



Vital Choice Health Store

Live Well. Naturally.



VChoice.com

Scan to view
our digital ad



Nature's Answer Boswellia
90 capsules

\$23.99
reg. \$31.99

Enzymedica Joint & Muscle
PEA Phytosome
45 capsules **\$18.75**
reg. \$22.49



New Chapter Drug-Free Pain Relief
60 capsules

\$37.59
MSRP \$62.65

September 2026

MegaFood Kids MegaFlora
60 capsules **\$18.39**
reg. \$21.65



Redd Remedies Gouch!
60 capsules

\$27.99
reg. \$34.99



Solaray Tart Cherry
90 capsules

\$21.29
reg. \$26.49



Redd Remedies Nerve Shield
60 tablets

\$31.99
reg. \$39.99

MegaFood Kids Soft Multi Chews
Grape
30 servings **\$18.39**
reg. \$21.65



Enzymedica Berberine Phytosome
60 capsules

\$18.75
reg. \$23.25



Vital Choice Organic Fermented Beet Powder
60 servings

\$25.49
reg. \$27.69



Bionox CardioGo
Berry Burst
14.8 oz

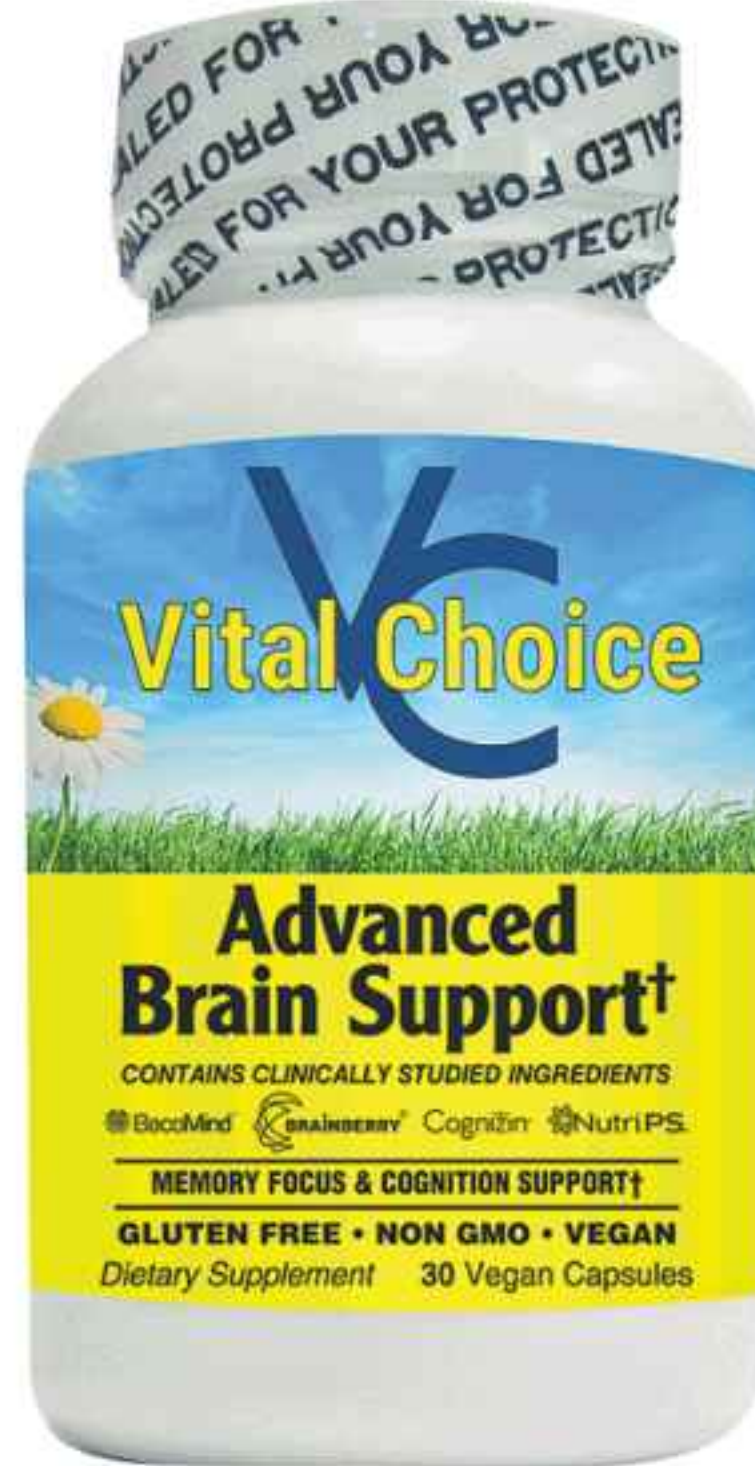
\$55.25
reg. \$64.99

Experience The Vital Choice Difference



**Boiron
SleepCalm
Meltaway
Tablets**
60 tablets

\$10.65
reg. \$13.29



**Vital Choice
Advanced
Brain
Support**
30 capsules

\$29.89
MSRP \$38.65



**Redd Remedies
Brain
Awakening**
120 capsules

\$55.19
reg. \$68.99

**Vital Choice
Grass Fed
Whey Protein**
Vanilla
32 oz

\$58.99
reg. \$62.69



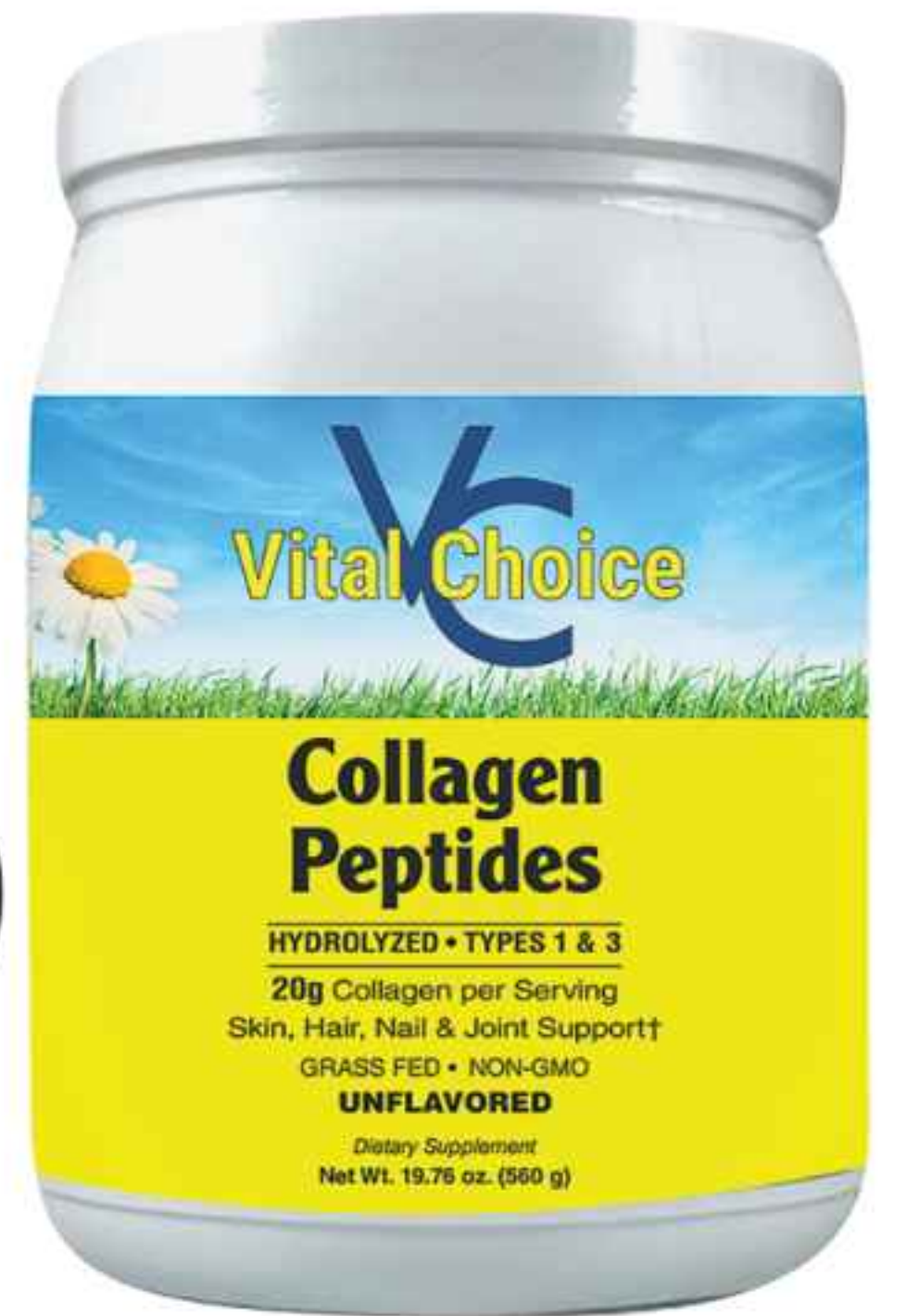
**Vital Choice
Grass Fed
Whey Protein**
Chocolate
32 oz

