



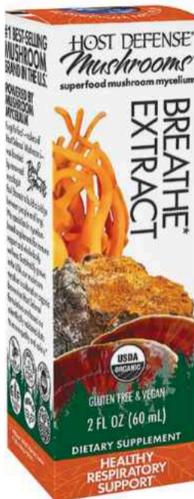
Vital Choice Health Store

Live Well. Naturally.

440-885-9505 • VChoice.com



March 2026



Host Defense Mushrooms Breathe Extract

2 fl oz

\$31.99

reg. \$37.95



Nature's Answer Mullein Extract

Alcohol Free

1 fl oz

\$12.99

reg. \$17.99



Natural Factors Oil of Oregano

1 fl oz

\$15.99

reg. \$19.99

Boiron SinusCalm

Non-Drowsy

60 meltaway tablets

\$9.49

reg. \$13.29



Boiron AllergyCalm

Non-Drowsy

60 meltaway tablets

\$9.49

reg. \$13.29



Natural Factors Quercetin 500mg

with Zinc & Copper

60 capsules

\$24.75

reg. \$32.95



Welcome Spring!





MegaFood
Balanced B Complex
90 tablets
\$31.49
reg. \$39.49



Ancient Nutrition
HAIR GROWTH + COLLAGEN
Promotes visibly thicker hair
60 capsules
\$41.25
reg. \$46.99



MegaFood
B12 ENERGY
Organic ginger root | Only 2g sugar
GINGER
70 gummies
\$12.75
reg. \$15.99



True Grace
One Daily probiotic
DIGESTIVE & IMMUNE HEALTH*
90 BILLION CFU*
12 Quantified & DNA-Verified Strains
Probiotic Supplement
30 Vegetarian Capsules
\$33.59
reg. \$37.95



True Grace
One Daily probiotic
DIGESTIVE & IMMUNE HEALTH*
80 BILLION CFU*
12 Quantified & DNA-Verified Strains
Probiotic Supplement
60 Vegetarian Capsules
\$55.99
reg. \$62.95



MegaFood
Relax & Calm
Magnesium Citrate & Malate
INDIVIDUALLY WRAPPED SOFT CHEWS
Grape
60 CHEWS | 30 SERVINGS
\$24.75
reg. \$30.99



Nordic Naturals
VITAMIN C
EXTRA STRENGTH GUMMIES
supports healthy immune system function*
500 mg vitamin C per 2 gummies
60 GUMMIES
DIETARY SUPPLEMENT
\$14.99
reg. \$16.95



Lily Of The Desert
Inner Fillet
Aloe Vera Gel
1 gallon
\$28.15
reg. \$32.39



Ancient Nutrition
ORGANIC SUPER GREENS
BLOAT RELIEF
25 YEARS OF PRODUCTION
ORGANIC SPIRULINA, OAT GRASS JUICE & MILK THISTLE
WHOLE FOOD DIETARY SUPPLEMENT | 1.8 OZ (50.9g)
\$31.49
reg. \$36.85



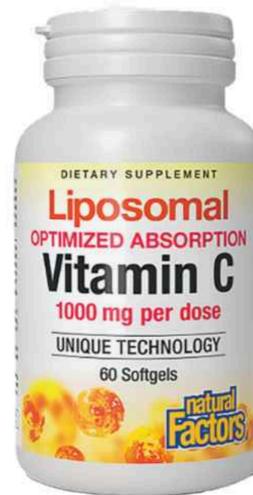
Ancient Nutrition
COLostrum
Gut & immune system health support*
Lemon Bar
FLAVOR
2 BILLION CFU* PROBIOTICS
BIOACTIVE LACTOFERRIN
WHOLE FOOD DIETARY SUPPLEMENT | NET WT. 4.02 OZ (114g)
\$38.49
reg. \$46.99



MegaFood
Magnesium 300
300 mg
Glycinate, Malate, Citrate
Formulated to help with stress support, normal sleep cycle & muscle function*
DIETARY SUPPLEMENT | 60 CAPSULES | 30 SERVINGS
\$14.99
reg. \$18.49



MegaFood
Iron Blood Builder
WITH NUTRIENTS FROM REAL FOOD
Clinically shown to increase iron levels without side effects*
DIETARY SUPPLEMENT | 90 TABLETS | 90 SERVINGS
\$26.25
reg. \$32.89



