



Vital Choice Health Store

Live Well. Naturally.

440-885-9505 • VChoice.com



October 2025



**Vital Choice
CBD Sleep**
30mg CBD + herbs
30 liquid capsules

\$33.99
reg. \$39.99



**Boiron
SleepCalm
Meltaway
Tablets**
60 tablets

\$8.99
reg. \$13.29

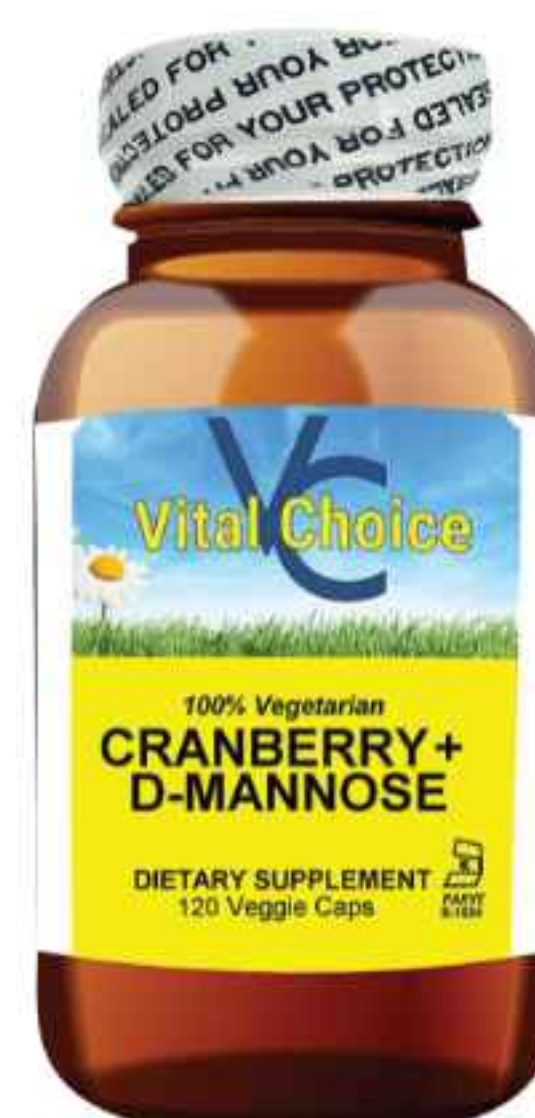
**MegaFood
Blood Builder**
90 tablets

\$27.99
reg. \$32.89



**Nordic Naturals
Vitamin D3 + K2
Gummies**
60 gummies

\$18.75
reg. \$24.95



**Vital Choice
Cranberry +
D-Mannose**
120 capsules

\$32.89
reg. \$37.85



**Vital Choice
Brain Mushroom
Support**
60 capsules

\$15.09
reg. \$17.69

**Emerald Labs
Women's 45+
1-Daily**
60 capsules

\$32.99
reg. \$40.75



**True Grace
Women's 50+
Multivitamin**
60 tablets

\$33.75
reg. \$39.95





**Lily Of The Desert
Organic Aloe Vera
Juice**

Inner Fillet
32 fl oz

\$8.75
reg. \$9.99



**Vital Choice
Mullein Extract**

1 fl oz

\$9.89
reg. \$10.89



**Vital Planet
Vital Gut
Renew**

195 grams

\$33.99
reg. \$39.99



**Emerald Labs
Bladder Health
with Urox Blend**

60 capsules

\$34.49
reg. \$42.59



**Herbion Naturals
Cough Drops**

Mint
18 lozenges

\$3.69
reg. \$3.99



