

Improving the Health and Wellness of Canadians since 1922

Table of Contents

Adult Multivitamins	4
Children's Vitamins and Supplements	7
Omega Nutrition (EFA)	9
Calcium	14
Joint Health	17
Digestive Health and Probiotics	20
Vitamin A	23
Vitamin B and B Complex	24
Vitamin C	31
Vitamin D	36
Vitamin E (Natural)	39

Minerals	40
Natural Colds and Flu Care	44
Herbs (Echinacea)	45
Herbs (Garlic)	47
Herbs (Ginseng)	48
Herbs and Nutritional Supplements	49
CoQ10	54
Natural Sleep Aids	55
Weight Management	57
Skincare	58



Vegetarian Product Symbol

Jamieson offers more than 100 products that contain no animal products. Just look for the vegetarian-friendly symbol in this Price List and on our packages.



to choose Jamieson

At Jamieson, our ingredients are sourced from clean, sustainable areas around the world before undergoing more than 360 quality-control steps to ensure absolute purity, safety and efficacy for all our natural source products.





The 360 Pure designation is your assurance of :

- fresh raw materials globally sourced from reputable suppliers
- ingredients that are tracked and monitored above federal regulatory standards
- consistent active potency and freshness

NEW Products





B Vitamins Faster-acting formula now with methylcobalamin





Beautiful Biotin
New formats and potencies
for thicker hair, healthier skin
and stronger nails

Value Packs! Bigger count, bigger savings



























No Fishy Aftertaste Family

No more fishy repeat or taste with our new Omegas

Beauty from Within Three great supplements clinically proven to improve hair, skin and nails





Extra Strength Lutein For optimal eye health

Adult Multivitamins



100% Complete Multivitamin – Women

- 100% of your daily vitamin needs
- Formulated to meet the nutritional needs of women
- · Naturally energizing and immunity support
- . Source of antioxidants

DOSAGE: Adult women take 1 caplet daily with a meal. Take a few hours before or after taking other medications.





CODE: 0 646420 7868 1

NPN: 80063705

SIZE: 90 Caplets



100% Complete Multivitamin – Women 50+

- 100% of your daily vitamin needs
- Formulated to meet the nutritional needs of women over 50
- Naturally energizing and immunity support
- Source of antioxidants

DOSAGE: Adult women 50+ take 1 caplet daily with a meal. Take a few hours before or after taking other medications.





CODE: 0 646420 7869 8

NPN: 80063452

SIZE: 90 Caplets



100% Complete Multivitamin – Men

- 100% of your daily vitamin needs
- Formulated to meet the nutritional needs of men
- · Naturally energizing and immunity support
- Source of antioxidants

DOSAGE: Adult men take 1 caplet daily with a meal. Take a few hours before or after taking other medications.





CODE: 0 646420 7870 4

NPN: 80063732

SIZE: 90 Caplets



100% Complete Multivitamin – Men 50+

- 100% of your daily vitamin needs
- Formulated to meet the nutritional needs of men over 50
- Naturally energizing and immunity support
- · Source of antioxidants

DOSAGE: Adult men 50+ take 1 caplet daily with a meal. Take a few hours before or after taking other medications.





CODE: 0 646420 7871 1

NPN: 80063698

SIZE: 90 Caplets



100% Complete Multivitamin – Adults

- 100% of your daily vitamin needs
- Formulated to meet the nutritional needs of adults
- · Naturally energizing and immunity support
- Source of antioxidants

DOSAGE: Adults take 1 caplet daily with a meal. Take a few hours before or after taking other medications.





CODE: 0 646420 7872 8

NPN: 80064009

SIZE: 90 Caplets

Adult Multivitamins



100% Complete Multivitamin – Max Strength

- 100% of your daily vitamin needs
- · Formulated for adults with an active lifestyle
- · Naturally energizing and immunity boosting
- · Source of antioxidants

DOSAGE: Adults take 1 caplet daily with a meal. Take a few hours before or after taking other medications.





CODE: 0 646420 7873 5

NPN: 80063922

SIZE: 90 Caplets



100% Complete Multivitamin – Adults 50+

- 100% of your daily vitamin needs
- Formulated to meet the nutritional needs of adults over 50
- · Naturally energizing and immunity boosting
- · Source of antioxidants

DOSAGE: Adults 50+ take 1 caplet daily with a meal. Take a few hours before or after taking other medications.





