



# Vital Choice Health Store

## Live Well. Naturally.

440-885-9505 • VChoice.com



### April 2026

#### Ancient Nutrition Multi Protein + Creatine

Vanilla Bean  
15 servings

### \$48.99

reg. \$61.59



#### Ancient Nutrition Multi Protein Plant

Vanilla Bean  
15 servings

### \$41.29

reg. \$51.89



#### Ancient Nutrition Multi Protein - Animal Based

Strawberry  
15 servings

### \$45.49

reg. \$57.19



#### Ancient Nutrition Multi Collagen Protein

Vanilla  
1 lb.

### \$34.99

reg. \$43.49

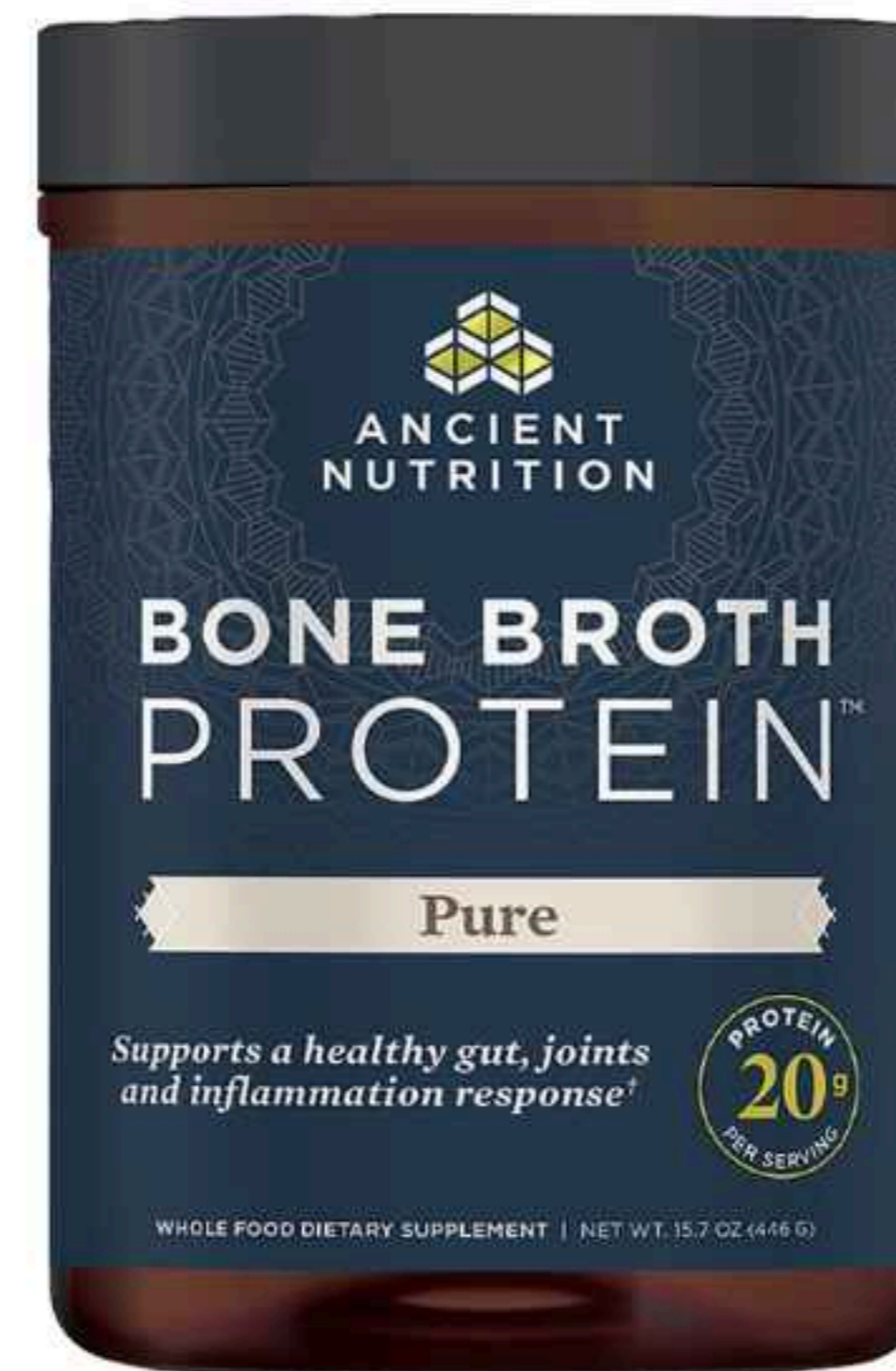


#### Ancient Nutrition Bone Broth Protein

Unflavored  
15.7 oz

### \$37.09

reg. \$45.99



#### Ancient Nutrition Multi Collagen Protein

Unflavored  
242g

### \$23.09

reg. \$28.69



#### Garden of Life Raw Organic Fit

Vanilla  
913 g

### \$46.19

reg. \$50.25



#### Garden of Life Collagen Beauty

Strawberry Lemonade  
9.52 oz.

### \$25.89

reg. \$28.19



#### Garden of Life Collagen Beauty

Cranberry Pomegranate  
9.52 oz.