**Vital Planet
Women's
Probiotic**

60 Billion CFU
30 capsules

\$39.95
reg. \$46.99



**Vital Choice
Cinnamon
Liquid Caps**

60 capsules

\$20.15
reg. \$23.75

**True Grace
ElectroMag
Electrolyte Powder
Lemon Lime
Single Serving Packet**

\$1.39
reg. \$1.85



**Ancient Nutrition
Gut Restore**

SBO Probiotic
60 capsules

\$38.99
reg. \$43.49



**True Grace
One Daily
Women's 40+**

Multivitamin
30 tablets

\$25.49
reg. \$29.95



**Solgar
Ultra Vitamin C
Gummies**

1,000 mg
60 gummies

\$18.75
reg. \$22.49

**Host Defense Mushrooms
MycoBotanicals
Liver**

60 capsules

\$25.59
reg. \$29.95



**Vital Choice
Vitamin D-3 125mcg
(5,000 IU)**

250 softgels

\$25.15
reg. \$28.55



**Vital Choice
Vitamin D3 125mcg
(5,000 IU)**

100 softgels

\$12.39
reg. \$14.15



**Kyolic
Cardiovascular
Formula 100**

Original
200 capsules

\$26.59
reg. \$30.69



**Kyolic
Daily Cholesterol
Control**

60 capsules

\$28.85
reg. \$33.39



**Vital Choice
Black Cumin
Seed Oil**

500mg
90 liquid caps

\$17.55
reg. \$20.65



**Vital Choice
Moringa**

90 capsules

\$10.15
reg. \$11.99



**Nordic Naturals
Ultimate
Omega**

1,000 mg