CODE: 0 646420 7874 2

NPN: 80063890

SIZE: 90 Caplets



100% Complete Multivitamin – Chewable for Adults

- 100% of your daily vitamin needs
- · Formulated to meet the nutritional needs of adults
- Tasty Citrus Twist flavour
- Perfect for people who have trouble swallowing tablets or prefer to chew

DOSAGE: Adults chew 1 tablet daily with a meal. Take a few hours before or after taking other medications.





CODE: 0 646420 7875 9

NPN: 80064335

SIZE: 60 Chewable Tablets



100% Complete Multivitamin Drink Mix for Women

- 100% of your daily vitamin needs
- Formulated to meet the nutritional needs of women
- Delicious mango-peach flavour
- Easy to pour and great on-the-go

DOSAGE: Adult women take 1 stick pack (6.7 g) daily with a meal. Dissolve in 495 mL of water. Take a few hours before or after taking other medications.







NPN: 80064294

SIZE: 30 Sticks



100% Complete Multivitamin Drink Mix for Adults

- 100% of your daily vitamin needs
- · Formulated to meet the nutritional needs of adults
- · Delicious raspberry-lemonade flavour
- · Easy to pour and great on-the-go

DOSAGE: Adults take 1 stick pack (7 g) daily with a meal. Dissolve in 495 mL of water. Take a few hours before or after taking other medications.







CODE: 0 646420 7882 7

NPN: 80064271

SIZE: 30 Sticks

Adult Multivitamins



Women's Multivitamin Gummies – Cherry, Berry, Orange

- · Delicious gummy multivitamin for the maintenance of good health
- · Formulated to meet the nutritional needs of adult women
- · Delicious flavours: cherry, berry, and orange

DOSAGE: Adult women chew 2 gummies daily with a meal. Take a few hours before or after taking other medications.





Scaled image, real size: 22 mm length



CODE: 0 646420 7492 8

NPN: 80047709

SIZE: 60 Gummies

Adult Multivitamin Gummies – Cherry, Berry, Orange

- Delicious gummy multivitamin for the maintenance of good health
- An easy and tasty way to help fill nutritional gaps in your diet
- Delicious flavours: cherry, berry, and orange

DOSAGE: Adults chew 2 gummies daily with a meal. Take a few hours before or after taking other medications.





CODE: 0 646420 7069 2

NPN: 80040578

SIZE: 50 Gummies



Pre**natal**

Prenatal + DHA Complete Multivitamin

- Helps to reduce the risk of neural tube defects.
- · Complete multivitamin and omega-3 with DHA
- Essential nutrients for mother and baby including iodine and iron
- · Convenient all-in-one softgel

DOSAGE: Adult women take 1 softgel daily with a meal prior to conception, during pregnancy, and when breastfeeding. Take a few hours before or after taking other medications.





CODE: 0 646420 7614 4

NPN: 80051937

SIZE: 60 Softgels

Prenatal Multivitamin

- Helps to reduce the risk of neural tube defects
- Essential nutrients for mother and baby including iodine and iron
- Easy-to-take caplet

DOSAGE: Adult women take 1 caplet daily with a meal prior to conception, during pregnancy, and when breastfeeding. Take a few hours before or after taking other medications.





CODE: 0 646420 2666 8

NPN: 80016037

SIZE: 100 Caplets

Children's Vitamins and Supplements



Probiotic Baby

- Flavourless probiotic drops to help support gastrointestinal health for infants
- 1 billion active cells per serving (6 drops)

DOSAGE: Shake vigorously for 15 seconds. For infants and children 1 month to 3 years old add 6 droplets to milk/breast milk/formula in a bottle or apply directly on a pacifier, a spoon or baby's tongue for baby to swallow, once daily. Take at least 2-3 hours before or after antibiotics. Store between 15°C and 25°C, and refrigerate after opening. Use within 28 days after opening.





CODE: 0 646420 7534 5

NPN: 80052490

SIZE: 8 mL (126 Droplets)

Scaled image, real Size: 61 mm length



Baby-D™ 400 IU Vitamin D₃ Droplets

- Supports baby's healthy development, growth and immune system
- 400 IU of vitamin D₃ per drop
- Essential for the healthy development and growth of babies and children
- Great value 360 drops per bottle

DOSAGE: Infants and children 0-12 years take 1-2 drops daily.





