

\$41.29
reg. \$51.89



Ancient Nutrition Multi Protein Animal-Based

Strawberry
15 servings

\$45.49
reg. \$57.19



Ancient Nutrition Multi Protein Animal-Based + Creatine

Dark Chocolate
15 servings

\$48.99
reg. \$61.59



Garden of Life Organic Plant-Based Protein Sport

Vanilla
28.4 OZ

\$40.79
reg. \$45.69



Nordic Naturals Ultimate Omega

60 softgels

\$22.49
reg. \$27.59



Vital Choice Creatine Monohydrate

17.64 OZ

\$35.65
MSRP \$49.25

Vital Choice Grass Fed Whey Protein

Chocolate
32 OZ

\$57.29
MSRP \$71.65



Solgar Collagen Hyaluronic Acid Complex

30 tablets

\$17.99
reg. \$21.09



True Grace ElectroMag - Electrolyte

Watermelon
Single Serving Packet

\$1.39
reg. \$1.85



Vital Choice Advanced Pre-Workout

Sour Surge
16.23 OZ

\$42.39
MSRP \$49.90





Solgar
Zinc 25mg Gummy
 Mixed Fruit
 60 CT
\$14.25
 reg. \$17.49



Nordic Naturals
Vitamin C Gummy
 Tangerine
 120 CT
\$16.49
 reg. \$21.95



American Health
Ester-C 1000
 90 capsules
\$22.49
 reg. \$29.99



Vital Choice
Mullein Extract
 1 FL OZ
\$10.89
 MSRP \$14.49



True Grace
Omega-3 Fish Oil
 180 softgels
\$59.99
 reg. \$67.95



Host Defense Mushrooms
MyCommunity
 60 capsules
\$32.79
 reg. \$39.95



Vital Choice
Advanced Beauty Care
 120 caps
\$56.99
 MSRP \$79.89



Lily Of The Desert
Organic Aloe Vera Juice
 Inner Fillet
 32 FL OZ
\$8.25
 reg. \$9.99



True Grace
Kids Multi Gummy
 60 CT
\$22.49
 reg. \$26.95



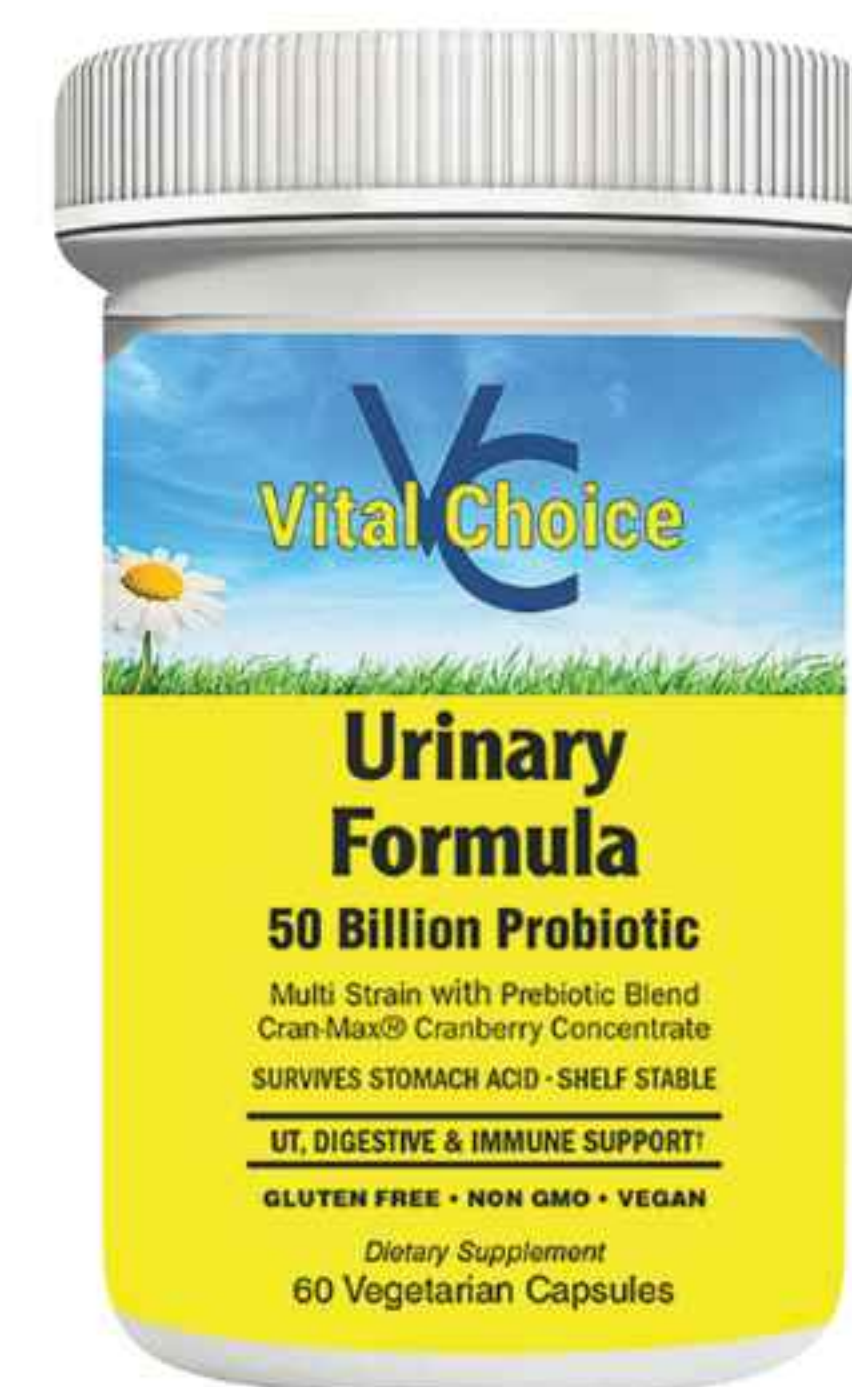
True Grace
Women's 50+ Multi
 60 tablets
\$33.75
 reg. \$39.95