### \$25.89

reg. \$28.19





**Nordic Naturals  
Ultimate Omega**  
60 softgels

**\$22.49**  
reg. \$27.59



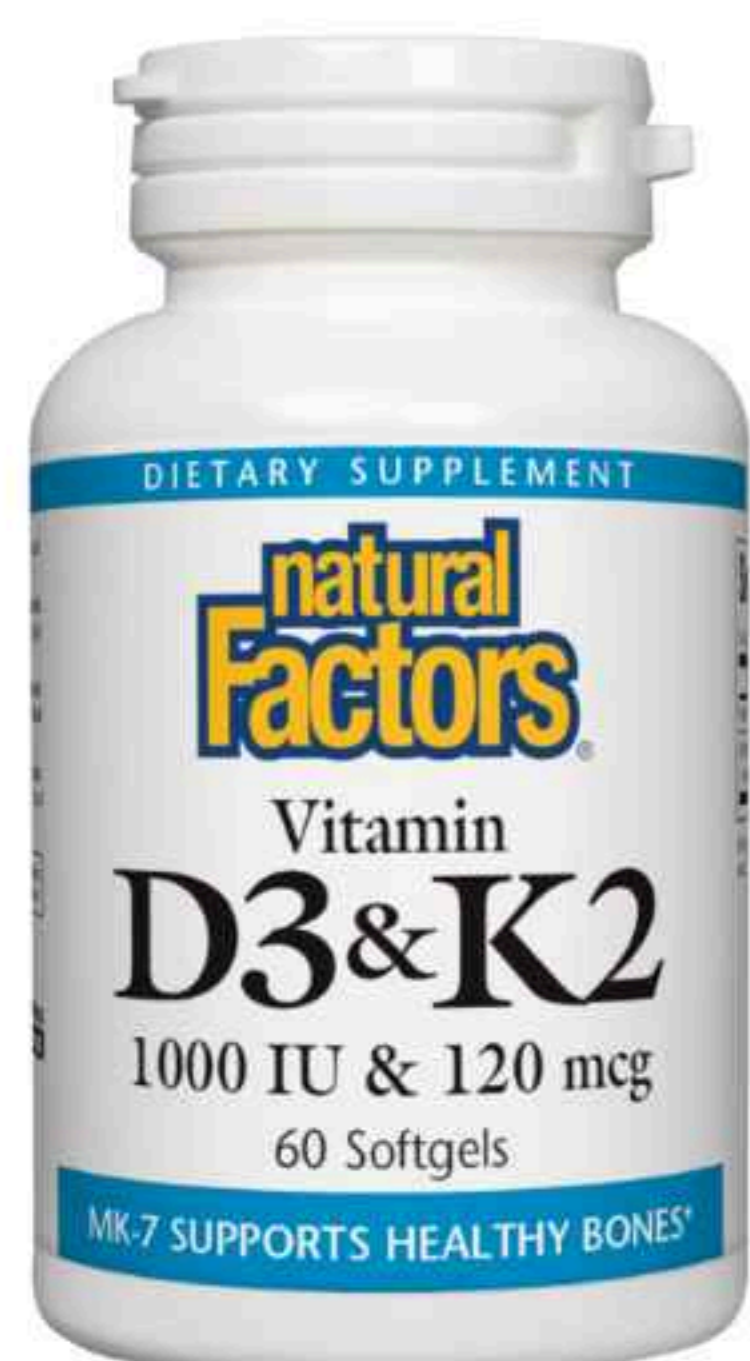
**Nordic Naturals  
Omega  
Curcumin**  
60 softgels

