



Vital Choice Health Store

Live Well. Naturally.

440-885-9505 • VChoice.com



July 2026



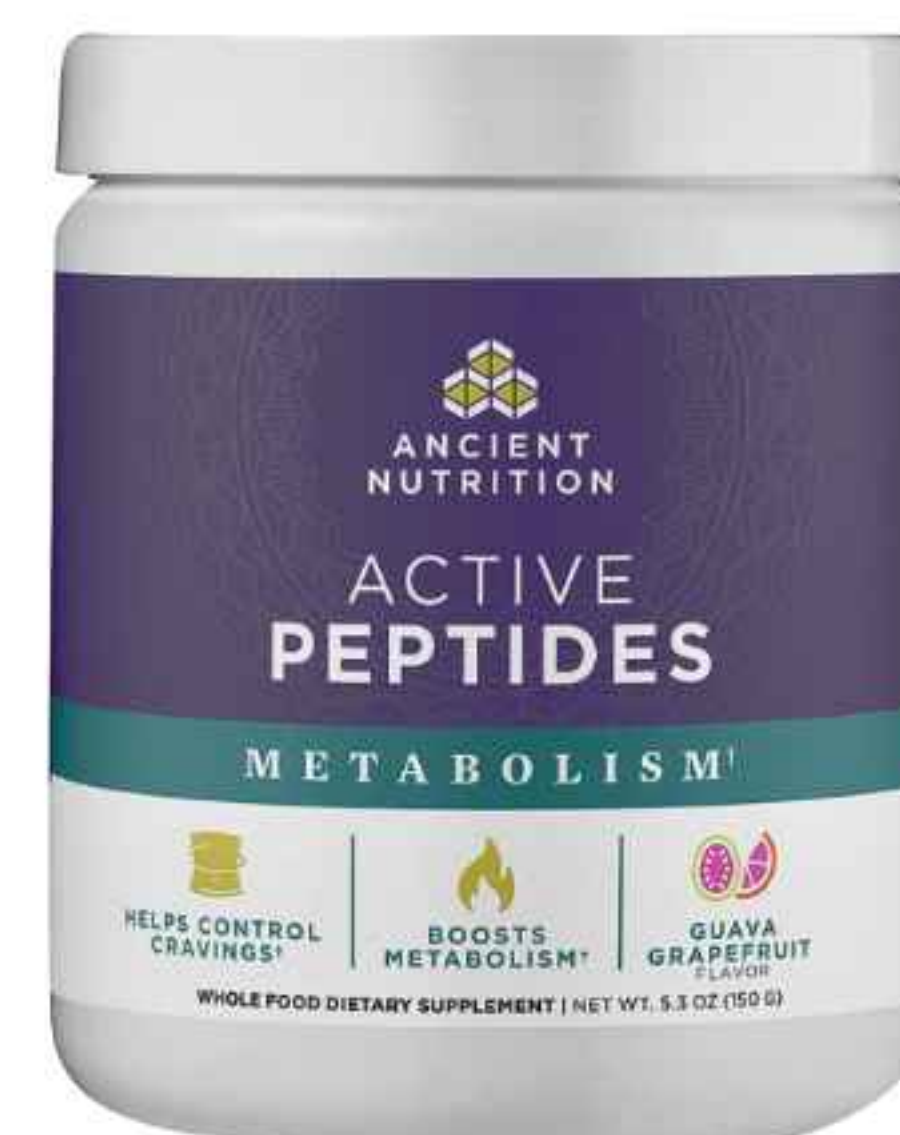