MegaFood
Women's 55+ One Daily
 60 tablets
\$27.75
 reg. \$34.79



Vital Planet
Vital Flora Women's Daily Probiotic
 30 capsules
\$35.25
 reg. \$46.99



Vital Choice
Urinary Formula Probiotic
 60 capsules
\$33.49
 MSRP \$45.89



Nordic Naturals
Vitamin D3 + K2
 60 gummies **\$18.75**
 reg. \$24.95



Vital Choice
Vitamin D3 + K2
 60 capsules **\$22.45**
 MSRP \$23.95



Vital Choice
Organic Beet Root
 90 capsules **\$10.89**
 reg. \$11.49



Vital Planet
Vital Flora Immune Biome
 30 capsules **\$35.25**
 reg. \$46.99



Ancient Nutrition
SBO Probiotic Gut Restore
 60 capsules **\$37.49**
 reg. \$43.49



Vital Choice
Milk Thistle
 90 capsules **\$13.75**
 reg. \$16.19



Vital Choice
Milk Thistle Extract
 Alcohol Free 1 FL OZ **\$10.65**
 reg. \$12.49



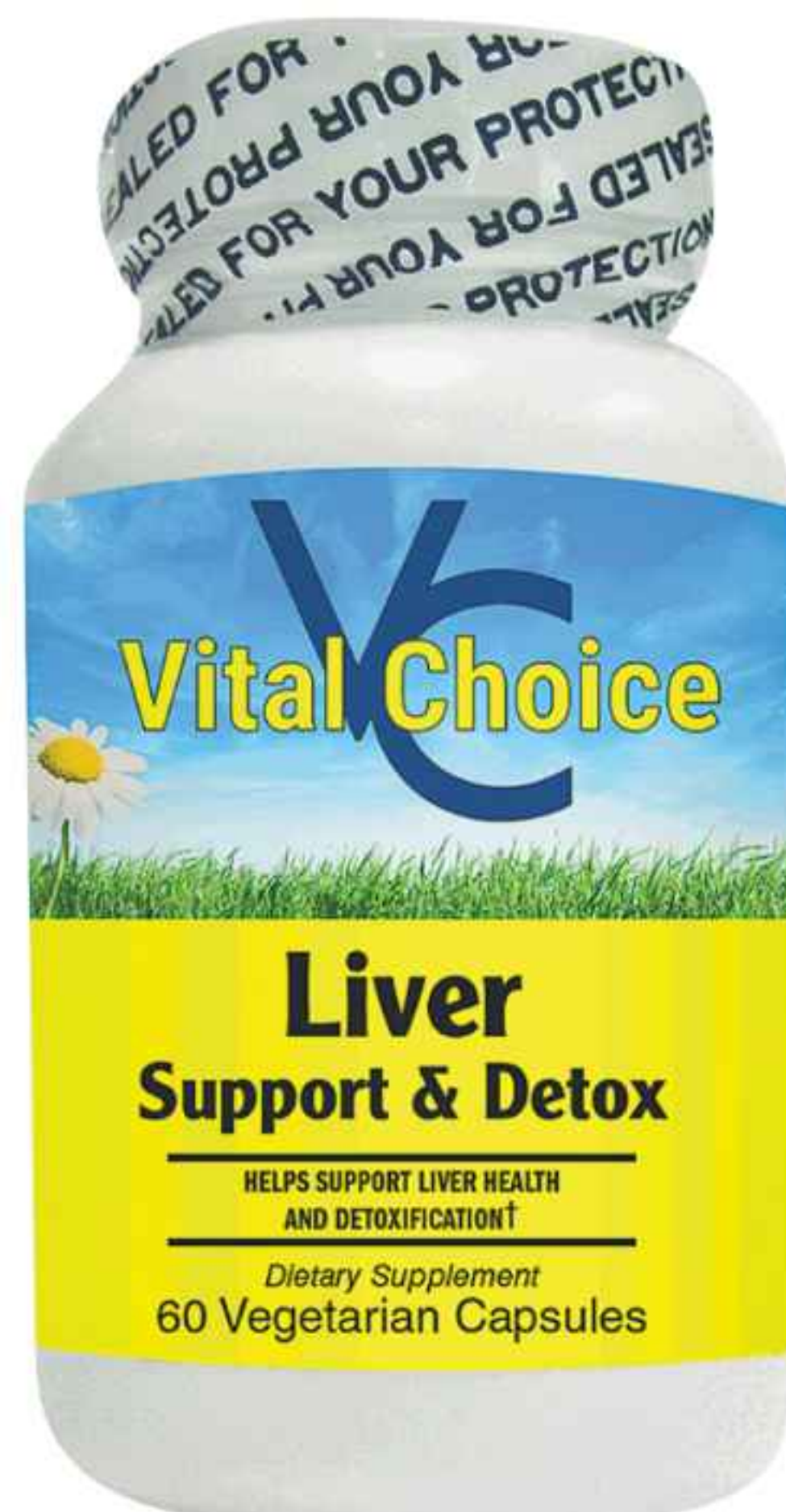
Vital Choice
Berberine HCl 500mg
 120 capsules **\$46.75**
 MSRP \$51.89



Nature's Way
Dandelion Root
 100 capsules **\$6.49**
 reg. \$9.29



Vital Choice
Dandelion Extract
 1 FL OZ **\$9.99**
 reg. \$11.65



Vital Choice
Liver Support & Detox
 60 capsules **\$23.49**
 MSRP \$25.80



Vital Choice
Liver Detox
 90 capsules **\$13.69**
 reg. \$15.99



Vital Choice Health Store



Curbside pickup available 7 days per week • [Shop.VChoice.com](https://shop.vchoice.com)

25% OFF

All **true grace**®



25% OFF

All Nordic Naturals Supplements

NORDIC® NATURALS



All discounts taken off MSRP

30% OFF

The Next Generation of Protein



ANCIENT
NUTRITION

26g Complete protein from:

- Grass-fed Whey
- Bovine Collagen
- Bone Broth Protein
- Colostrum
- A2/A2 milk protein
- Fermented eggshell membrane

NEW





Vital Choice Health Store



Curbside pickup available 7 days per week • [Shop.VChoice.com](https://shop.vchoice.com)

Health and Healing Liver Support for the New Year