\$58.99
reg. \$62.69



**Vital Choice
Grass Fed
Collagen
Peptides**
19.75 oz

\$32.99
reg. \$34.99



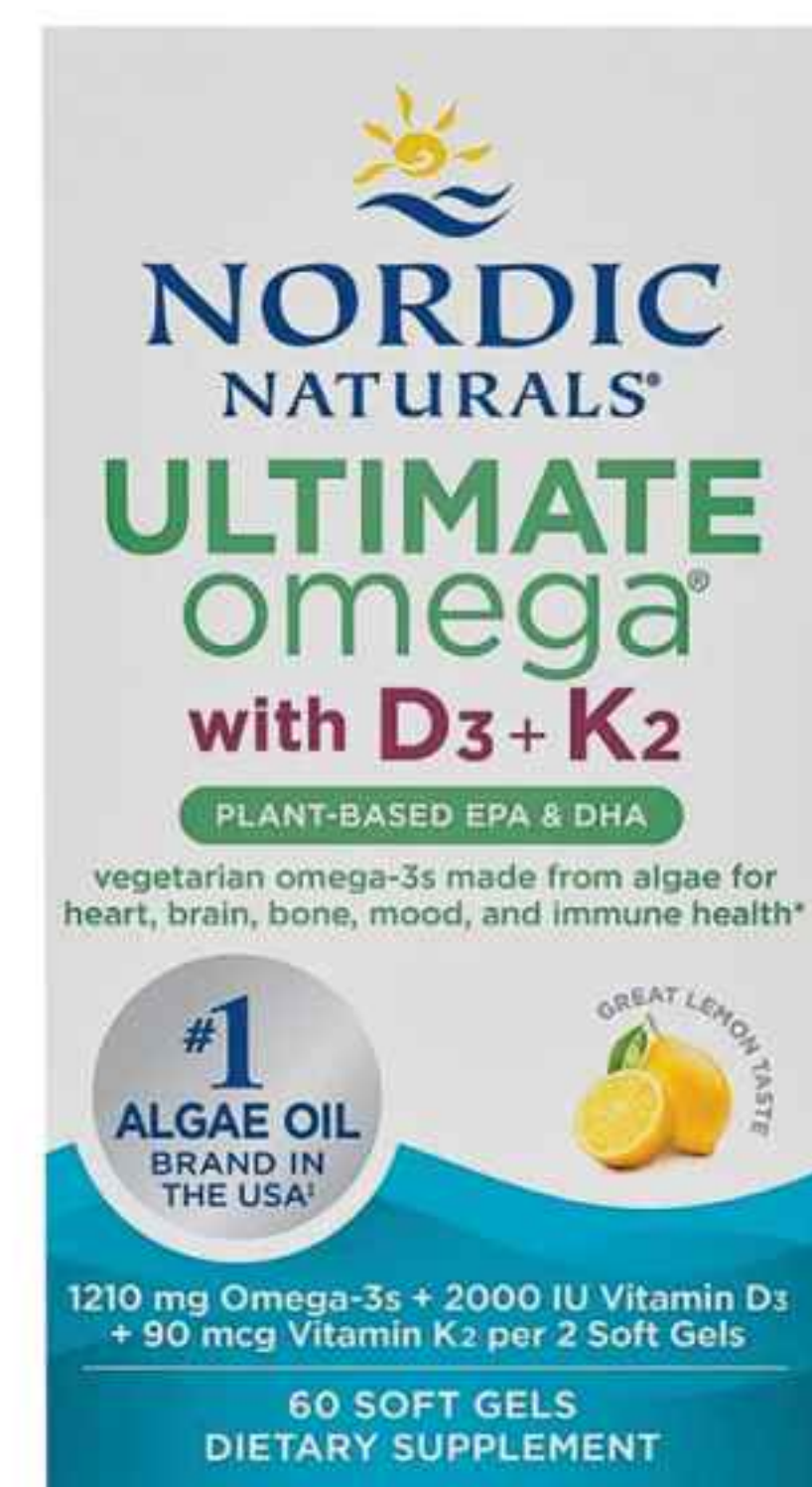
**Nordic Naturals
Arctic Cod
Liver Oil**
Lemon
8 fl oz