**\$38.99**  
reg. \$47.79



**Nordic Naturals  
Cholesterol  
Support**  
60 softgels

**\$23.99**  
reg. \$29.39



**Natural Factors  
Vitamin D3 & K2**  
1,000iu/120mcg  
60 softgels

**\$22.49**  
reg. \$26.49



**MegaFood  
Vitamin D3 & K2**  
5,000iu/80mcg  
60 capsules

**\$20.25**  
reg. \$25.39



**Garden of Life  
RAW CoQ10**  
60 capsules

**\$41.99**  
reg. \$45.69



**Terry Naturally  
CuraMed Acute  
Pain Relief**  
60 liquid gels

**\$43.49**  
reg. \$47.49



**Terry Naturally  
Curamin  
Extra  
Strength**  
30 tablets

**\$21.75**  
reg. \$23.85



**MegaFood  
Turmeric  
Curcumin  
Extra Strength  
Whole Body**  
60 tablets

**\$22.49**  
reg. \$28.25



**Natural Factors  
NAC N-Acetyl-L-  
Cysteine**  
60 capsules

**\$11.99**  
reg. \$13.99



**Garden of Life  
Vitamin Code  
RAW Zinc**  
60 capsules

**\$11.19**  
reg. \$12.19



**Vital Choice  
Alpha  
Lipoic Acid**  
600mg  
120 capsules

**\$36.99**  
reg. \$43.99



**Vital Planet**  
**Vital Cleanse Kit**  
 2 part kit  
**\$26.25**  
 reg. \$31.49



**Vital Planet**  
**Vital Fiber**  
 7.76oz  
**\$20.25**  
 reg. \$24.29

**Vital Planet**  
**Vital Gut Renew**  
 195g  
**\$29.99**  
 reg. \$35.99



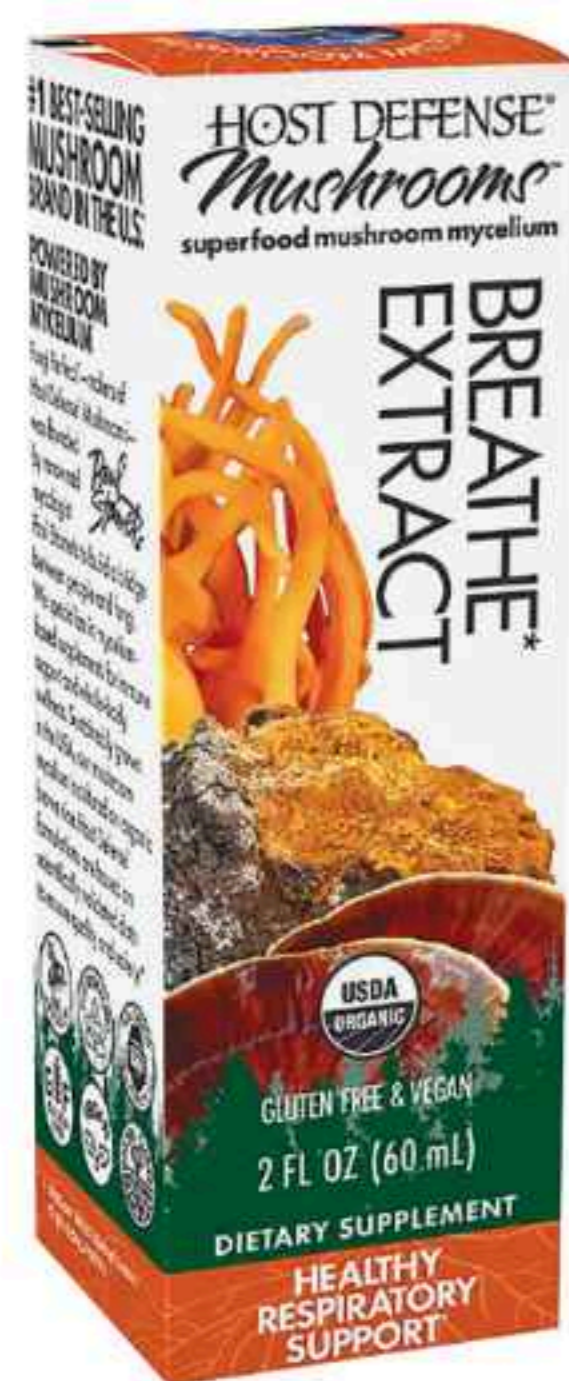
**Vital Planet**  
**Intense Care Gas + Bloating**  
 30 capsules  
**\$41.25**  
 reg. \$43.99



**Vital Planet**  
**Intense Care Colon Probiotic**  
 30 capsules  
**\$41.25**  
 reg. \$43.99



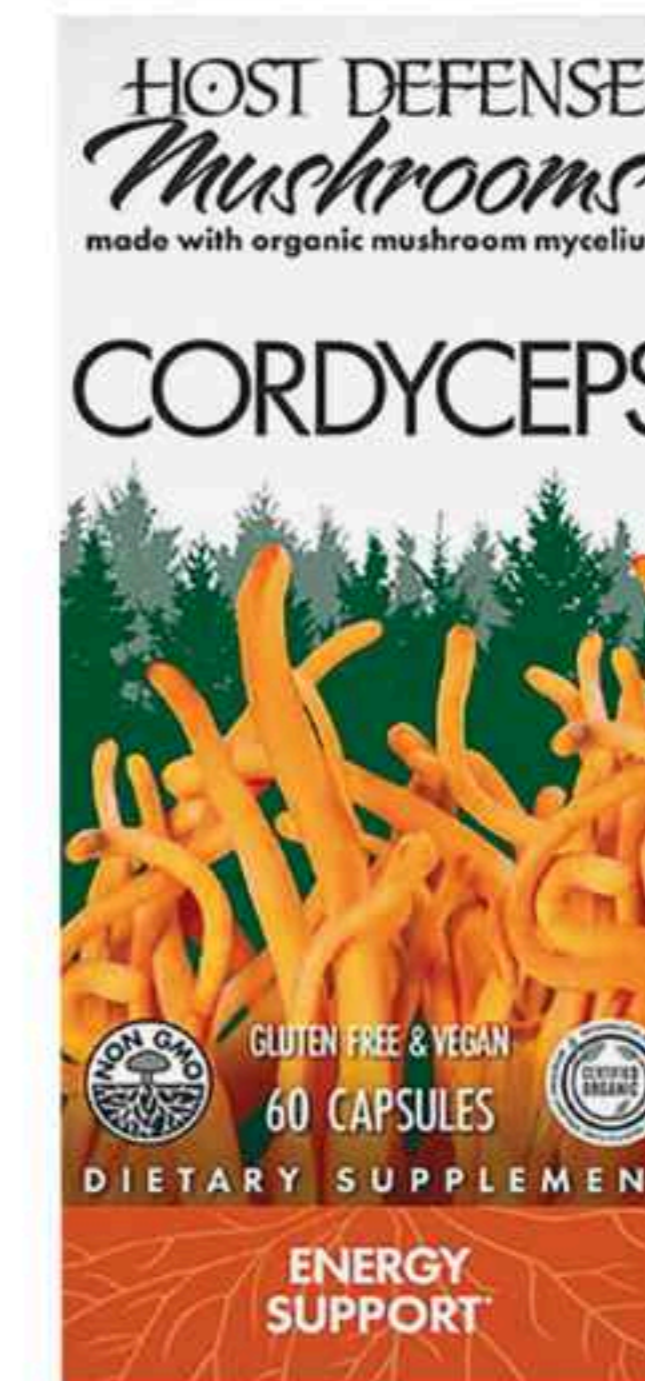
**Vital Planet**  
**Intense Care Vaginal pH + Urinary**  
 30 capsules  
**\$41.25**  
 reg. \$43.99