Vital Choice
Moringa
90 capsules

\$10.69
reg. \$11.99



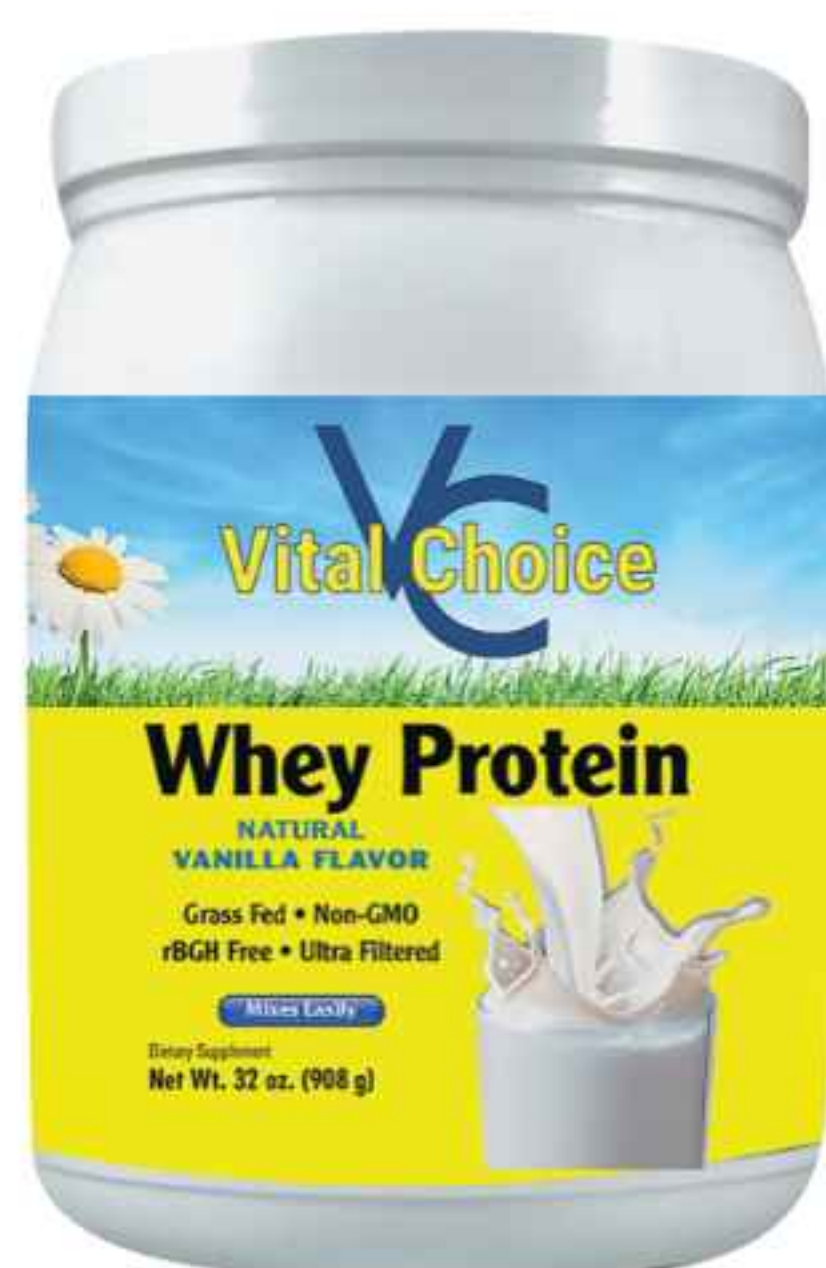
Ancient Nutrition
Organic
Super Greens
400 grams