CODE: 0 646420 6925 2

NPN: 80018025

SIZE: 11.7 mL (360 Droplets)

Scaled image, real size: 98 mm height



Kids Chewable Multivitamin

- Helps in normal growth and development for healthy, active and growing children
- 17 vitamins and minerals, including Iron
- Delicious chewable vitamins in 4 fun animal shapes

DOSAGE: Children (3-13 years) chew 1 tablet daily with a meal. Adolescents (14-18) years chew 2 tablets daily with a meal. Take a few hours before or after taking other medications.





CODE: 0 646420 7877 3 NP

NPN: 80015909

SIZE: 60 Chewable Tablets

Scaled image, real size: 18 mm height



Kids Multivitamin Gummies – Orange, Cherry, Berry

- · Helps in normal growth and development
- 11 essential vitamins and minerals, iron-free
- Tasty orange, cherry and berry flavoured gummies

DOSAGE: Children 3 years and older chew 1 gummy daily with a meal.





CODE: 0 646420 7878 0

NPN: 80045219

SIZE: 60 Gummies

Scaled image, real size: 22 mm length



Omega-3 Kids Gummies – Orange, Lemon, Strawberry-Banana

- Premium, pure DHA and EPA for the maintenance of good health
- Delicious orange, lemon and strawberry-banana flavoured gummies

 $\mbox{\bf DOSAGE:}$ Children over 2 years and adolescents 9-18 years chew up to 4 gummies daily with a meal.





CODE: 0 646420 6597 1

NPN: 80044903

SIZE: 60 Fish-Shaped Gummies

Scaled image, real size: 22 mm length

Children's Vitamins and Supplements



Kids Chewable Vitamin D 400 IU

- Delicious chewable formula for bone and dental health.
- Chewable tablet with 400 IU of vitamin D₃
- Kid-approved strawberry flavour in a fun panda shape

DOSAGE: Children 2 years and older chew 1-2 tablets daily.





CODE: 0 646420 5869 0

NPN: 80015933

SIZE: 100 Panda-Shaped Tablets



Omega Krill Plus 500 mg

- Helps promote heart health
- A blend of pure Antarctic krill oil and premium deodorized fish oil
- Extra strength
- 3x more omega-3 vs. krill (300 mg) and superior absorption vs. regular fish oil
- · No fishy aftertaste

DOSAGE: Adults take 2 softgels daily.

CODE: 0 646420 7976 3 NPN: 80072133 **SIZE:** 60 Softgels







No Fishy Aftertaste Extra-Strength Omega-3 700 mg

- Helps reduce cholesterol and promote heart health
- · Extra strength
- 700 mg of EPA and DHA per softgel
- · No fishy aftertaste

DOSAGE: Adults take 1-4 softgels daily.





CODE: 0 646420 7920 6

NPN: 80066832

SIZE: 100 Softgels



No Fishy Aftertaste Ultra-Strength Omega-3 900 mg

- · Helps reduce cholesterol and promote heart health
- Ultra strength
- 900 mg of EPA and DHA per softgel
- No fishy aftertaste

DOSAGE: Adults take 1-4 softgels daily.





CODE: 0 646420 7857 5

NPN: 80070491

SIZE: 75 Softgels



No Fishy Aftertaste Omega-3-6-9

- Helps promote heart health
- The optimal blend of omega 3, 6 and 9
- No fishy aftertaste

DOSAGE: Adults take 1-3 softgels daily.





CODE: 0 646420 7921 3

NPN: 80067415

SIZE: 180 Softgels



No Fishy Aftertaste Wild Salmon & Fish Oil

- Helps promote heart and brain health
- A premium blend of wild salmon and purified fish oil
- No fishy aftertaste

DOSAGE: Adults take 3 softgels daily.





CODE: 0 646420 7919 0

NPN: 80066824

SIZE: 210 Softgels



No Fishy Aftertaste Omega-3 Ultra Strength Liquid – Sweet Lemon

- Helps reduce serum triglycerides / triacylglycerols and promote heart and brain health
- · Delicious sweet lemon flavour with no fishy taste

DOSAGE: Tastes best when served cold. Shake well before use. Adults take 1 tsp (5.7 mL) daily.