\$25.49
reg. \$30.59



**Vital Choice
Magnesium
Glycinate**
180 capsules

\$28.99
MSRP \$33.89



**Nordic Naturals
Plant-Based
Ultimate
Omega with
D3+K2**
60 softgels

\$40.49
reg. 45.85

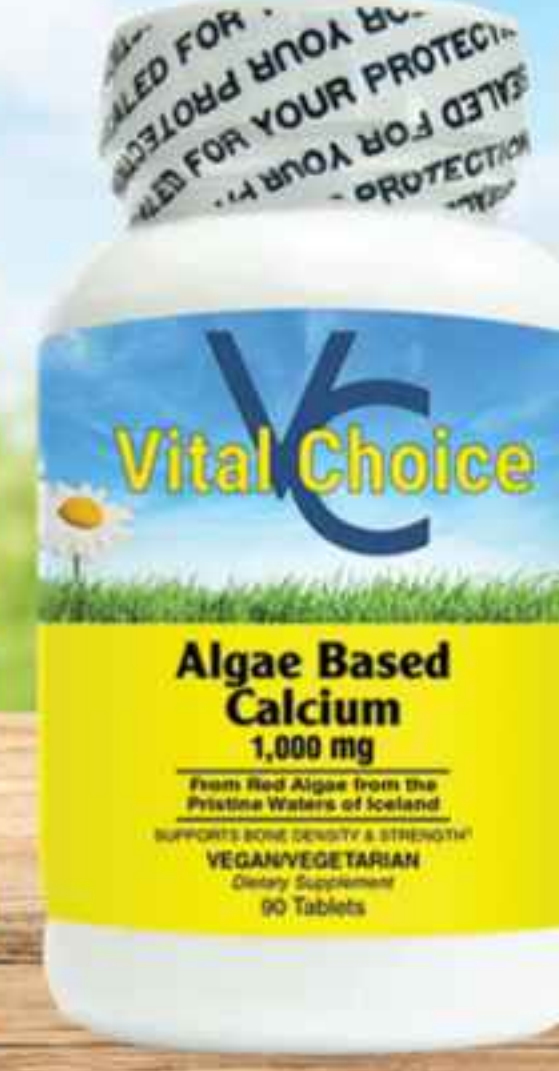
BUY MORE SAVE MORE

when you buy any
2 Vital Choice brand
supplements

Extra **5% OFF**

when you buy
3 or more Vital
Choice supplements

Extra **10% OFF**



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