by Mike Ventresca, co-founder, Vital Choice

January is a great time to give your liver a little extra support. After the holidays, many people feel weighed down or a little out of balance. A big part of that comes from the extra work the liver takes on this time of year. The liver handles hundreds of jobs every day. It filters toxins, helps with digestion, supports hormone balance, and plays a role in energy production. When our routines shift (more rich foods, less sleep, more stress) the liver simply has more to manage.

A number of natural remedies have been used for years, and many are backed by good research.

Milk thistle is one of the most recognized. Its active compound, silymarin, works as an antioxidant and helps protect liver cells. NAC (N-acetyl cysteine) is another important nutrient. Your body uses it to make glutathione, one of the liver's main detox compounds. Glutathione plays a key role in clearing toxins and supporting Phase II detox pathways.

Herbs like dandelion and artichoke have been used for a centuries to support the liver, mainly because they help keep bile moving the way



Mike Ventresca

it should. Healthy bile flow makes it easier to digest fats and carry waste out of the body. Turmeric can also be useful here. It provides curcumin which offers antioxidant benefits and helps calm irritation in liver tissues. Another nutrient worth mentioning is alpha lipoic acid (ALA), which supports glutathione production and gives the liver added antioxidant protection.

All of these ingredients work together to support the liver's two main detox phases - breaking toxins down and then preparing them for elimination. This is a gentler, more practical approach than harsh detox programs, which often do more harm than good. The goal is simply to help the liver do what it already knows how to do.