CODE: 0 646420 7915 2

NPN: 80067102

SIZE: 200 mL



No Fishy Aftertaste Omega-3 Ultra Strength Liquid – Tropical Mango

- Helps reduce serum triglycerides / triacylglycerols and promote heart and brain health
- · Delicious tropical mango flavour with no fishy taste

DOSAGE: Tastes best when served cold. Shake well before use. Adults take 1 tsp (5.7 mL) daily.





CODE: 0 646420 7931 2

NPN: 80067102

SIZE: 200 mL



Omega-3 Gummies – Orange, Lemon, Strawberry-Banana

- Helps promote brain health
- . Source of EPA and DHA for the maintenance of good health
- 3 great-tasting flavours

DOSAGE: Adults and children 2 years and older chew 4 gummies daily.





CODE: 0 646420 7490 4

NPN: 80047292

SIZE: 60 All-Natural Gummies

Scaled image, real size: 22 mm length



Omega COMPLETE Super Krill 300 mg

- Source of EPA/DHA for maintenance of good health
- More omega absorption (vs. regular fish oil)
- No fishy aftertaste
- 100% pure Antarctic krill oil
- Easy-to-swallow softgels





DOSAGE: Adults take 2 softgels daily for the maintenance of good health. Adolescents 9 years and older take 1-2 softgels daily. Children 5 years and older, under parent's supervision take 1 softgel daily.

CODE: 0 646420 7842 1

NPN: 80041556

SIZE: 75 Softgels



Omega COMPLETE Extra Strength Pure Krill 500 mg

- Helps reduce LDL and increase HDL cholesterol
- · Helps maintain cardiovascular health
- More omega absorption (vs. regular fish oil)
- 100% pure Antarctic krill oil
- · Easy-to-swallow softgels
- No fishy aftertaste

DOSAGE: Adults and adolescents 9 years and older take 1-2 softgels daily for the maintenance of good health. Children 5 years and older, under parent's supervision take 1 softgel daily.

CODE: 0 646420 7843 8

NPN: 80044844

SIZE: 60 Softgels

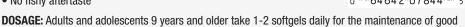




Omega COMPLETE Extra Strength Pure Krill 500 mg

- Helps reduce LDL and increase HDL cholesterol
- · Helps maintain cardiovascular health
- More omega absorption (vs. regular fish oil)
- 100% pure Antarctic krill oil
- No fishy aftertaste





5

CODE: 0 646420 7844 5

NPN: 80044844

SIZE: 100 Softgels



Omega COMPLETE Ultra Strength Pure Krill 1,000 mg

health. Children 5 years and older, under parent's supervision take 1 softgel daily.

- Helps reduce LDL and increase HDL cholesterol
- Anti-Inflammatory
- Reduces pain associated with osteoarthritis
- No fishy aftertaste
- · Superior omega absorption vs. regular fish oil

DOSAGE: Adults take 1 softgel daily, for the maintenance of good health.





CODE: 0 646420 7846 9

NPN: 80044845

SIZE: 30 Softgels



Omega COMPLETE 100% Wild Alaskan Salmon Oil 1,000 mg

- Naturally derived antioxidants support brain health
- . Source of EPA and DHA for the maintenance of good health
- · Supports heart health
- Extra-virgin, cold-pressed wild salmon oil

DOSAGE: Adults take 3 softgels daily.





CODE: 0 646420 7841 4

NPN: 80039181

SIZE: 100 Softgels



Omega-3 Select™ Mini 300 mg

- Helps reduce cholesterol and promotes heart and brain health
- Mini, easy-to-swallow softgels

DOSAGE: Adults take 1-4 softgels daily with a meal for the maintenance of good health.





CODE: 0 646420 7355 6

NPN: 80045582

SIZE: 200 Small Softgels



Omega-3 Select™ 1,000 mg

• Helps reduce cholesterol and promotes heart and brain health

DOSAGE: Adults take 2 softgels daily with a meal for the maintenance of good health.





CODE: 0 646420 6232 1

NPN: 80002596

SIZE: 150+50 Softgels



Extra Strength Omega-3 600 mg

- Helps reduce serum triglycerides / triacylglycerols
- High potency EPA and DHA to support heart health
- Supports brain health and a healthy nervous system

DOSAGE: Adults take 1 softgel daily, to help support cardiovascular health and cognitive function. Take 3 softgels daily to help reduce serum triacylglycerols/triglycerides and help to support healthy mood balance.