**Bionox
ChelanoX**
Heavy Metal Detox
120 capsules

\$33.29
reg. \$42.99



**Vital Planet
Vital
ParaPURE**
14-Day Targeted
Cleanse
28caps + 28ml

\$35.99
reg. \$40.49

**Vital Planet
Critical Liver Care**
90 capsules

\$31.99
reg. \$39.99



**Vital Planet
Vital Fiber**
7.76 oz

\$21.59
reg. \$24.29

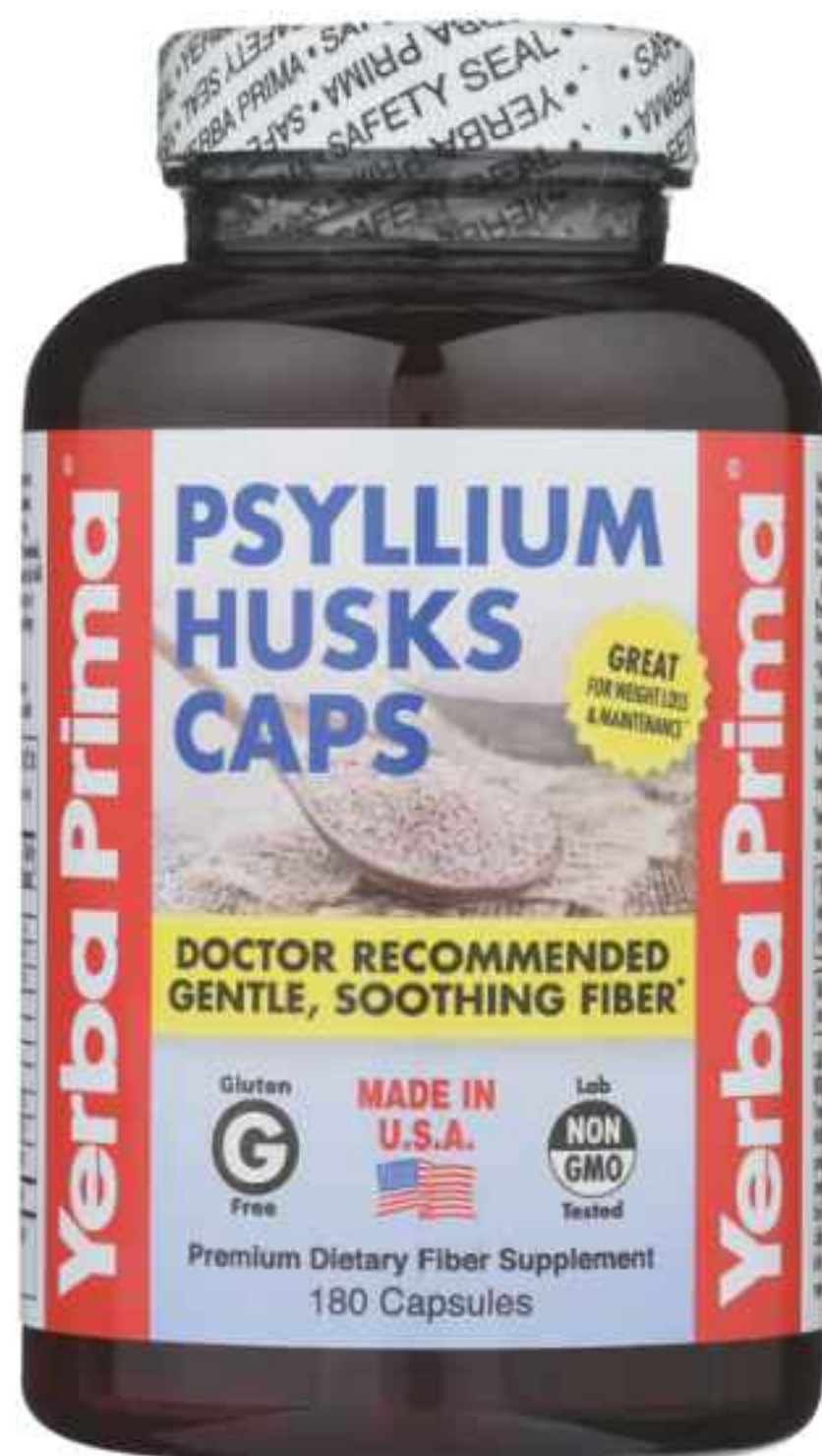
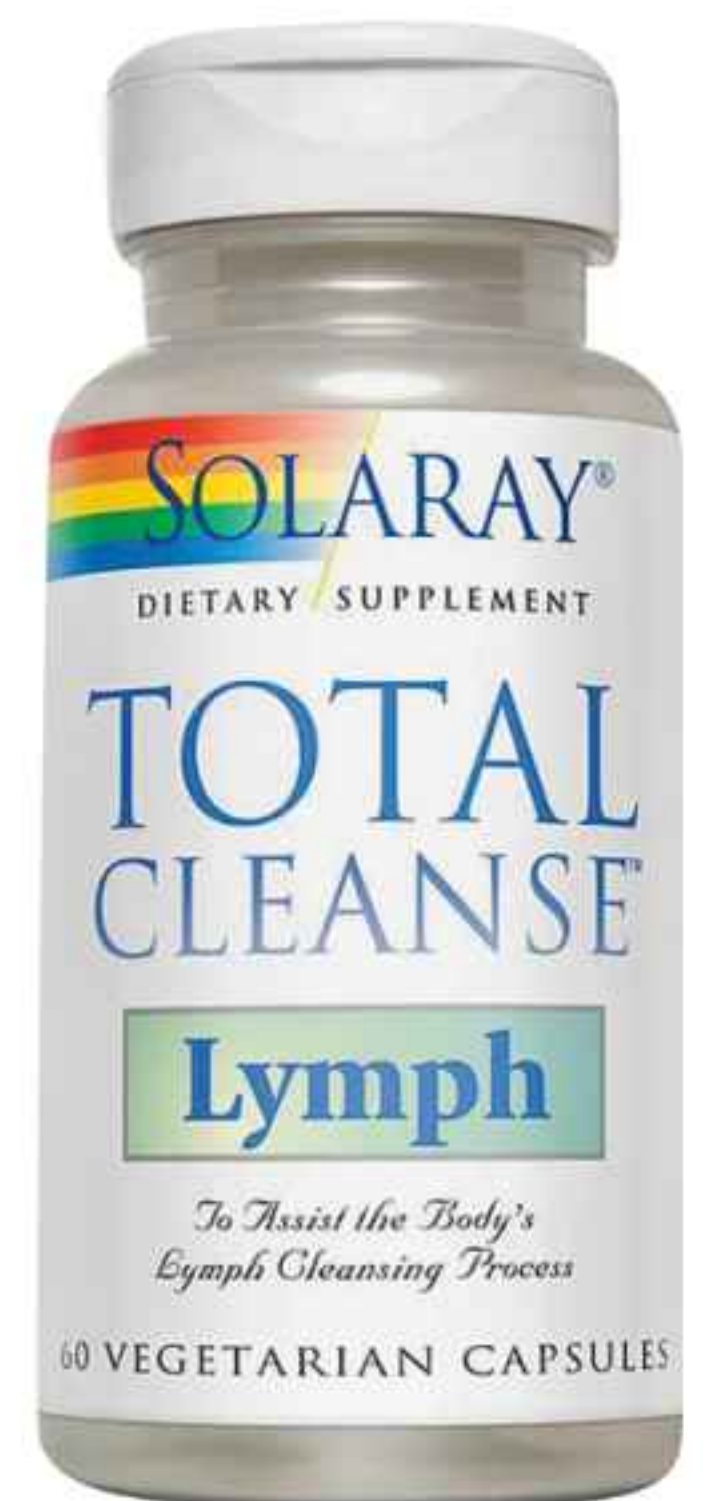
**Nature's Answer
Black Walnut &
Wormwood**
1 FL OZ