**Host Defense Mushrooms**  
**Breathe Extract**  
 2 fl oz  
**\$31.99**  
 reg. \$37.95

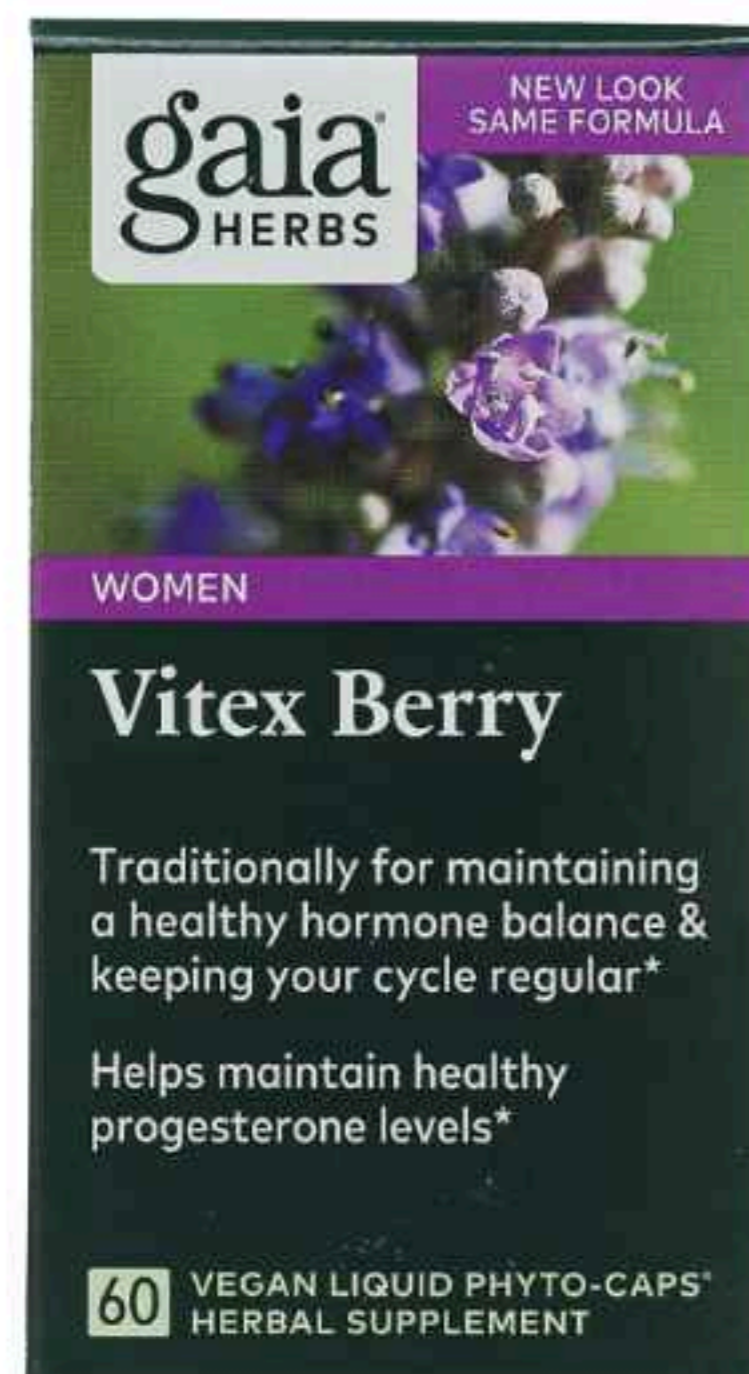


**Nature's Answer**  
**Mullein Extract**  
 Alcohol-free  
 1 fl oz  
**\$13.79**  
 reg. \$17.99



**Host Defense Mushrooms**  
**Cordyceps Mushroom**  
 60 capsules  
**\$27.19**  
 reg. \$31.95

**Gaia Herbs**  
**Vitex Berry**  
 60 capsules  
**\$17.59**  
 reg. \$19.79



**Natural Factors**  
**DGL**  
 Chewable  
 90 tablets  
**\$14.25**  
 reg. \$16.79



**Gaia Herbs**  
**Ashwagandha Gummies**  
 45 gummies  
**\$13.19**  
 reg. \$14.85





# Vital Choice Health Store



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

Discounts off MSRP

# 25% OFF VITAL PLANET™

NATURAL DIGESTIVE CARE EXPERTS



# 30% OFF natural Factors®





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## Health and Healing

### When Water Isn't Enough

by Mike Ventresca, co-founder, Vital Choice



For years, the message was simple: drink plenty of water every day to stay hydrated. While that is still important for us, we now understand that hydration is not just about volume. It is about movement.

Hydration depends on having the right balance of minerals inside and outside your cells so water moves where it is needed. Sodium, potassium, and magnesium help regulate fluid movement across cell membranes. Without them, water can pass through the body without fully hydrating your tissues. You can be drinking plenty and still not feel truly hydrated.

As we age, this mineral balance becomes harder to maintain. Thirst signals are not always as reliable, and kidney function shifts subtly over time. Certain medications, especially blood pressure and diuretics, can increase mineral loss. The typical American diet is also high in sodium and relatively low in potassium, making it easier to fall out of balance.