\$48.99
reg. \$60.85



Vital Planet
Active Peptides
Metabolism
Guava Grapefruit
25 servings

\$41.99
reg. \$51.99



Vital Choice
Whey Protein
Vanilla
32 OZ

\$55.39
reg. \$58.99



Vital Choice
Advanced
Pre-Workout
Cherry Lemon Jolt
460 grams

\$34.99
reg. \$42.39



Vital Choice
Advanced
Pre-Workout
Sour Surge
460 grams

\$34.99
reg. \$42.39



Ancient Nutrition
Multi Collagen
Protein
16 OZ

\$39.99
reg. \$43.49



Ancient Nutrition
Creatine +
Collagen Gels
Orange
Single Serving Packet

\$2.79
reg. \$3.99



Vital Choice
Creatine
Monohydrate
17.64 OZ

\$32.99
reg. \$36.79



MegaFood
Vitamin D3 5000 IU
 with K+K2
 60 capsules
\$20.25
 reg. \$25.39



MegaFood
Vitamin D3 5000 IU
 with K+K2
 120 capsules
\$34.49
 reg. \$43.25



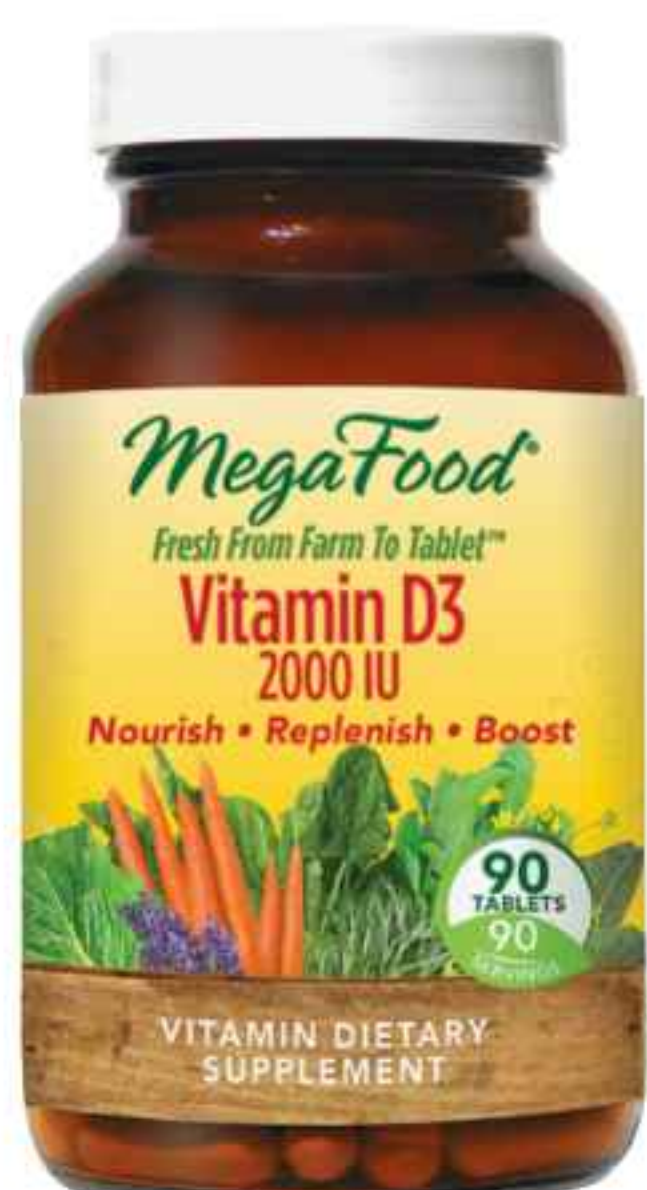
Boiron
MotionCalm
 60 Meltaway Tablets
\$10.39
 reg. \$13.29



Nature's Answer
Mullein Leaf
 Alcohol Free
 1 FL OZ
\$13.79
 reg. \$17.99



Host Defense Mushrooms
Stamets 7
 60 capsules
\$29.99
 reg. \$37.95



MegaFood
Vitamin D3 2000 IU
 90 tablets
\$30.75
 reg. \$38.59



Emerald Labs
Coenzymated Men's
45+ 1-Daily Multi
 60 capsules
\$32.99
 reg. \$40.75