\$12.99
reg. \$17.99



**Solaray
Total Cleanse
Lymph**
60 capsules

\$16.09
reg. \$19.99



**Yerba Prima
Psyllium
Husks Caps**
180 capsules

\$16.29
reg. \$17.55



**Vital Planet
Intense Care Colon +
Constipation Probiotic**
30 capsules

\$42.99
MSRP \$54.99



**Nature's Answer
Oil of Oregano**
Alcohol Free Extract
1 FL OZ

\$24.59
reg. \$33.99

**Nature's Answer
Mullein Leaves
Alcohol Free**
1 FL OZ

\$12.99
reg. \$17.99



**Redd Remedies
Adult Sinus
Support**
72 capsules
\$31.99
reg. \$39.99



**Boiron
Allergy Calm
Meltaway
Tablets**
60 tablets
\$10.65
reg. \$13.29



**Boiron
Chestal Kids
Cough &
Mucus Relief**
6.7 FL OZ
\$10.39
reg. \$12.99



**Host Defense
Mushrooms
MyCommunity**
60 capsules
\$30.75
reg. \$39.95



**Bio Nutrition
Graviola (Soursop) Extract**
4 fl oz
\$18.89
reg. \$24.95



**Nordic Naturals
Omega-3
Cat**
2 FL OZ
\$13.49
reg. \$17.95

**Nordic Naturals
Joint Support+ Omega-3**
for Dogs
30 soft chews
\$22.49
reg. \$29.95



**Nordic Naturals
Digestive Support +
Probiotics**
for Dogs
30 soft chews
\$22.49
reg. \$29.95



bionox® **15% OFF**
All Bionox Products



ENZYMEDICA® **25% OFF**
Discount off MSRP



MegaFood
Women's 55+ One Daily Multi
60 tablets
\$29.59
reg. \$34.79



Redd Remedies
MenoWise
60 capsules
\$31.19
reg. \$38.99



New Chapter
Hair Growth & Retention
30 capsules
\$28.77
MSRP \$47.95



Enzymedica
Sleep & Stress
Lemon Balm Phytosome
60 capsules
\$18.75
reg. \$22.49



Seabuck Wonders
Omega-7 Complete
60 softgels
\$31.99
reg. \$34.97



Nature's Answer
Plant Based Magnesium
90 capsules
\$17.25
reg. \$22.99



Enzymedica
D3 + K2
(Algae derived D3)
60 capsules
\$19.49
reg. \$25.99



MegaFood
One Daily Multivitamin
90 tablets
\$45.59
reg. \$53.59



MegaFood
Iron Free One Daily Multivitamin
90 tablets
\$45.59
reg. \$53.59



When Stress Follows You to Bed

by Mike Ventresca • co-founder, Vital Choice

Have you ever felt tired all day, only to become wide awake the moment your head hits the pillow? I know I have.

Instead of falling asleep, you start replaying a conversation from earlier in the day or you suddenly remember something you need to do tomorrow. Before long, your mind is working through a list of problems that cannot possibly be solved at midnight.

Unfortunately, stress does not always end when the day does.

When your nervous system spends too much time on alert, it can be difficult to simply switch it off at bedtime. You may have trouble falling asleep, wake throughout the night, or for some, sleep for eight hours and still not feel rested the next morning.

This is where lemon balm may be worth a try.

Lemon balm is an herb that has traditionally been used to promote a calm mood and restful sleep. Research

shows lemon balm naturally supports your body's production of GABA, a neurotransmitter that helps quiet excessive activity in the brain.

While traditional preparations like lemon balm tea can be helpful, newer research has focused on Lemon Balm Phytosome, a special preparation which pairs a standardized lemon balm extract with phospholipids to help the body absorb and use it more efficiently.

In one study, 100 adults experiencing stress or poor sleep took 400mg daily for three weeks. Compared with a placebo, they reported improvements in stress, anxiety, sleep quality, mood, and overall mental well-being.

In another study, 87 percent of those taking 400mg before bedtime reported better sleep, compared with 30 percent while taking a placebo. Researchers also measured about a 15 percent increase in deep, slow-wave sleep.

That does not mean lemon balm will knock you out or work like a sleeping pill. In fact, that is not really the goal. You may simply notice that you feel less wound up, settle down more easily, or sleep more restfully. The studies also suggest giving it two to three weeks of consistent use before judging the results.

Enzymedica's Sleep & Stress provides 200mg of Lemon Balm Phytosome in each capsule. One capsule can be used for gentle calming support during the day, while two capsules provide the 400mg dose used in the strongest stress and sleep research. Sleep & Stress is melatonin-free and is not habit forming.

If stress has started following you to bed, Sleep & Stress offers a gentle way to quiet the day so you can finally get the rest you need.

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

Clinically studied pain relief that starts in as little as 1 hour[†]

Drug-free action from herbs



Fast, powerful relief for neck pain & muscle pain^{††}



Effective relief from aches, soreness & discomfort^{††}



Boosts your body's natural response to pain^{††}

Ingredients that act fast

- ☐ Clinically studied Rhuleave-K® 3-herb blend of boswellia (frankincense), black sesame oil & turmeric
- ☐ Regeneratively farmed turmeric to provide 2 turmeric extracts in our whole-herb approach
- ☐ 2 capsule serving