CODE:0 646420 2546 3

NPN: 80003179

SIZE: 80 Softgels



Omega-3 Brain[™] 1,000 mg

- · Supports healthy brain function
- · High potency DHA formula

DOSAGE: Adults take 3 softgels daily with a meal for the maintenance of good health.





CODE: 0 646420 2748 1

NPN: 80002553

SIZE: 60 Softgels



Omega-3 Calm™ 1,000 mg

- Supports positive mood balance
- Supports healthy brain function
- High potency EPA formula

DOSAGE: Adults take 3 softgels daily with a meal for the maintenance of good health.





CODE: 0 646420 2749 8

NPN: 80005760

SIZE: 60 Softgels



Omega 3-6-9 1,200 mg

- Helps promote heart and brain health
- Optimal blend of Omega 3, 6 and 9
- Derived from cold-pressed organic flax, borage and fish oils

DOSAGE: Adults take 1-3 softgels daily with a meal.





CODE: 0 646420 6231 4

NPN: 80064047

SIZE: 150+50 Softgels



Evening Primrose Oil 500 mg

- Natural source of omega-6 fatty acids, essential to the maintenance of good health
- Derived from the purest and most potent evening primrose seeds
- · Fortified with vitamin E

DOSAGE: Adults take 2 softgels 3 times daily with a meal.





CODE: 0 646420 2904 1

NPN: 02153793

SIZE: 90+90 Softgels



Flax 0il 1,000 mg

- Source of omega-3 fatty acids
- Sourced from the finest quality Canadian organic flax seeds

DOSAGE: Adults take 3 softgels daily for the maintenance of good health.





CODE: 0 646420 6234 5

NPN: 02149133

SIZE: 180+20 Softgels



Salmon & Fish Oils Omega-3 Complex 1,000 mg

- Helps promote heart and brain health
- Balanced blend of salmon and fish oils

DOSAGE: Adults take 1-3 softgels daily with a meal.





CODE: 0 646420 6705 0

NPN: 80027190

SIZE: 150+50 Softgels



Wild Salmon & Fish Oils

- · Helps promote heart and brain health
- Premium blend of wild salmon and fish oil

DOSAGE: Adults take 1-3 softgels daily with a meal.





CODE: 0 646420 6233 8

NPN: 80003356

SIZE: 180+20 Softgels

Calcium



Calcium Magnesium + Vitamin D₃

- · Helps to build strong bones and prevent osteoporosis
- Smallest caplet format
- 650 mg of calcium plus 400 IU vitamin D_a
- · High potency and highly absorbable
- Easy to swallow

DOSAGE: Adults take 1-3 Mini-Tab TM caplets daily. Take a few hours before or after taking other medications.





CODE: 0 646420 7961 9

NPN: 80007105

SIZE: 250 Mini-Tab™ Caplets



Calcium + D Gummies – Cherry, Strawberry, Orange

- Helps in the development and maintenance of bones and teeth
- \bullet Each gummy contains 250 mg of elemental calcium, 400 IU of vitamin $\rm D_3$ and 115 mg of phosphorus
- Great tasting gummies in cherry, strawberry and orange flavours

DOSAGE: Adults chew 2 gummies daily.





CODE: 0 6464207491 1

NPN: 80047137

SIZE: 60 All-Natural Gummies

Scaled image, real size: 20 mm length



Calcium Plus

- Helps to build strong bones and prevent osteoporosis
- Premium formulation with 200 mg of elemental calcium, plus vitamin D₃, vitamin K₂, magnesium, zinc, copper and manganese
- In an easy-to-absorb softgel

DOSAGE: Adults take 2 softgels daily with a meal. Take a few hours before or after taking other medications.





CODE: 0 646420 6733 3

NPN: 80028299

SIZE: 60+15 Softgels



Calcium 500 mg + Vitamin D₃ 1,000 IU

- · Helps to build strong bones and prevent osteoporosis
- Enriched with maximum potency vitamin D₃ for optimal absorption
- 500 mg of elemental calcium

DOSAGE: Adults take 1 caplet daily with a meal. Take a few hours before or after taking other medications.





CODE: 0 646420 6116 4

NPN: 80017748

SIZE: 90 Caplets



Calcium Magnesium

- Maintains bone health
- Helps to prevent bone loss and osteoporosis
- Combination of calcium (333 mg) and magnesium (167 mg)
- In the optimal 2:1 ratio for maximum absorption
- Great value 200 caplets

DOSAGE: Adults take 1 caplet 3 times daily. Take a few hours before or after taking other medications.