60 softgels

\$22.49
reg. \$27.59

**Solgar
Glucosamine
Hyaluronic Acid
Chondroitin MSM**

Shellfish-Free
120 tablets

\$43.49
reg. \$51.99



**Vital Choice
Whey Protein
Powder**

Vanilla
12 oz

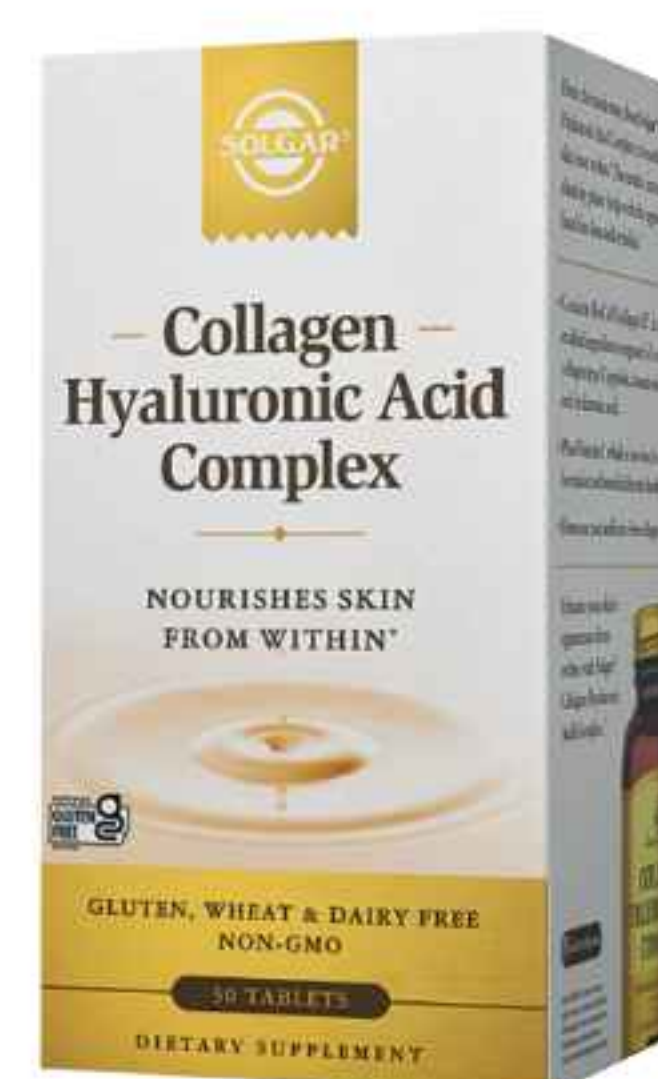
\$19.95
reg. \$23.45



**Solgar
Collagen
Hyaluronic Acid
Complex**

30 tablets

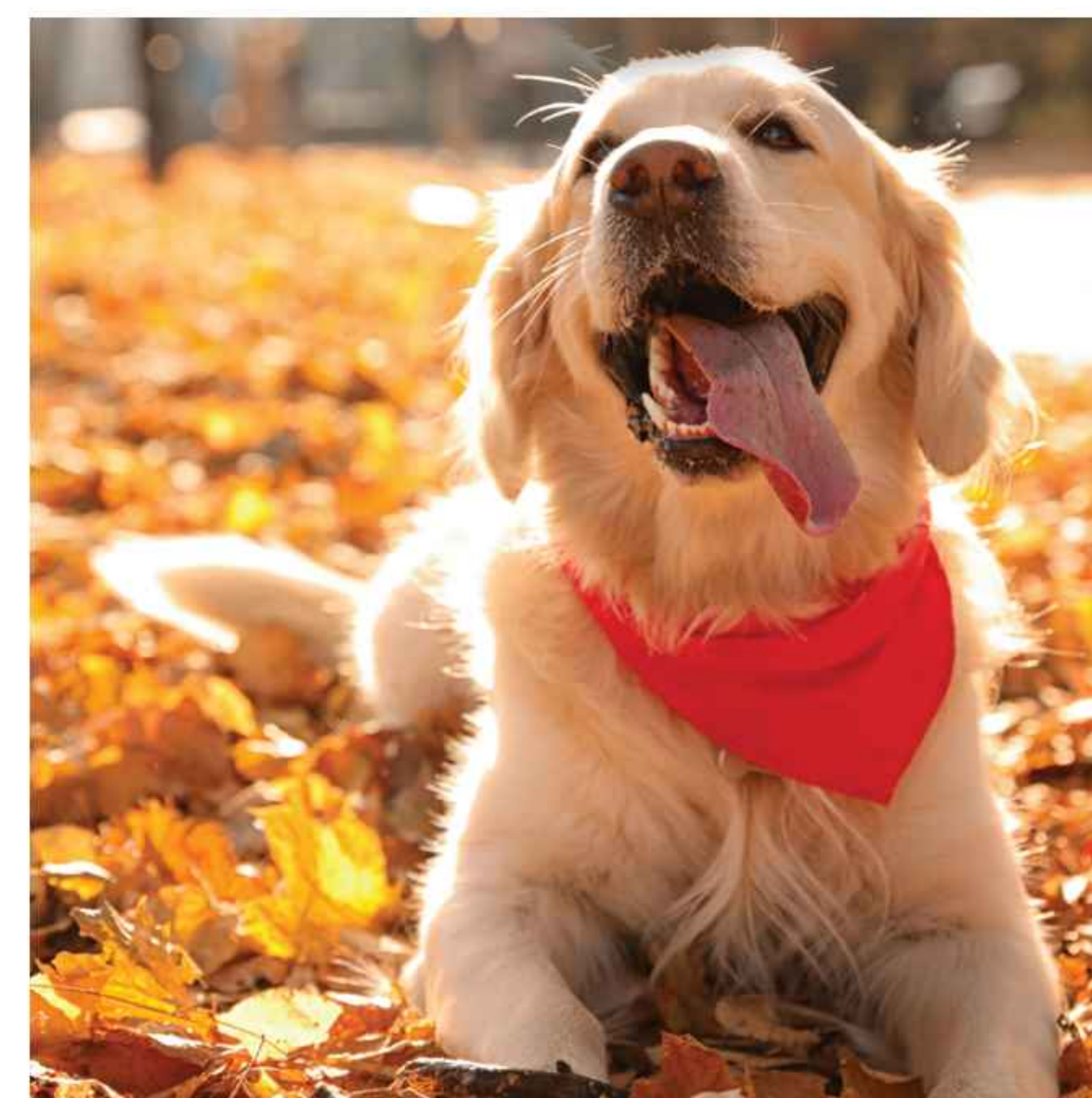
\$17.99
reg. \$21.09



**Ancient Nutrition
Creatine +
Collagen +
Electrolytes**

272 grams

\$29.65
reg. \$30.99



**Vital Planet
Hip & Joint**

Soft Chews
30 count

\$27.99
reg. \$32.99



**Nordic Naturals
Omega-3 Pet**

Unflavored
8 fl oz

\$20.25
reg. \$24.79



**Vital Planet
Calm for Dogs**

Soft Chews
45 count

\$27.99
reg. \$32.99



**Vital Planet
Flora Dog
Probiotic Powder**

111 grams

\$27.99
reg. \$32.99





"RATE US"



PLEASE TAKE A MOMENT TO SHARE YOUR COMMENTS

REVIEWUS.VCHOICE.COM



true grace®

25%
OFF

Limited Time: Save on Multivitamins, Fish Oil, Probiotics & Mushrooms



25%
OFF

ALL Nordic Naturals
supplements!

NORDIC
NATURALS®



(Discount off MSRP)

ALL Solgar
Supplements

25%
OFF

(Discount off MSRP)



THE GOLD STANDARD
IN VITAMINS.