**One With Nature
Dead Sea Mineral
Soap Bar**

Lemon Sage
7 OZ

\$5.19
reg. \$5.99



**South Of France
Foaming
Hand Wash**

Orange Blossom
& Honey
8 FL OZ

\$3.99
reg. \$5.29



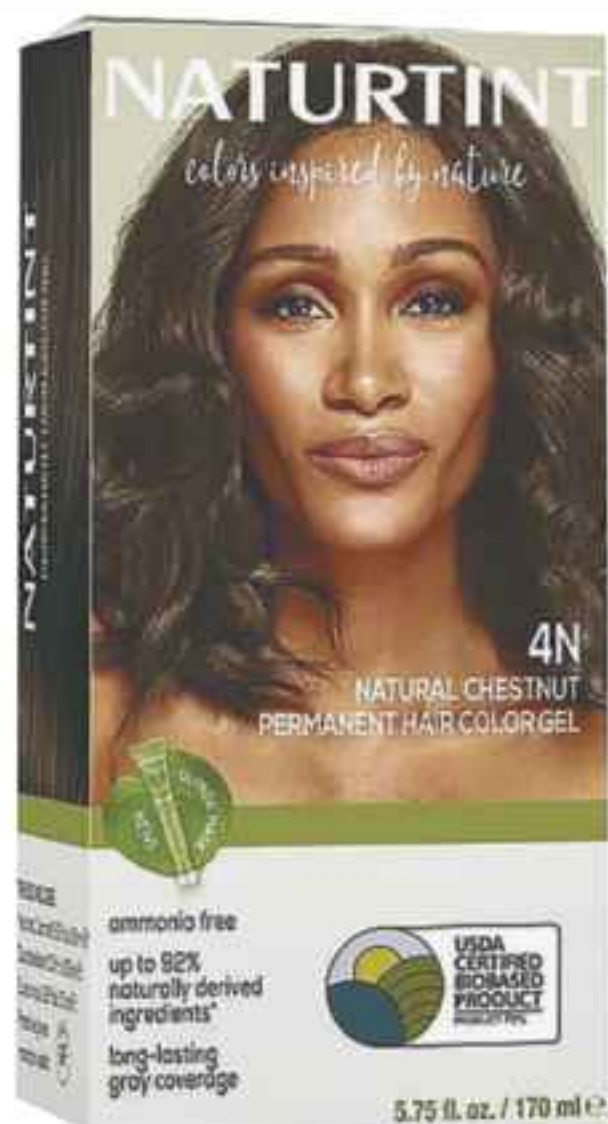
**Saltworks
Epsom Salt**

5 LB
\$12.89
reg. \$15.35



**Mill Creek
Aloe Vera &
PABA Body
Lotion**

14 FL OZ
\$9.75
reg. \$11.99



**Naturtint
Permanent
Hair Color**
Select Variety

\$11.99
reg. \$24.39



**Herbatint
Permanent
Herbal
Haircolor Gel**
Select Variety

\$16.49
reg. \$20.99



**Mill Creek
Aloe Vera
Shampoo**

14 OZ
\$9.75
reg. \$11.99

**Humble Brands
Humble
Deodorant**

Moroccan Rose
2.5 OZ

\$9.55
reg. \$9.99



**Nature's Answer
PerioBrite
Mouthwash**

Cool Mint
16 oz

\$8.25
reg. \$10.99



**Tiger Balm
Pain Relieving
Ointment**

Ultra Strength
18 grams

\$7.49
reg. \$11.29



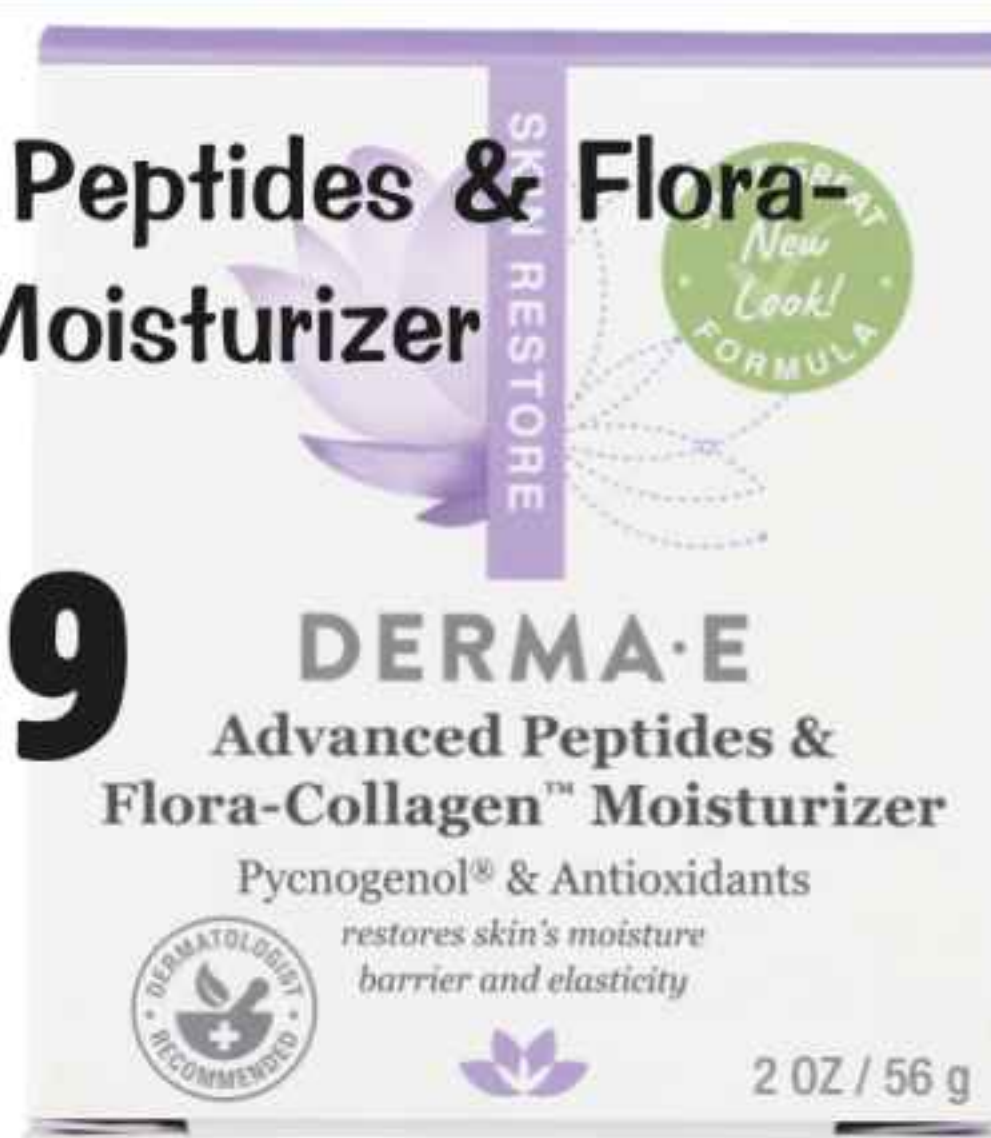
**Derma E
Vitamin E
Fragrance-Free
Sensitive Skin
Shea Body Lotion**