CODE: 0 646420 2673 6

NPN: 02040875

SIZE: 100+100 Caplets

Calcium



Calcium Magnesium + Vitamin D₃

- Helps to prevent bone loss and osteoporosis
- Calcium and magnesium in the optimal 2:1 ratio plus vitamin D_a
- Vitamin D helps in the absorption and use of calcium
- · Highly absorbable
- Great value 200 caplets

DOSAGE: Adults take 1-3 caplets daily. Take a few hours before or after taking other medications.





CODE: 0 646420 2674 3

NPN: 80007103

SIZE: 100+100 Caplets



Calcium Magnesium + Zinc

- · Helps to prevent bone loss and osteoporosis
- Calcium and magnesium in the optimal 2:1 ratio plus zinc
- Highly absorbable
- Great value 200 caplets

DOSAGE: Adults take 1-3 caplets daily with a meal. Take a few hours before or after taking other medications.





CODE: 0 646420 2902 7

NPN: 80015748

SIZE: 100+100 Caplets



Mega Cal™ Calcium 650 mg

- Maintains bone health and helps to prevent bone loss and osteoporosis
- High potency blend of 5 calcium sources
- Highly absorbable, 650 mg of calcium
- Bonus size, 100+20 Mini-Tab[™] caplets

DOSAGE: Adults take 2 Mini-Tab[™] caplets daily. Take a few hours before or after taking other medications.





CODE: 0 646420 4870 7

NPN: 80000248

SIZE: 100+20 Mini-Tab™ Caplets



Mega Cal™ Calcium 650 mg + Vitamin D₃ 400 IU

- Helps to prevent bone loss and osteoporosis.
- High potency blend of 5 calcium sources plus vitamin D₃
- Highly absorbable, 650 mg of calcium
- · Vitamin D helps in the absorption and use of calcium
- Bonus size, 100+20 Mini-Tab™ caplets

DOSAGE: Adults take 1-2 Mini-Tab $^{\text{TM}}$ caplets daily. Take a few hours before or after taking other medications.





CODE: 0 646420 4871 4

NPN: 80007105

SIZE: 100+20 Mini-Tab™ Caplets



Super Calcium 600 mg + Vitamin D₃ 400 IU

- Helps to build strong bones and prevent bone loss and osteoporosis
- 600 mg of calcium plus 400 IU of vitamin D₃
- · Highly absorbable, High potency
- Easy-to-swallow; smallest caplet format

DOSAGE: Adults take 2 Mini-Tab™ caplets daily with a meal. Take a few hours before or after taking other medications.





CODE: 0 646420 2764 1

NPN: 80002944

SIZE: 60+15 Mini-Tab™ Caplets

Calcium



Calcium Citrate + Vitamin D₃

- Helps to prevent bone loss and osteoporosis
- Easily absorbed elemental calcium citrate (200 mg) with added vitamin D₃ Mini-Tab™ caplets (50 IU)

DOSAGE: Adults take 4 caplets daily with a meal. Take a few hours before or after taking other medications.





CODE: 0 646420 2847 1

NPN: 02237590

SIZE: 120 Caplets



Calcium Chewable 350 mg — Spearmint

- · Helps to prevent osteoporosis and develops strong bones and teeth
- New and improved chewable calcium tablets
- · Better tasting and refreshing natural spearmint flavour

DOSAGE: Children 4-8 years old chew 1 tablet daily. Adults and adolescents 9 years and older chew 1 tablet 1-4 times daily. Take a few hours before or after taking other medications.





CODE: 0 646420 2693 4

NPN: 80006906

SIZE: 100 Chewable Tablets



Mega Cal™ Calcium 650 mg + D₃ 400 IU Soft Chews

Swiss Chocolate

- Helps to prevent bone loss and osteoporosis
- 650 mg of high-potency calcium from 5 sources of calcium
- Contains vitamin D₃ for optimal absorption

DOSAGE: Adults and children 1 year and older take 1 soft chew 2 times daily. Take a few hours before or after taking other medications.