Emerald Labs
HashiMune Health
 60 capsules
\$14.25
 reg. \$18.95



Host Defense Mushrooms
Lion's Mane
 30 capsules
\$15.75
 reg. \$19.95



Ancient Nutrition
Active Peptides
Magnesium
 30 servings
\$27.99
 reg. \$34.99



Vital Choice
Vitamin D3 + K2
 125mcg/100mcg
 120 capsules
\$29.49
 reg. \$39.75



New Chapter
Magnesium + L-Theanine
 Lemon Lavender
 4.9 OZ
\$38.39
 MSRP \$63.95



Emerald Labs
Coenzymated B-Healthy
 120 capsules
\$36.75
 reg. \$43.75



Ancient Nutrition
Active Peptides Magnesium
 90 capsules
\$20.99
 reg. \$26.49



Bionox
CardioGo
14.8 OZ
\$55.25
reg. \$64.99



Bionox
Ultimate
Nitric Oxide
120 capsules
\$33.99
reg. \$39.99



Bionox
Ultimate
Nitric Oxide
Raspberry
Lemonade
30 servings
\$27.99
reg. \$32.99



Bionox
BeetFuel
Powder
Watermelon
30 servings
\$27.65
reg. \$32.50



Sunfood
Organic
Beet Powder
8 OZ
\$9.19
reg. \$15.49



Vital Choice
Organic
Beet Root
90 capsules
\$9.99
reg. \$11.49



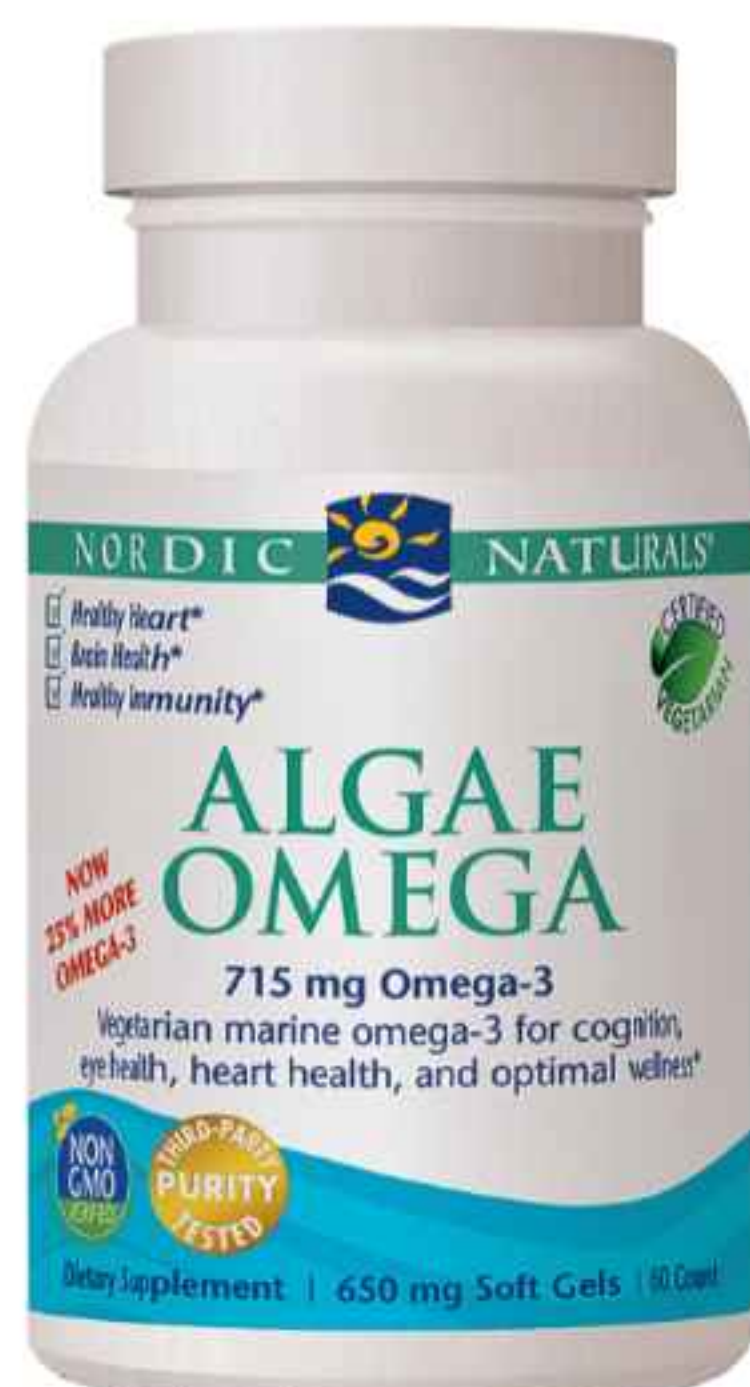
MegaFood
Turmeric
Curcumin
Whole Body
60 tablets
\$22.49
reg. \$28.25