8 FL OZ
\$10.39
reg. \$12.95

**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
20% OFF



Join Vital Choice Rewards In Store for Exclusive Member Savings

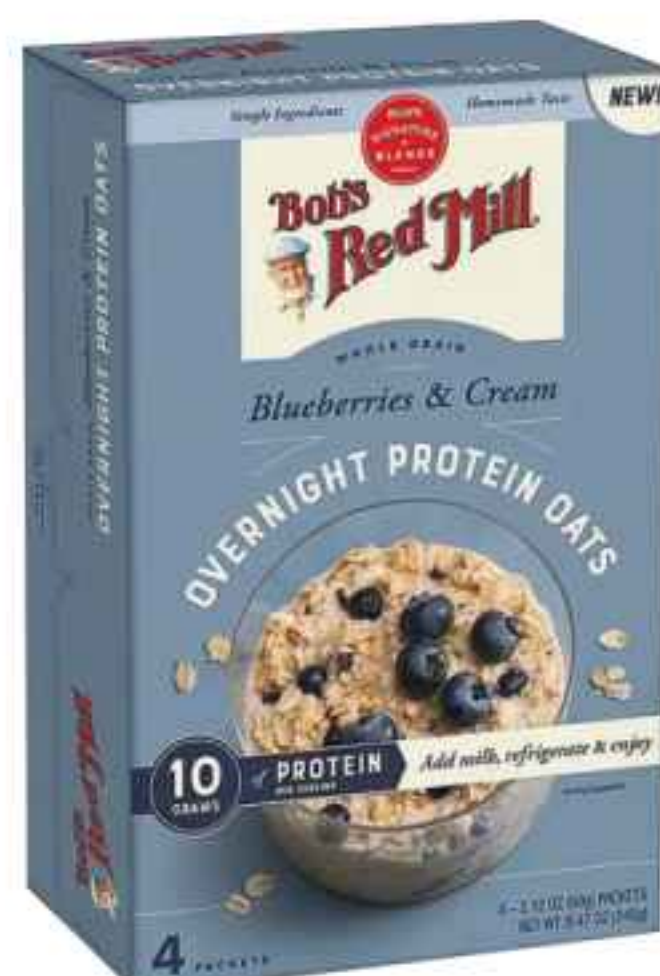


Food For Life Organic Ezekiel 4:9 English Muffins

Sprouted Grain
16 OZ

\$6.75

reg. \$7.89



Bob's Red Mill

Overnight Protein Oats

Blueberries & Cream

4 packets

\$4.49

reg. \$7.99



Bobo's Oat Bars

PB&J Oat Snacks

Strawberry

10.5 OZ

\$5.79

reg. \$8.89



Bobo's Oat Bars

PB&J Oat Snacks

Raspberry

10.5 OZ

\$5.79

reg. \$8.89



Amy & Brian Coconut Water

Original
17.5 FL OZ

\$2.79

reg. \$4.59

Traditional Medicinals 100% Organic Roasted Dandelion Root Tea

16 BAG

\$6.79

MSRP \$6.97



Traditional Medicinals 100% Organic Hawthorn with Hibiscus Tea

16 BAG

\$6.79

MSRP \$6.97



Prince Of Peace 100% Organic Green Tea

100 BAG

\$5.85

reg. \$8.69



Panda Licorice Soft Black Natural Licorice

1.1 OZ

79¢

reg. \$1.05



Yumearth Organic Original Fruit Giggles

2 OZ

\$3.29

reg. \$4.29



Evamor Natural Artesian Water

20 fl oz

\$2.25

reg. \$2.45



Evamor Natural Artesian Water

64 fl oz

\$4.65

reg. \$5.15



Vital Choice Health Store

9243 W Sprague Road • North Royalton • 440-885-9505

M-F 10am-7pm • Sat. 10am-6pm • Sun. 11am-4pm

*"You deserve more than a shelf full of choices.
You deserve the guidance to find what's right for you."*

-Mike Ventresca, co-founder

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.