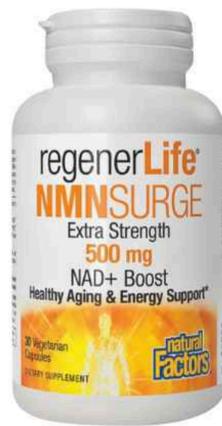
Natural Factors
Liposomal Vitamin C
OPTIMIZED ABSORPTION
1000 mg per dose
UNIQUE TECHNOLOGY
60 Softgels
\$15.99
reg. \$19.95



Ancient Nutrition
SBO PROBIOTICS
Gut Restore
Supports Healthy Gut Function, Immune System Function and Elimination*
25 YEARS OF PRODUCTION
WHOLE FOOD DIETARY SUPPLEMENT | 60 CAPSULES
\$39.99
reg. \$43.49



Natural Factors
Glutathione
LipoMicel Matrix
 300 mg
 60 softgel
\$29.25
 reg. \$38.95



Natural Factors
NMNSurge NAD
+ Boost
 500 mg
 30 capsules
\$33.59
 reg. \$37.99



Natural Factors
Coenzyme Q10
 200 mg
 30 softgels
\$15.99
 reg. \$19.95



Natural Factors
Vitamin K2
 120 mcg
 60 capsules
\$14.99
 reg. \$18.49



Host Defense Mushrooms
CordyChi®
Extract
 Cordyceps + Reishi
 1 fl oz
\$16.79
 reg. \$19.95

Host Defense Mushrooms
Reishi
 60 capsules
\$27.19
 reg. \$31.95



MegaFood
Thyroid Strength
 60 tablets
\$33.75
 reg. \$42.29



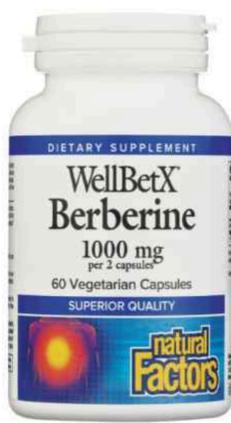
MegaFood
Adrenal Strength
 90 tablets
\$53.99
 reg. \$67.65



Ancient Nutrition
Organic
Super Greens
 7.05 oz
\$31.49
 reg. \$39.15



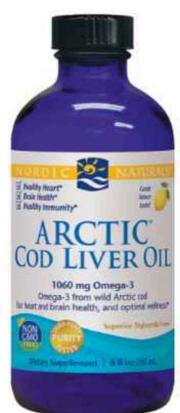
Longevity by Nature
kollaJell Brain & Memory
 60 capsules
\$31.09
 reg. \$39.95



Natural Factors
WellBetX®
Berberine
 60 capsules
\$23.19
 reg. \$27.49



Natural Factors
Lutein 40 mg
 60 softgels
\$24.75
 reg. \$32.95



Nordic Naturals
Arctic
Cod Liver Oil
 Lemon Flavor
 8 fl oz
\$25.49
 reg. \$33.95



Carlson Laboratories
Super Cod Liver Oil
 1000 mg
 100 softgels
\$17.19
 reg. \$22.90



Carlson
The Very Finest
Fish Oil
 Lemon Flavor
 500 ml
\$52.45
 reg. \$69.90



Vital Choice Health Store



Curbside pickup available 7 days per week • Shop.VChoice.com

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Extra **5%** OFF

when you buy any 2 Vital Choice brand supplements

Extra **10%** OFF

when you buy 3 or more Vital Choice supplements



- Vitamins & Herbs
- Mushrooms
- Probiotics
- Collagen Peptides
- Proteins
- Creatine

Discounts taken off regular price. Discounts may not be combined. All items purchased must appear in one transaction.

20% OFF



Save on all Derma-E



25% OFF Carlson

Save on all Carlson





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Getting Ahead of Seasonal Allergies

by Mike Ventresca, co-founder, Vital Choice

For many, allergy season doesn't begin with sneezing. It starts with sinus pressure, headaches, post-nasal drip, or a lingering "spring cold" that never quite turns into a cold. By the time classic allergy symptoms show up, the immune system has often been reacting for weeks.