Vital Choice Health Store



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

Health and Healing Stronger Immunity This Fall

by Mike Ventresca, co-founder, Vital Choice

As summer winds down, life seems to shift into a faster pace. The return of the school year fills buses and sidewalks, community events pick up, and many of us spend more time indoors. Cooler evenings can be a welcome change, but they also set the stage for the start of cold and flu season.

While no product can replace a healthy diet, adequate sleep, and regular exercise, supplements can offer extra support when colds and flu begin to spread. One of the most exciting areas of research in recent years is how functional mushrooms support the body's defenses.

A big part of their effectiveness comes from compounds called beta-glucans. These naturally occurring fibers help "train" immune cells to respond more effectively. Think of it as a gentle priming effect that keeps the immune system ready when needed, but not overactive.

Beyond this shared benefit, individual mushrooms bring their own strengths. Reishi, sometimes called the "queen of mushrooms," helps balance immune function and reduce stress, both of which improve the body's ability to fight illness. Maitake has been studied for its ability to stimulate immune cell activity, while Chaga is rich in antioxidants that help protect cells from oxidative stress and support immunity.

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



Mike Ventresca

When choosing a mushroom supplement, it helps to know the difference between fruiting body and mycelium. The fruiting body is the above-ground part that produces spores and is especially rich in immune boosting beta-glucans. The mycelium, often called the "root system," grows underground and provides enzymes, prebiotic fibers, and unique metabolites that may support gut health, stress response, and immunity.

Some formulas use both, while others focus on just one. For example, our Vital Choice **Organic Mushroom Immune Support** combines fruiting body and mycelium for a more complete nutrient profile. By contrast, Host Defense **MyCommunity**, created by mycologist Paul Stamets, uses only mycelium. Stamets believes mycelium captures important compounds that aren't present in the fruiting body and that it offers broader health benefits.

Both approaches have merit, and I believe both products are excellent. The choice comes down to whether you prefer a formula with fruiting body and mycelium together, or one that emphasizes the unique benefits of mycelium alone.