Vital Choice
CoEnzyme Q10
100 mg
60 softgels
\$19.99
reg. \$31.79



Vital Choice
Ultra Omega-3
1,000 mg per softgel
120 softgels
\$49.99
reg. \$63.75



Nordic Naturals
Algae Omega
60 softgels
\$23.25
reg. \$30.95



Nordic Naturals
Ultimate
Omega +
Vitamin D3
60 softgels
\$23.25
reg. \$28.49



Nordic Naturals
Ultimate Omega
60 softgels
\$22.49
reg. \$27.59



Lily Of The Desert
Organic Aloe Vera
Juice
 Inner Fillet
 32 FL OZ
\$8.75
 reg. \$9.99



Vital Planet
Intense Care Probiotic
Colon + Constipation
 30 capsules
\$41.25
 MSRP \$54.99



Vital Planet
Intense Care Probiotic
Bowel + Diarrhea
 30 capsules
\$41.25
 MSRP \$54.99



Vital Planet
Vital Flora Probiotic
Women 55+ Daily
 30 capsules
\$35.25
 MSRP \$46.99



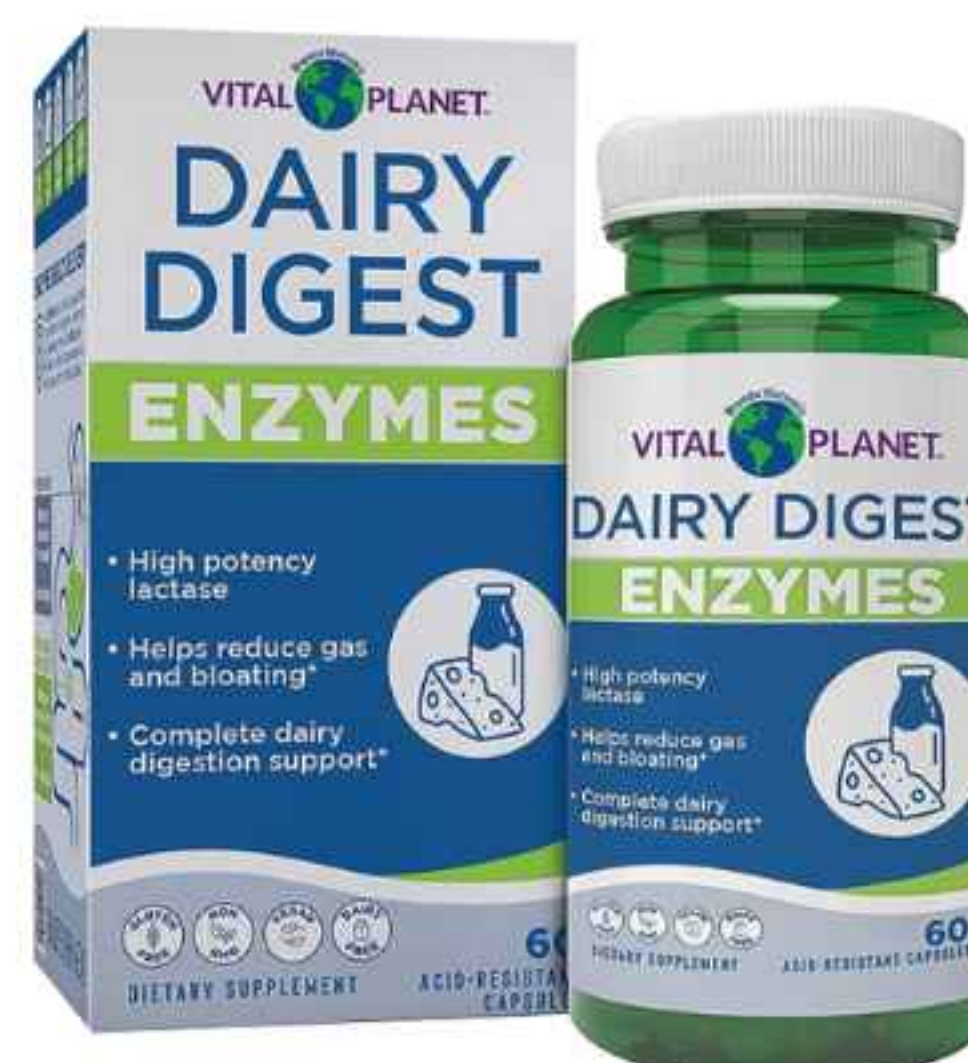
Vital Planet
Intense Care Probiotic
Vaginal pH + Urinary
 30 capsules
\$41.25
 MSRP \$54.99