One of my favorite products is **Vital Choice Liver Support & Detox**. This formula blends many of these ingredients in one formula. For a more in-depth structured reset, **Vital Planet's LiverPure** is a great 14-day morning-and-evening program designed to support detox pathways, bile flow, and antioxidant activity.

Both can help you start the year feeling a little lighter and more balanced.

This information is not intended to diagnose, treat, cure or prevent any disease.

NEWCHAPTER®

40% OFF

(Discount off MSRP)

New from New Chapter!



Vital Choice
Multi Source Collagen
Peptides

Unflavored
16 OZ

\$48.19

MSRP \$60.25



Ancient Nutrition
Multi
Collagen
Protein

Unflavored
16 OZ

\$37.49

reg. \$43.49



Larabar
Fruit & Nut Bar

Peanut Butter Chocolate Chip
1.6 OZ

\$1.25

reg. 2.79



Garden of Life
Collagen
Beauty
Strawberry
Lemonade
9.52 oz.

\$25.19

reg. \$28.19

Juice Performer
Beet Juice

with B12
8.4 FL OZ

\$3.25

reg. \$3.79



Spectrum Naturals
Organic Extra
Virgin Olive Oil

25.4 FL OZ

\$16.29

reg. \$30.39



Biotta
100%
Beet Juice

32 FL OZ

\$10.45

reg. \$12.19



Spectrum
Naturals
Organic
Virgin
Coconut Oil

Unrefined
14 FL OZ

\$8.49

reg. \$14.19



Buddha Teas
Organic Matcha Green Tea

18 BAG

\$8.95

reg. \$9.99



Garden of Life
Raw

Organic Fit
Vanilla
913 grams

\$44.89

reg. \$50.25



Celtic Sea Salt
Celtic Sea Salt

Light Grey
1 LB

\$7.29

reg. \$10.79



Sweet Leaf
Organic Stevia Sweetener

35 CT

\$4.49

reg. \$4.99



Food For Life
Organic Ezekiel 4:9 Bread

Cinnamon Raisin
24 OZ

\$7.79

reg. \$11.19



Prince Of Peace
Ginger Chews

Original
4 OZ

\$2.49

reg. \$2.99



Boulder Canyon
Avocado
Oil Thin &
Crispy
Potato
Chips

Classic Sea Salt
6 OZ

\$3.79

reg. \$4.69



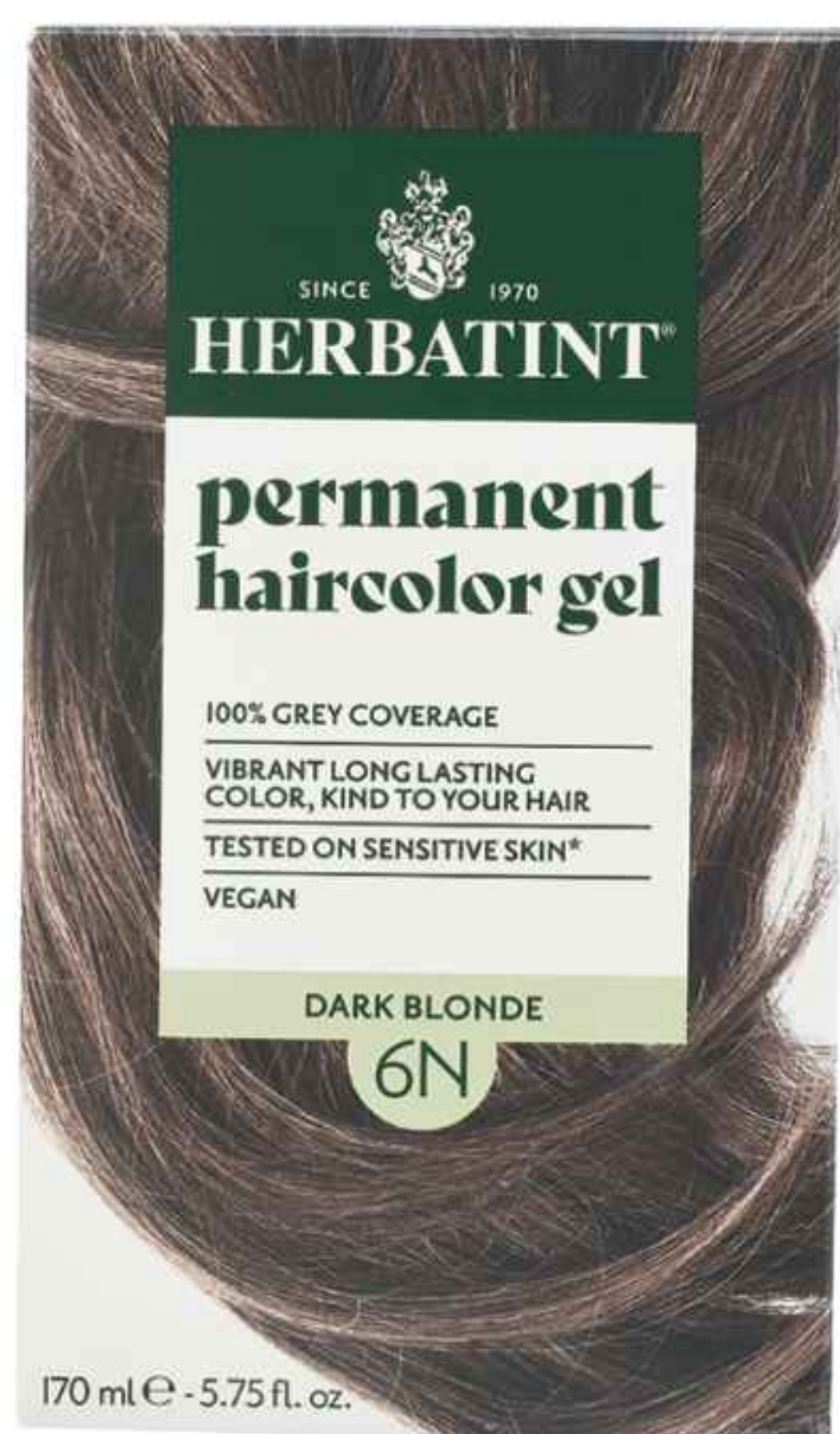
Om
Organic Hot Chocolate &
Mushroom Blend