That imbalance can often show up in small ways. Potassium supports muscle function, nerve signaling, and healthy fluid balance inside the cell. Magnesium supports steady nerve and muscle activity. When potassium and magnesium run low relative to sodium intake, you may notice fatigue, muscle tightness, mild headaches, or that washed out feeling even when you are

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

drinking enough water. Some practitioners refer to this pattern as a “potassium gap.”

All of this helps explain why electrolyte formulas have gained attention beyond the athletic world. However, many popular electrolyte products were designed for heavy sweating, so they emphasize sodium. That makes sense after a long workout, but if you are not training for a marathon and still feel depleted, you may need a different option.





**Hydration+** from **Great Naturally** takes a potassium forward approach, providing 800 mg of potassium per scoop along with magnesium, calcium, and moderate sodium. I like that they use whole food ingredients like coconut water, cucumber, and celery powders to support mineral intake in a balanced way.

They also offer targeted blends that combine electrolytes with other ingredients. I use **Focus+**, which includes organic caffeine and CDP-choline for mental clarity. **Relax+** includes L-theanine, glycine, and lemon balm to support relaxation without drowsiness.

For help choosing the right option for you, please stop in.

## Plant Melatonin

### Nature's sleep aid

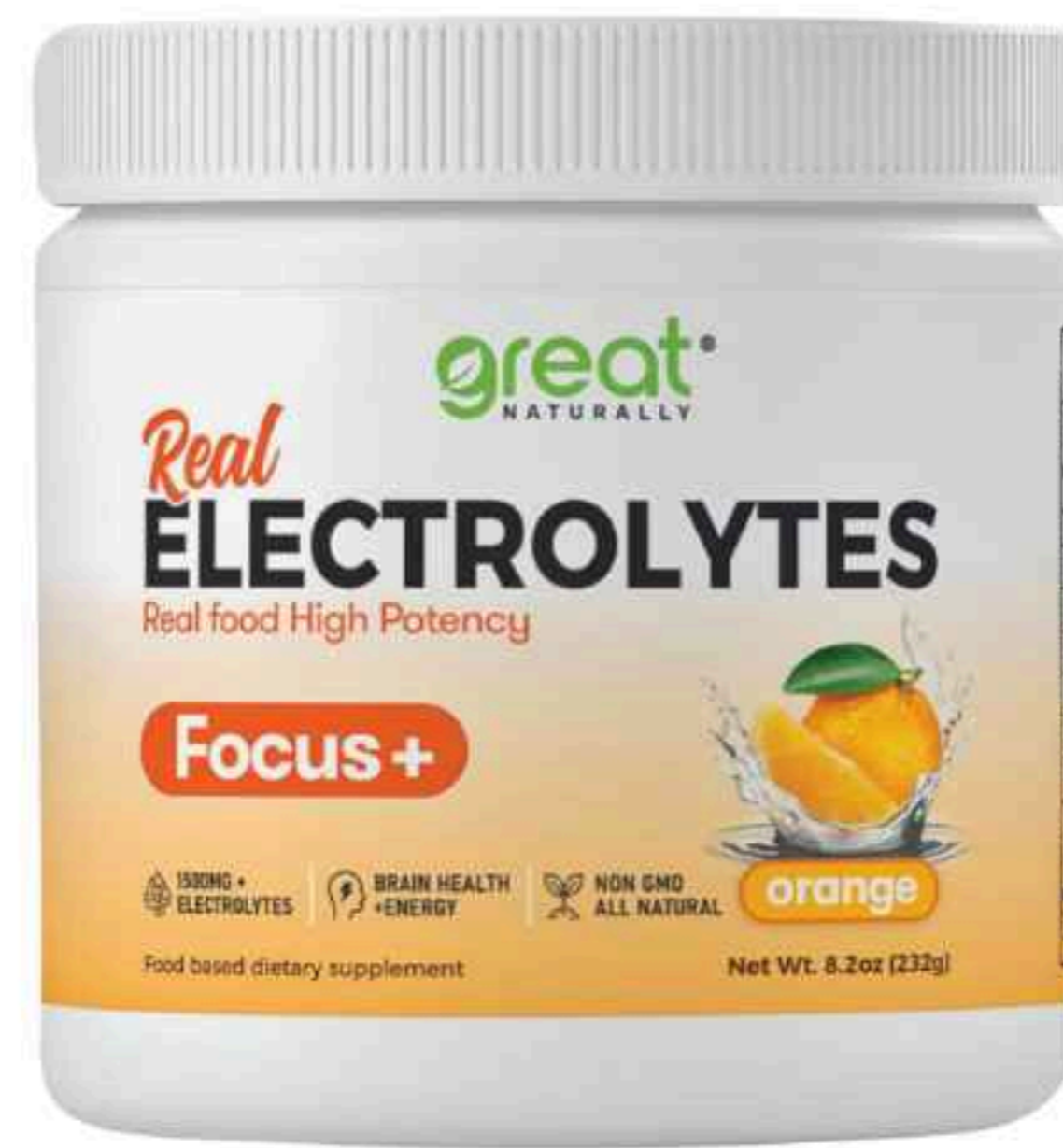
-  Supports your natural sleep cycle\*
-  Fall asleep, stay asleep\*
-  Wake up refreshed\*
-  Non-habit-forming, Drug-free