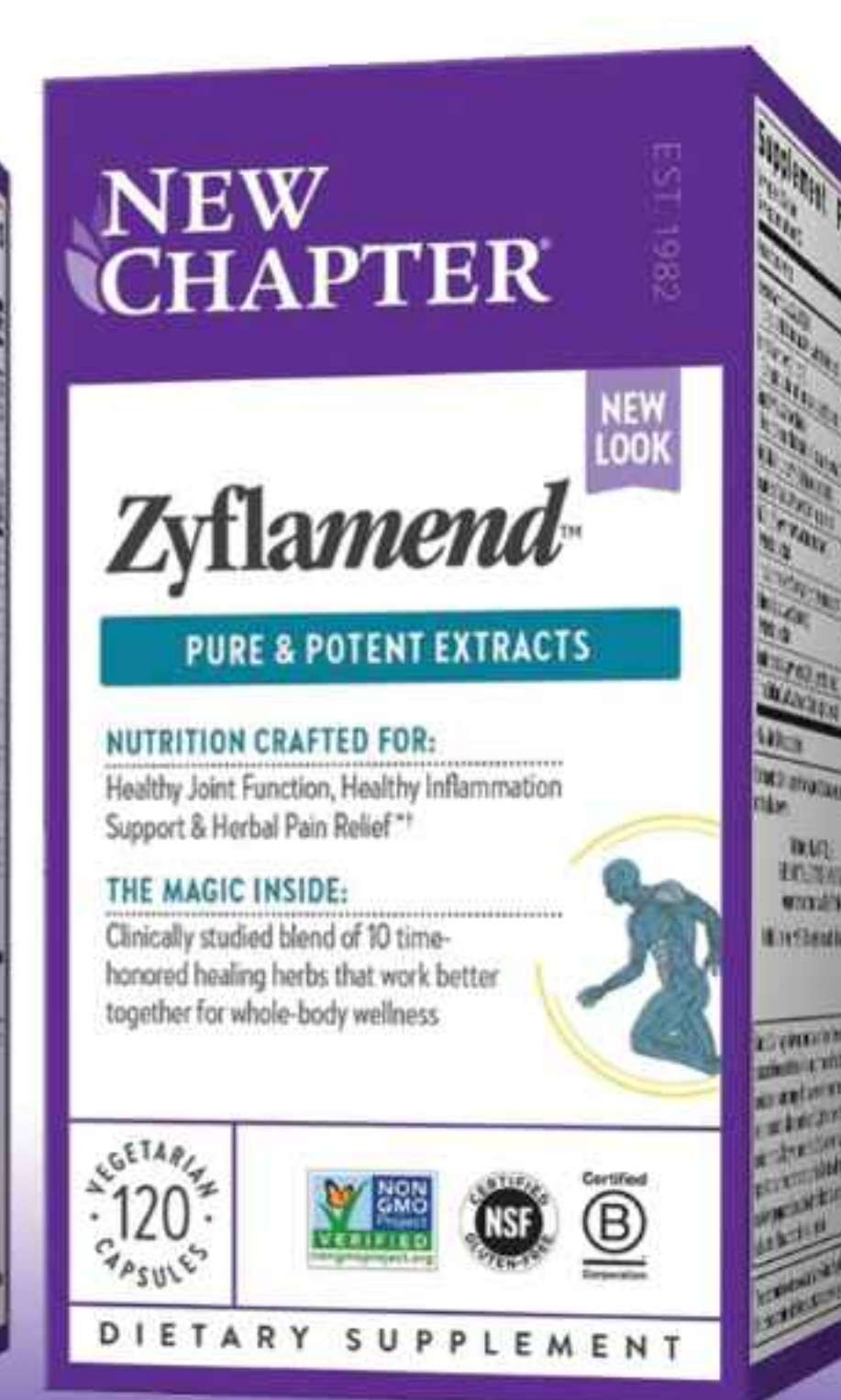
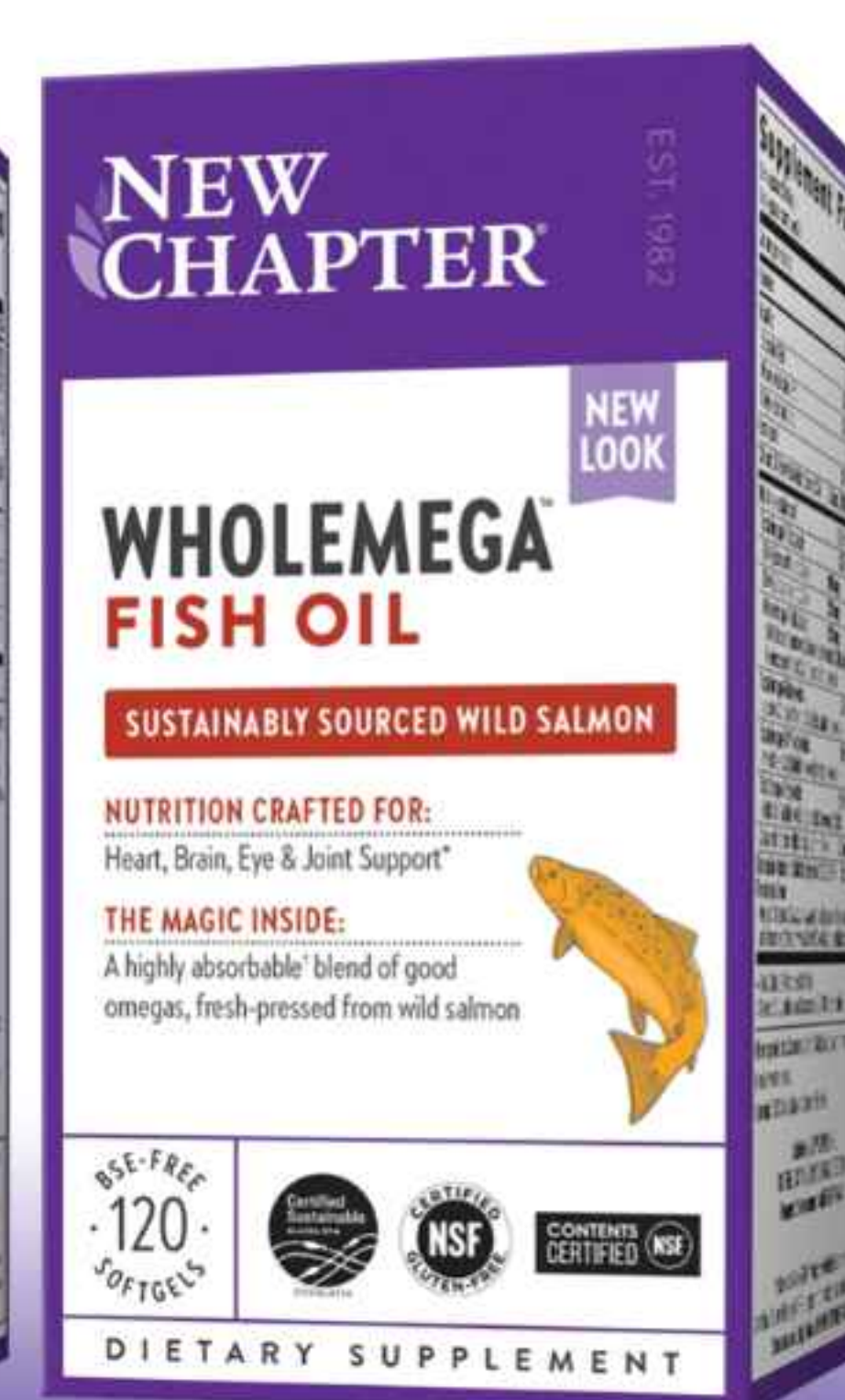
Whatever your choice, adding a high-quality mushroom blend now can help prepare your body for the season ahead and keep you feeling your best.