Single Serving Packet
.21 OZ

\$1.95

reg. \$2.29





Herbatint
Permanent Hair
Color Gel
Select Variety
 5.75 FL OZ
\$15.99
 reg. \$20.99



Mill Creek Botanicals
Aloe Vera Shampoo
 14 FL OZ
\$11.35



Koope
Heavyweight
Moisturizer
 1.69 OZ
\$19.55
 reg. \$22.99



Koope
Gel Cleanser
 5 OZ
\$15.29
 reg. \$17.99



Koope
Milk Cleanser
 5 OZ
\$15.29
 reg. \$17.99



T-Relief-Medinatura
Pain Relief Cream
 4 OZ
\$25.65
 MSRP \$27.99



T-Relief-Medinatura
Pain Relief Cream
 Extra Strength
 3 OZ
\$17.65
 MSRP \$19.39



Wally's Natural
Paraffin
Ear
Candles
 2 PK
\$6.19
 reg. \$7.69



Lily Of The Desert
Aloe Vera Gelly
 4 OZ
\$4.35
 reg. \$5.29



Desert Essence
100% Pure
Jojoba Oil
 4 FL OZ
\$14.29
 reg. \$15.59



**Desert Essence
Tea Tree Oil Whitening
Plus Mouthwash**

Cool Mint
16 FL OZ
\$9.55
reg. \$9.79



**Desert Essence
Tea Tree Oil
Whitening
Plus
Toothpaste**

Cool Mint
6.25 OZ
\$7.29
reg. \$7.99



**Desert Essence
Tea Tree Oil
Mouthwash**

Spearmint
16 FL OZ
\$9.55
reg. \$9.79



**Desert Essence
Tea Tree
Oil &
Neem
Toothpaste**

Wintergreen
6.25 OZ
\$7.29
reg. \$7.99

**Dr. Bronner's
All-One Toothpaste**
Peppermint
5 OZ
\$5.49
reg. \$7.99



**Dr. Tung's
Smart Floss**

Mint
30 yards
\$5.69
reg. \$6.50



**Clearly Natural
Glycerine Bar Soap**

Lemon
4 OZ
\$2.65
reg. \$2.85



**Dr. Woods
Baby Mild Bar Soap**

Soothing
5.25 OZ
\$5.55
reg. \$5.75



**Natracare
Curved Panty Shields**

30 CT
\$4.99
reg. \$5.41



**Natracare
Super Pads**

12 CT
\$8.75
reg. \$9.39



Vital Choice Health Store

9243 W Sprague Road • North Royalton

440-885-9505 • VChoice.com

M-F 10a - 7p • Sat. 10a-6p • Sun. 11a-4p

THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, CURE OR TREAT ANY DISEASE.
SOME ITEMS MAY NOT BE AVAILABLE. NOT RESPONSIBLE FOR TYPOGRAPHICAL ERRORS.