CODE: 0 646420 2590 6

NPN: 80007265

SIZE: 60 Soft Chews

Mega Cal™ Calcium 650 mg + D₃ 400 IU Soft Chews

Jamieson Calcium+D3 60 Helpin to prevent bane feet. 60 Osteoporosis

French Caramel Cream

- Helps to prevent bone loss and osteoporosis
- 650 mg of high-potency calcium from 5 sources of calcium
- Contains vitamin D₃ for optimal absorption

DOSAGE: Adults and children 1 year and older take 1 soft chew 2 times daily. Take a few hours before or after taking other medications.





CODE: 0 646420 2591 3

NPN: 80007265

SIZE: 60 Soft Chews

Joint Health



BodyGUARD™ Joint & Bone

- Fast and effective joint pain relief
- 500 mg of Natural Eggshell Membrane (NEM®) which is effective in as little as 7-10 days
- Plus 1,000 IU of vitamin D₃ for bone health support

DOSAGE: Adults take 1 capsule daily.





CODE: 0 646420 7260 3

NPN: 80041781

SIZE: 30 Capsules



BodyGUARD™ Active

- Effectively relieves sore joints and maintains cartilage for those with an active lifestyle
- Formulated with patented UC-II® undenatured type II collagen
- Plus vitamin c and magnesium to support connective tissue formation and proper muscle function

DOSAGE: Adults take 1 capsule daily. Consult a health care practitioner for use beyond 3 months.





CODE: 0 646420 7261 0

NPN: 80046592

SIZE: 30 Capsules



BodyGUARD™ Anti-Inflammatory

- Effective relief of joint pain and stiffness due to inflammation
- 500 mg of premium Meriva® curcumin with enhanced bio-availability
- · Plus boswellia and ginger for additional relief

DOSAGE: Adults take 2 caplets daily.







CODE: 0 646420 6715 9

NPN: 80047832

SIZE: 60 Caplets



NEM® Natural Eggshell Membrane

- Helps to relieve joint pain and stiffness in 7-10 days
- · Premium joint care
- 500 mg of Natural Eggshell Membrane (NEM®)

DOSAGE: Adults take 1 capsule daily. Consult a health care practitioner for use beyond 2 months.





CODE: 0 646420 6991 7

NPN: 80037770

SIZE: 30 Capsules



UC-II Collagen Glucosamine Complex

- Premium joint care that reduces joint pain and develops cartilage
- 2x more effective (vs regular glucosamine and chondroitin)
- UC-II® Collagen to maintain cartilage and Glucosamine Sulfate for joint pain relief
- Plus vitamin c and magnesium to support bone health and muscle function

DOSAGE: Adults take 1 capsule daily. Consult a health care practitioner for use beyond 3 months.





CODE: 0 646420 6345 8

NPN: 80037016

SIZE: 30 Capsules

Joint Health



Glucosamine Chondroitin 500 mg

- · Provides osteoarthritis and joint pain relief
- · Helps to maintain healthy cartilage
- 300 mg of glucosamine HCl and 200 mg of chondroitin sulfate
- Easy-to-absorb softgels

DOSAGE: Adults take 2 softgels, 3 times daily with a meal. Use for a minimum of 1 month to see beneficial effects.





CODE: 0 646420 4030 5

NPN: 80000399

SIZE: 180 Softgels



Glucosamine Chondroitin 900 mg

- · Provides osteoarthritis and joint pain relief
- Helps protect against cartilage deterioration
- High potency combination of glucosamine sulfate and chondroitin sulfate
- · Extra strength caplets

DOSAGE: Adults take 1 caplet 3 times daily with a meal. Use for a minimum of 1 month to see beneficial effects.





CODE: 0 646420 2421 3

NPN: 80000372

SIZE: 125 Caplets



Glucosamine Chondroitin 900 mg

- Provides osteoarthritis and joint pain relief
- Helps protect against cartilage deterioration
- High potency combination of glucosamine sulfate and chondroitin sulfate
- Extra strength caplets
- Value size

DOSAGE: Adults take 1 caplet 3 times daily with a meal. Use for a minimum of 1 month to see beneficial effects.





CODE: 0 646420 4035 0

NPN: 80000372

SIZE: 180 Caplets



Glucosamine Chondroitin MSM 1,300 mg

- Effective joint pain relief and helps prevent cartilage deterioration
- High potency combination of glucosamine sulfate, chondroitin sulfate and MSM
- Ultra strength caplets

DOSAGE: Adults take 3 caplets daily with a meal. Avoid taking at bedtime. Use for a minimum of 1 month to see beneficial effects.