NEWCHAPTER®

40% OFF

(Discount off MSRP)

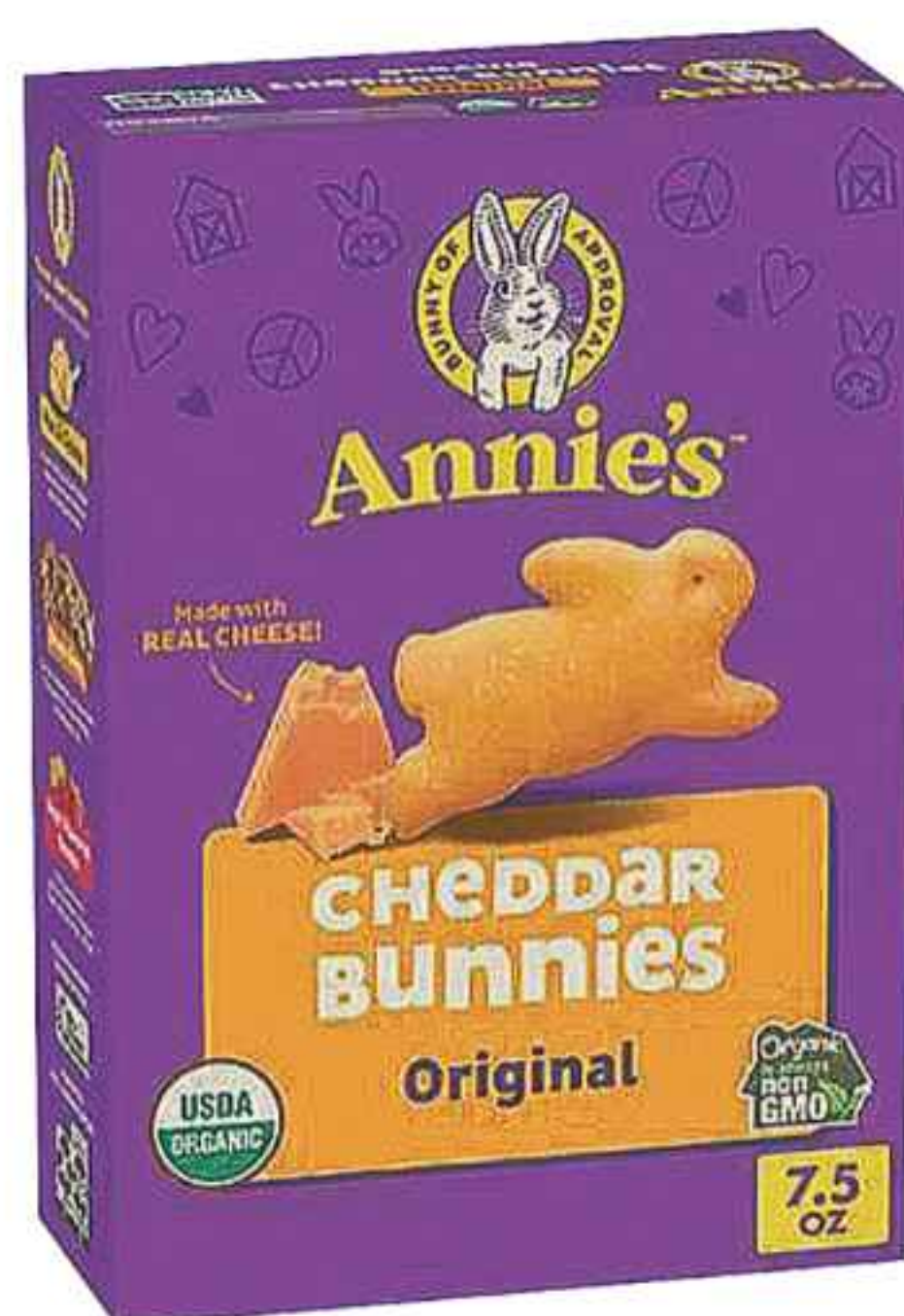
Every Day Savings on all New Chapter!