To calm symptoms, most people reach for over-the-counter allergy medications. While those can be helpful, they often come with side effects like drowsiness, dry mouth, or foggy-headedness. That's because allergy medications are designed to block symptoms after the reaction is already underway, not to support the body before it happens.

Natural allergy support works differently. Instead of shutting down histamine after it's released, the goal is to help the immune system respond more calmly in the first place. That's also why timing matters. Starting early gives the body a chance to adjust before pollen counts peak.

In addition, histamine is only part of the picture. Mast cells (cells that act like an alarm system triggering histamine release), immune signaling, and inflammation all play a role in how allergy symptoms show up. Supporting those pathways ahead of time can go a long way to making



Mike Ventresca

symptoms feel less intense later.

Some of the most clinically validated natural allergy remedies include quercetin and stinging nettle. Both help moderate histamine activity and support mast cell stability. Other helpful nutrients include vitamin C, which provides antioxidant support and helps buffer inflammatory responses, and bromelain, which helps the body manage inflammatory stress.

One of my favorite allergy products, especially when taken before allergy season peaks, is **All Season Support**. It combines these key ingredients with additional immune and inflammatory support into one formula designed for daily, preventive use. With over 10 years of consistent results, it's meant to be started before allergy season is in full swing.

Natural allergy support isn't about instant relief. It's about helping the body handle seasonal challenges more smoothly, and starting early can make a real difference.

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

Plant Melatonin

Nature's sleep aid

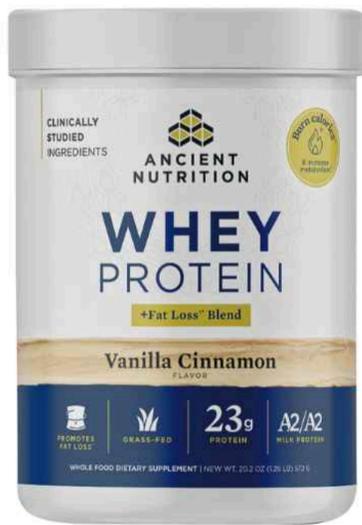
-  Supports your natural sleep cycle*
-  Fall asleep, stay asleep*
-  Wake up refreshed*
-  Non-habit-forming, Drug-free



**Ancient Nutrition
Whey Protein**

Vanilla Bean
20 servings

\$47.99
reg. \$51.99



**Ancient Nutrition
Multi Collagen Protein**

70 servings

\$55.99
reg. \$60.85



**TruVani
Plant Based Protein**

Vanilla
20.95 OZ

\$39.99
reg. \$49.95



**Ancient Nutrition
Multi Protein Plant Based**

Mixed Berry
15 servings

\$44.25
reg. \$51.89



**Ancient Nutrition
Multi Protein Powder**

Whey, Collagen & more
15 servings

\$48.75
reg. \$57.19



**Larabar
Fruit & Nut Bar
Select Variety**
1.6 OZ

\$1.25
reg. \$2.79



**Van's International Foods
Gluten Free
Blueberry Waffles**
9 oz

\$3.99
reg. \$5.59



**Food For Life
Organic Ezekiel 4:9
English Muffins**
Sprouted Grain
16 oz

\$6.75
reg. \$7.89



**Yumearth
Organic Chewy
Candy Bites**
2 oz

\$3.29
reg. \$4.29



**Nordic Naturals
Omega-3 Pet**
Unflavored
8 fl oz

\$20.25
reg. \$24.79



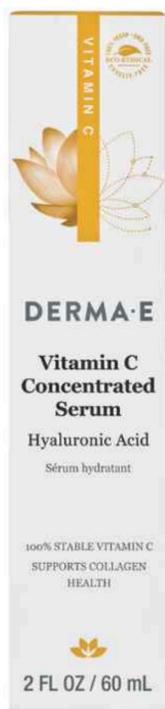
**Nordic Naturals
Joint Support +
Soft Chews**
for Dogs
30 soft chews