**Great Naturally Hydration+ Electrolytes**  
Strawberry Lemonade 270g

**\$29.75**  
reg. \$34.99



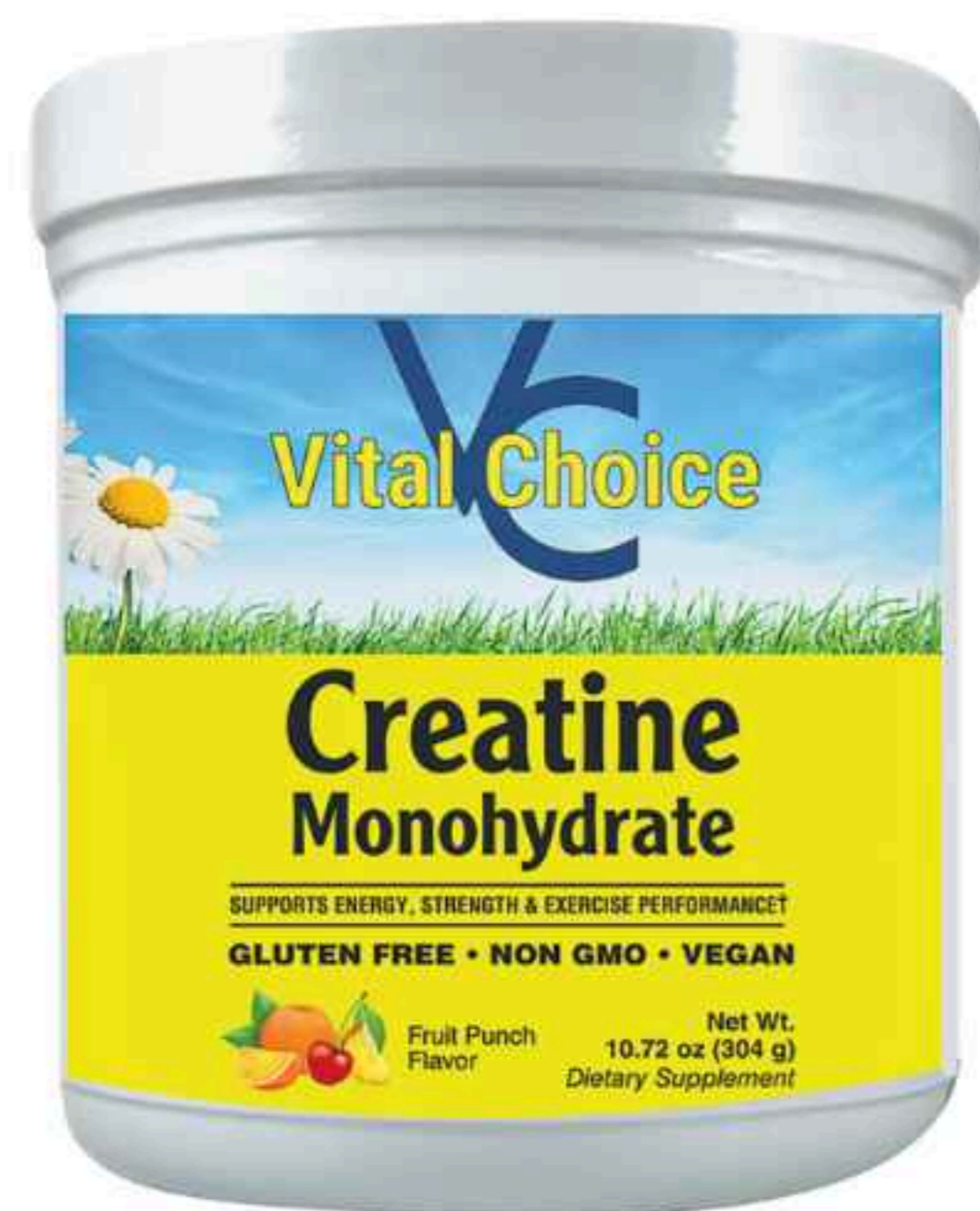
**Great Naturally Focus+ Electrolytes**  
Orange 232g