Boiron
GasCalm
 60 Meltaway Tablets
\$10.39
 reg. \$13.29



Vital Planet
Fat Digest
Targeted Enzymes
 60 capsules
\$22.49
 MSRP \$29.99



Vital Planet
Dairy Digest
Targeted Enzymes
 60 capsules
\$29.99
 MSRP \$39.99



Vital Planet
Bloat Digest
Targeted Enzymes
 60 capsules
\$29.99
 MSRP \$39.99



Vital Planet
Critical Liver Care
Daily Support
 90 capsules
\$29.99
 MSRP \$39.99



Emerald Labs
Bladder Health w/Urox
 60 capsules
\$34.49
 reg. \$42.59



Vital Planet
Fiber 35
 192 grams
\$24.75
 MSRP \$32.99



Vital Choice
Advanced Synbiotic
 Pre, Pro And Postbiotic
 60 capsules
\$29.99
 reg. \$39.99



MegaFood
Megaflora Probiotic
 60 capsules
\$34.49
 reg. \$43.25



Vital Choice Health Store



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

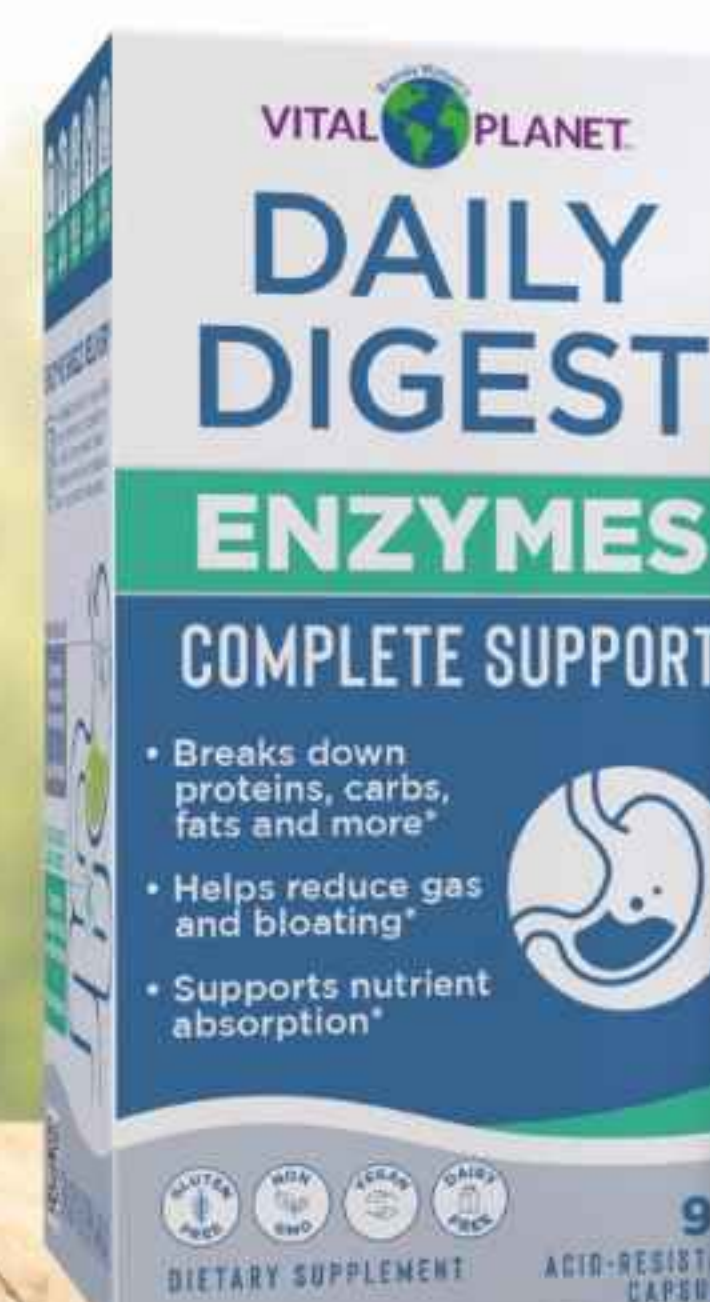
25% OFF



VITAL PLANET™

NATURAL DIGESTIVE CARE EXPERTS

Discounts off MSRP



15% OFF

All Bionox Products





Vital Choice Health Store



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

Health and Healing Feeding a Foggy Brain

by Mike Ventresca, co-founder, Vital Choice



You know that feeling when you walk into a room and completely forget why you went there? Or you're in the middle of a sentence and the word you need just...disappears? If you're nodding along, you're not alone. For a lot of us in our 40s, 50s, and beyond, that mental fuzziness becomes an unwelcome part of daily life.

It's easy to chalk it up to stress or poor sleep, and that is definitely part of it. But there's often more going on beneath the surface. As we age, the brain's communication pathways naturally become less efficient. Neurotransmitter activity slows, brain cell membranes lose some of their structural integrity, and the brain becomes more vulnerable to oxidative stress. None of that happens overnight, but over time it adds up.

The good news is that nutritional research has come a long way in understanding what the brain actually needs to stay sharp.

A great option is **Advanced Brain Support** from Vital Choice. What makes it stand out for me is that nearly every ingredient is a patented, clinically studied compound rather than a generic version. That means studies were conducted on the actual extracts used in the formula.

Here are just a few of the key ingredients:

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

- **Cognizin Citicoline** helps maintain the health of brain cell membranes, which affects how well your brain cells communicate with each other. It also feeds into the production of acetylcholine and dopamine, two neurotransmitters that are closely connected to memory, focus, and everyday mental sharpness.

- **BacoMind Bacopa** - Human clinical data shows participants reported noticeable improvements in memory recall and mental processing after about 12 weeks of daily use.

- **Phosphatidylserine (PS)** has one of the strongest research records of any brain nutrient you will find on a supplement label. It plays a key role in helping form and retrieve memories more efficiently. Clinical studies have shown real, measurable improvements in memory and concentration after about 12 weeks of use.

If that foggy, scattered feeling has become too familiar, it may be worth asking whether your brain is getting the nutritional support it needs.

Stop in and we can help you decide if **Advanced Brain Support** is a good fit for you.