\$22.49
reg. \$29.95



**Spectrum Naturals
Organic Virgin
Coconut Oil**
Unrefined
14 oz

\$11.29
reg. \$16.99

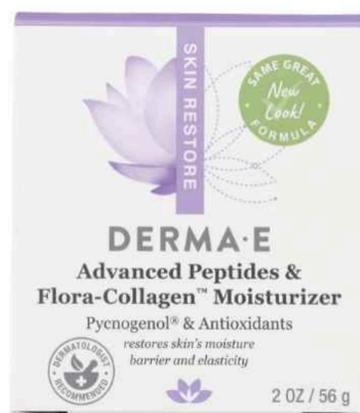


**Derma E
Vitamin C
Concentrated
Serum**

2 FL OZ

\$20.79

reg. \$25.95



**Derma E
Advanced Peptides &
Flora-Collagen Moisturizer**

2 OZ

\$29.59

reg. \$36.95



**Derma E
Eczema Relief Cream**

4 OZ

\$17.99

reg. \$22.49

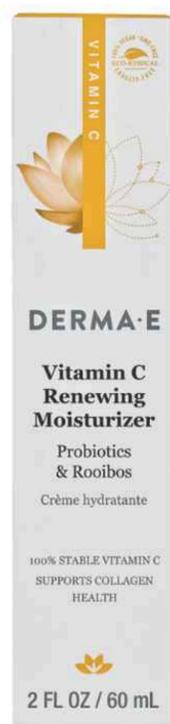


**Derma E
Hydrating
Eye Cream**

.5 FL OZ

\$17.99

reg. \$22.49



**Derma E
Vitamin C
Renewing
Moisturizer**

2 FL OZ

\$20.79

reg. \$25.95



**Derma E
Vitamin E
Shea Body
Lotion**

Fragrance Free
8 FL OZ

\$10.39

reg. \$12.95

**Tea Tree
Therapy
Tea Tree
Antiseptic
Cream**

4 OZ

\$8.15

reg. \$9.95



**Nature's Answer
PerioBrite
Mouthwash**

Cool Mint
16 FL OZ

\$9.55

reg. \$10.99



**Aura Cacia
Organic
Skin Care
Castor Oil**

4 FL OZ

\$3.99

reg. \$5.99



**Aura Cacia
Jojoba
Skin Care Oil**

4 FL OZ

\$10.49

reg. \$15.59



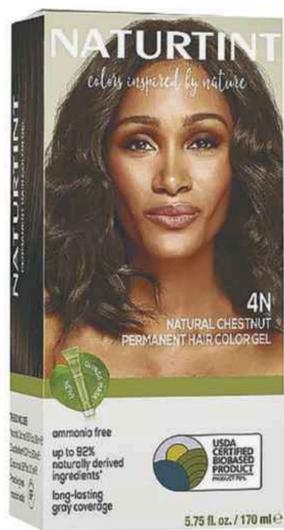
**Carlson
E-Gem Lip Care**

1 tube

\$2.99

reg. \$3.99





Naturtint
Permanent Hair Color
Select Variety
\$15.55
reg. \$24.39



Herbatint
Permanent Hair Color
Select Variety
\$18.99
reg. \$20.99



Giovanni Hair Care Products
L.A. Hold
Hair Spray
5 FL OZ
\$9.55
reg. \$10.99

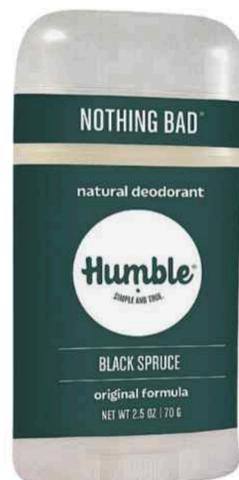


Giovanni Hair Care Products
Mousse
Hair Styling
Foam
7 OZ
\$9.55
reg. \$10.99

Mill Creek
Aloe Vera Shampoo
14 FL OZ
\$11.35
reg. \$11.99



One With Nature
Dead Sea Mineral
Soap Bar
Lemon Sage
7 OZ
\$5.19
reg. \$5.99



Humble Brands
Black Spruce
Deodorant
2.5 OZ
\$9.55
reg. \$9.99



Humble Brands
Moroccan Rose
Deodorant
2.5 OZ
\$9.55
reg. \$9.99



Crystal
Mineral Deodorant
Roll-On
Unscented
2.25 FL OZ
\$5.29
reg. \$6.19

Crystal
Crystal Body Spray
Deodorant
Fragrance &
Paraben Free
4 FL OZ

\$5.29
reg. \$6.19



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

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