**\$35.69**  
reg. \$41.99



**Great Naturally Relax+ Electrolytes**  
Cherry Limeade 339g

**\$35.69**  
reg. \$41.99



**Vital Choice Micronized Creatine**  
Fruit Punch 10.72 oz

**\$20.99**  
reg. \$22.69



**Vital Choice Micronized Creatine**  
Snow Cone 11.05 oz

**\$20.99**  
reg. \$22.69



**Vital Choice Creatine Monohydrate**  
8.8 oz

**\$20.99**  
reg. \$21.99



**Garden of Life Organic Plant Sport Protein**  
Chocolate 840g

**\$41.99**  
reg. \$45.69



**Garden of Life Organic Sport Energy + Focus**  
Blackberry 15.3 oz

**\$30.09**  
reg. \$32.75

**True Grace ElectroMag**  
Single Serving packet

**\$1.49**  
reg. \$1.85





**Fruit Bliss  
Organic  
Dried Tart  
Cherries**

4 oz

**\$5.99**

reg. \$7.49



**Food For Life  
Organic Ezekiel  
4:9 Bread**

Cinnamon Raisin  
24 OZ

**\$9.55**

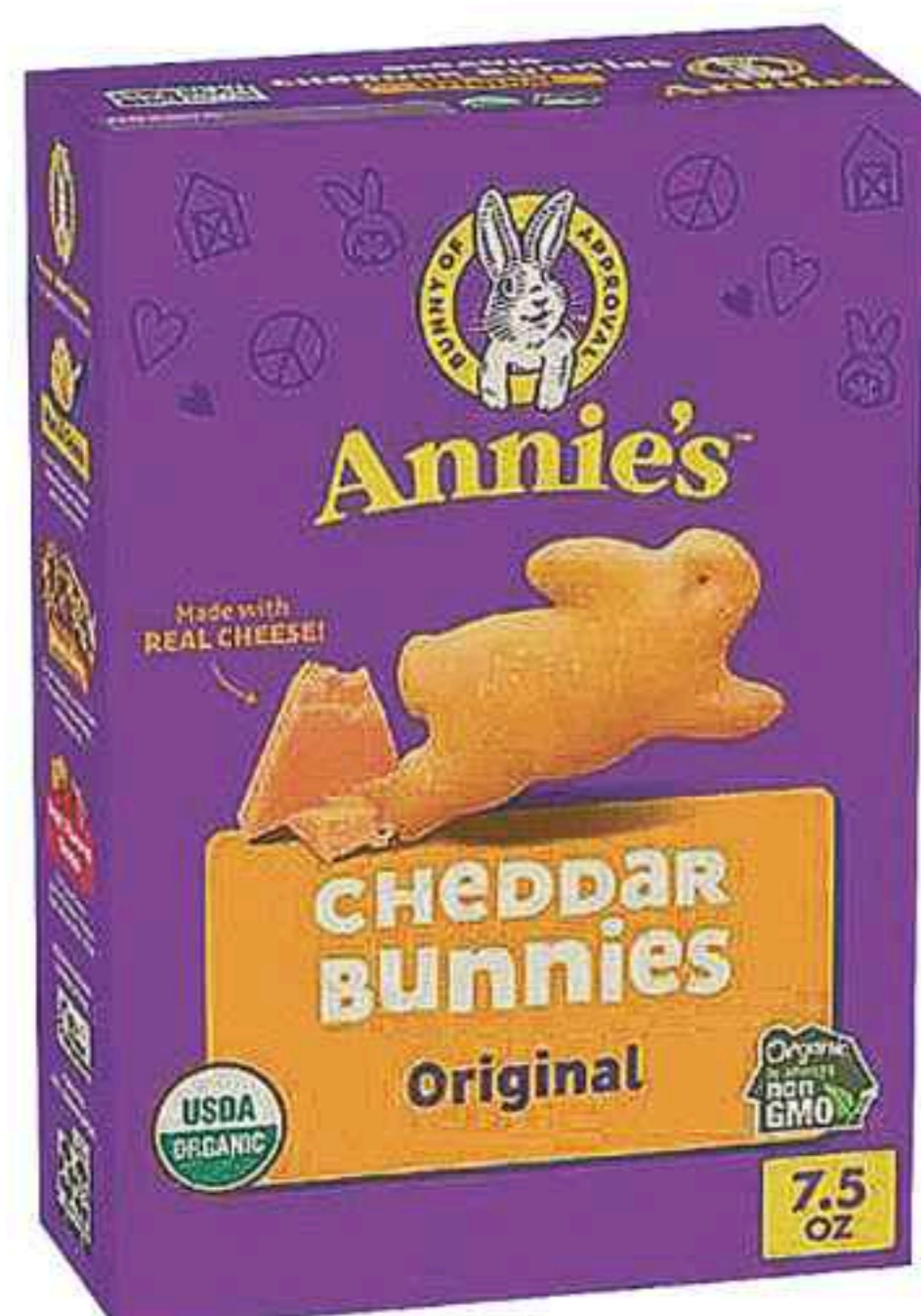
reg. \$11.19

**Vital Planet  
Calm for Dogs**

soft chews  
45ct

**\$24.75**

reg. \$29.69



**Annie's  
Homegrown  
Organic  
Cheddar  
Bunnies**

7.5 OZ

**\$3.99**

reg. \$6.89



**Food For Life  
Organic Ezekiel  
4:9 Bread**

Sprouted Whole Grain  
24 OZ

**\$7.49**

reg. \$8.79

**Vital Planet  
Skin & Coat  
Soft Chew**

30ct

**\$24.75**

reg. \$29.69



**Simply Organic  
Organic Ceylon  
Cinnamon**

2.08 OZ

**\$7.79**

reg. \$11.49



**Beetology  
Organic  
Beet Juice**

Beet + Veggie  