Magnesium + L-Theanine Powder

200 mg clinical strength L-theanine boosts calming alpha brain waves, resembling the inner stillness many reach in meditation*

325 mg tension-relieving magnesium includes 2.5x better absorbed magnesium glycinate†



Boulder Canyon
Avocado Oil Thin
Crispy Potato Chips

Classic Sea Salt
 6 OZ

\$3.79
 reg. \$4.99



Food For Life
Organic Ezekiel 4:9
Cinnamon Raisin Bread

24 OZ

\$9.55
 reg. \$11.19



Recipe Ready? Let's Talk Herbs & Spices!

Stock up or grab a pinch: Find your recipe herb & spice essentials in our bulk section.

Save money and packaging: Buy as much or as little as your dish demands.

You can bring your own jars: We will get them weighed so you can fill up and get cooking!



Beetology
Wonder Beet
 Beet + Veggie Juice

8.45 FL OZ
\$3.85
 reg. \$4.89



Evamor
Alkaline Water

64 FL OZ
\$4.65
 reg. \$5.15



Frontier Co-Op
Organic Dried Oregano
 Cut & Sifted

\$1.34
 per ounce



Frontier Co-Op
Organic Cardamom Pods
 (Whole)

\$3.38
 per ounce



Frontier Co-Op
Organic Dried Bay Leaf
 (Whole)

\$4.25
 per ounce



Pickled Red Onions

- 1 very large red onion, thinly sliced
- 1 + 1/2 tsp minced garlic
- 1 T dried oregano
- 2 bay leaves
- 6 cardamom pods
- 1 c. red wine vinegar
- 3/4 c. water
- 1 + 1/2 T granulated Monk Fruit*
- 1 tsp sea salt

In a properly prepared glass quart mason jar, place 1/2 of the sliced onion, then add the garlic, oregano, and bay leaves. Finish adding the rest of the sliced onion. Set aside.

Gently crush each of the cardamom pods, which will help to release the oil.

In a medium saucepan, add the vinegar, water, granulated monk fruit, salt and crushed cardamom pods. Place on the stove over medium heat. Heat *just until* the Monk Fruit and salt are dissolved. Remove from heat and let cool slightly. Pour over top of the onion mixture until the onions are completely covered. Cover tightly with a lid and allow to sit until cools and then place in refrigerator. Let sit overnight before serving.

Notes:

*Regular sugar can be used in an equal replacement amount. This is a refrigerator recipe. If you wish to store in pantry, please follow proper cooking and canning procedures. This recipe is super easy to modify to your tastes; add sliced jalapeno, swap peppercorn for the cardamom, etc.



Buddha Teas
Organic Matcha Green Tea

18 bags
\$8.95
 reg. \$9.99



Sweet Leaf
Organic Stevia

35 packets
\$3.49
 reg. \$4.99

Vital Planet
Pet Care
25%
 off MSRP





Boiron
Calendula
Burn
Ointment

1 OZ

\$6.89

reg. \$8.79



Boiron
Calendula
First Aid
Cream

2.5 OZ

\$9.99

reg. \$13.89



Boiron
Arnicare
Pain Relief
Cream

2.5 OZ

\$10.45

reg. \$13.39



Boiron
Arnicare
Bruise Relief
Cream

1.4 OZ

\$6.99

reg. \$8.99



Lily Of The Desert
Aloe Vera
Gelly

4 OZ

\$4.59

reg. \$5.29



T-Relief
Arnica +12
Pain Relief
Cream

Extra Strength
3 OZ

\$17.65

MSRP \$19.39



T-Relief
Arnica +12
Pain Relief
Cream

Extra Strength
8 OZ

\$31.99

MSRP \$34.99



Davids
Sensitive +
Whitening
Toothpaste

w/Nano
Hydroxyapatite
4 OZ

\$8.65

reg. \$9.95



Natracare
Panty
Liners

Mini
30 CT

\$4.99

reg. \$5.41



Natracare
Curved
Panty
Shields

30 CT

\$4.99

reg. \$5.41



Mill Creek
Aloe Vera
Shampoo

14 FL OZ

\$11.35

reg. \$11.99



Saltworks
Epsom Salt

5 LB

\$12.29

reg. \$15.35



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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