Sunfood
Raw Organic
Brazil Nuts
8 OZ

\$15.59
reg. \$18.89



Annie's Homegrown
Organic
Cheddar
Bunnies
7.5 OZ

\$3.79
reg. \$6.89

Ancient Nutrition
Multi
Collagen
Protein
Powder
16 OZ

\$38.99
reg. \$43.49



Van's International Foods
Gluten Free
Blueberry Waffles
9 OZ

\$3.49
reg. \$5.59



Gomacro
Select Variety
Organic Macrobar
2.3 OZ

\$2.49
reg. \$3.99



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

\$5.49
reg. \$7.89

Manitoba Harvest
Hemp Hearts
Shelled Hemp Seeds
8 OZ

\$8.15
reg. \$10.69



Celtic Sea Salt
Sea Salt
Fine Ground
1 LB

\$13.69
reg. \$16.69



Host Defense
Mushrooms
MycoBrew
Coffee
Single Serving Packet

\$2.25
reg. \$2.75



Beetology
Organic
Beet Juice
Blend
Beet + Berry
8.45 FL OZ

\$3.09
reg. \$4.49



Biotta
100%
Beet Juice
32 FL OZ

\$9.85
reg. \$12.19



Juice Performer
Beet Performer
Beet Juice w/B12
8.4 FL OZ

\$2.99
reg. \$3.79



**Vital Choice
Clove Bud
Essential Oil**
1 oz
\$10.45
reg. \$10.99



**Vital Choice
Frankincense Oil**
20% in Jojoba Oil
1 fl oz
\$13.75
reg. \$15.19



**Vital Choice
Lavender
Essential Oil**
1 fl oz
\$9.99
reg. \$10.49



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



**Lily Of The Desert
Aloe Vera Gelly**
4 OZ
\$4.59
reg. \$5.29



**Desert Essence
Tea Tree Oil Facial
Cleansing Pads**
50 PADS
\$8.45
reg. \$9.09



**Dr. Woods
Tea Tree Facial
Cleanser**
8 FL OZ
\$7.65
reg. \$8.00



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



**Saltworks
Epsom Salt**
5 LB
\$12.29
reg. \$15.35



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



**Desert Essence
Tea Tree Oil
Dental Floss**

50 YD
\$4.25
reg. \$4.59



**NATURAL
TEA TREE
OIL
& NEEM
TOOTHPASTE**

WINTERGREEN

with Baking Soda
& Essential Oil
of Wintergreen
**FLUORIDE FREE
SLS FREE
GLUTEN FREE**
6.25 OZ NET WT. 176 G

**Desert Essence
Tea Tree
Oil and
Neem
Toothpaste**
6.25 OZ

\$5.99
reg. \$7.99



**Desert Essence
Tea Tree
Mouthwash**

16 FL OZ
\$9.09
reg. \$9.79



**Spry
Mouth Wash**

Healing Blend
16 FL OZ
\$8.69
reg. \$9.99



**Spry
Oral Rinse**

Cool Mint
16 FL OZ
\$8.69
reg. \$9.99



**Giovanni Hair Care Products
More Body Hair
Thickener**

6.8 FL OZ
\$9.55
reg. \$10.99



**Giovanni Hair
Care
Products
L.A. Hold
Hair
Spray**
5 FL OZ

\$9.55
reg. \$10.99



**Desert Essence
Shampoo**

8 FL OZ
\$9.75
reg. \$10.49



**Crystal
Mineral Deodorant
Roll-On**

Unscented
2.25 FL OZ
\$5.59
reg. \$6.19



**Desert Essence
Tea Tree Therapy
Bar Soap**

5 OZ
\$5.25
reg. \$5.69



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.