8.45 FL OZ

**\$3.79**

reg. \$4.89

**Vital Planet  
Living Meal  
for Dogs**

111g

**\$24.75**

reg. \$29.69



**Buddha Teas  
Organic  
Matcha  
Green Tea**

18 BAG

**\$8.95**

Reg. \$9.99



**Buddha Teas  
100% Organic  
Dandelion Root  
Tea**

18 BAG

**\$8.95**

reg. \$9.99

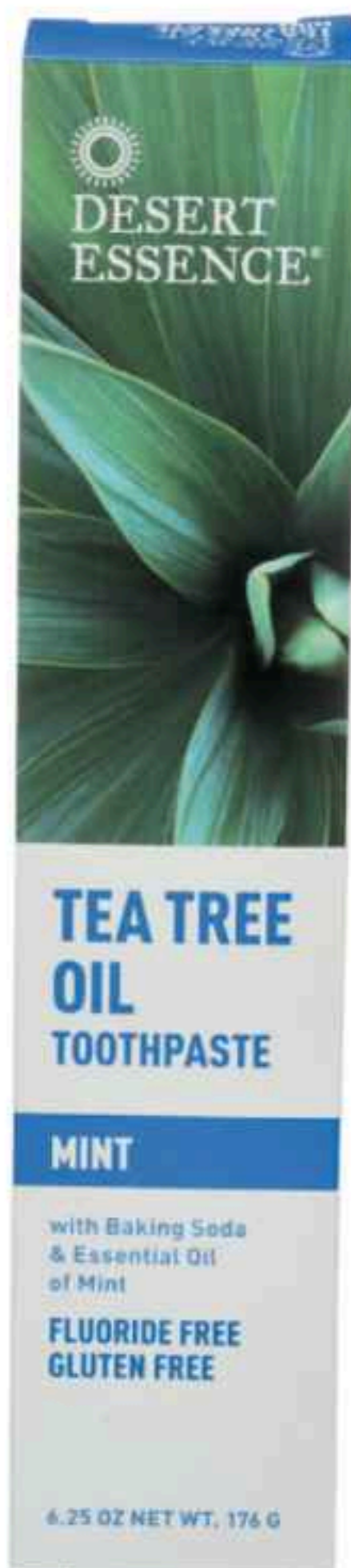
**Vital Planet  
Vital Cat  
Daily Multi**

75g

**\$24.75**

reg. \$29.69





**Desert Essence  
Tea Tree  
Oil  
Toothpaste**  
Mint  
6.25 OZ

**\$7.29**  
reg. \$7.99



**Desert Essence  
Whitening  
Plus  
Toothpaste**  
Cool Mint  
6.25 OZ

**\$7.29**  
reg. \$7.99



**Davids  
Nano Hydroxyapatite  
Toothpaste**  
4 OZ

**\$8.65**  
reg. \$9.95



**Vital Choice  
Frankincense  
20% in Jojoba Oil**  
1 fl oz

**\$14.49**  
reg. \$15.19



**Vital Choice  
Organic Peppermint  
Essential Oil**  
1 fl oz

**\$12.99**  
reg. \$13.99



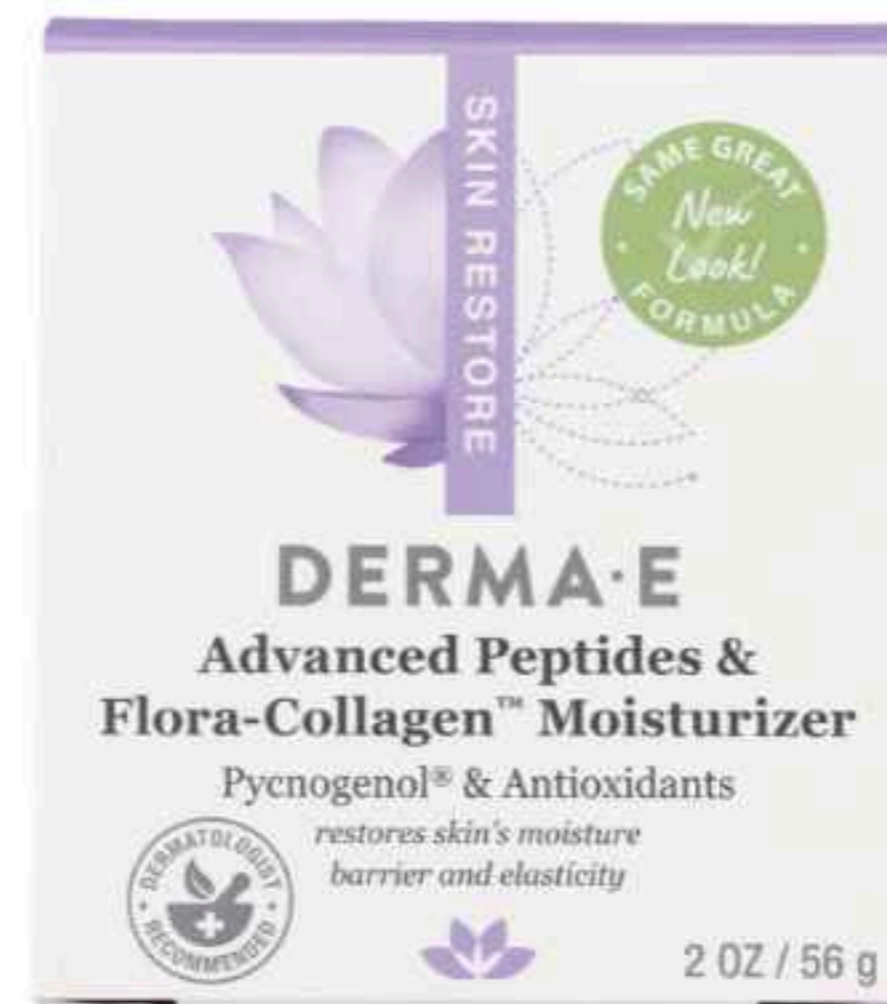
**Andalou Naturals  
Body Lotion**  
Citrus Sunflower 8 oz

**\$9.35**  
reg. \$10.99



**Mill Creek  
Aloe Vera Shampoo**  
14 fl oz

**\$10.99**  
reg. \$11.99



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

**\$31.39**  
reg. \$36.95



**Desert Essence  
100% Pure Jojoba Oil**  
2 fl oz

**\$9.29**  
reg. \$10.09



**Xlear  
Nasal Spray**  
1.5 fl oz

**\$10.89**  
reg. \$12.49



# 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.