CODE: 0 646420 4036 7

NPN: 80000269

SIZE: 120 Caplets



Glucosamine Sulfate 500 mg

- · Provides effective joint pain and osteoarthritis relief
- · Regular strength caplets
- Great value

DOSAGE: Adults take 1 caplet 3 times daily with a meal. Use for a minimum of 1 month to see beneficial effects.





CODE: 0 646420 6137 9

NPN: 80000015

SIZE: 300+60 Caplets

Joint Health



Glucosamine Sulfate 500 mg

- Helps relieve joint pain and maintain healthy cartilage
- · Regular strength capsules
- Great value

DOSAGE: Adults take 1 capsule 3 times daily. Use for a minimum of 1 month to see beneficial effects.





CODE: 0 646420 4028 2

NPN: 80000006

SIZE: 360 Capsules



Glucosamine 750 mg

- · Helps relieve joint pain and maintain healthy cartilage
- Extra strength caplets with glucosamine HCl

DOSAGE: Adults take 2 caplets daily. Use for a minimum of 1 month to see beneficial effects.





CODE: 0 646420 2785 6

NPN: 80000334

SIZE: 150 Caplets



Liquid Glucosamine 1,500 mg

- Helps relieve joint pain and maintain healthy cartilage
- Maximum strength
- Delicious wild cherry flavour

DOSAGE: Shake well before use. Adults take 1 tablespoon (15 mL) daily with a meal. Refrigerate after opening. Use for a minimum of 1 month to see beneficial effects.





CODE: 0 646420 2725 2

NPN: 80001853

SIZE: 350 mL



Glucosamine Chondroitin Effervescent Drink Crystals

- Premium joint care that helps to effectively relieve joint pain
- Ultra strength joint pain relief with over 3,500 mg of actives
- Effective combination of glucosamine HCl, chondroitin sulfate, MSM and hyaluronic acid
- Delicious effervescent powdered drink mix in creamy orange flavour





DOSAGE: Adults take 1 pouch daily with a meal. In a glass of water (200 mL or 6 oz), pour in contents of one pouch, allowing effervescent action to occur (about 30-45 seconds). Use for a minimum of 3 months to see beneficial effects.

CODE: 0 646420 2197 7

NPN: 80035465

SIZE: 10 x 21 g Pouches

Scaled image, real size: 126 mm length

Digestive Health



Digestive Care™ Daily Probiotic - 45 Count

- Naturally relieves and manages IBS symptoms including gas, bloating and abdominal discomfort
- . 10 billion active cells
- · Contains 'Probi Digestis' to manage symptoms of IBS

DOSAGE: Adults take 1 capsule daily. Take at least 2-3 hours before or after taking antibiotics. To ensure maximum potency and freshness, refrigerate after opening.







CODE: 0 646420 7914 5

NPN: 80052022

SIZE: 45 Vegetarian Capsules



Digestive Care™ Daily Probiotic – 30 Count

- Naturally relieves and manages IBS symptoms including gas, bloating and abdominal discomfort
- 10 billion active cells
- · Contains 'Probi Digestis' to manage symptoms of IBS

DOSAGE: Adults take 1 capsule daily. Take at least 2-3 hours before or after taking antibiotics. To ensure maximum potency and freshness, refrigerate after opening.







CODE: 0 646420 7621 2

NPN: 80052022

SIZE: 30 Vegetarian Capsules



Digestive Care™ Travel Probiotic

- Naturally reduces the risk of traveller's diarrhea and promotes optimal digestive balance
- 10 billion active cells

DOSAGE: Adults when travelling start 2 days before departure, take 1 capsule daily with a meal and continue 2 days after return. For overall health take, 1 capsule daily with a meal, 2-3 hours before or after taking antibiotics. Keep out of the reach of children. Refrigerate after opening.







CODE: 0 646420 7622 9

NPN: 80051646

SIZE: 30 Vegetarian Capsules



Digestive Care™ Kids Daily Probiotic

- Naturally reduces the risk of infectious and antibiotic associated diarrhea and promotes optimal digestive health in children
- 5 billion active cells

DOSAGE: Children 1 to 12 years old empty contents of 1-2 sachets into cool food or drink and mix until dissolved. If using antibiotics, take at least 2-3 hours before or after. Refrigerate after opening. Keep out of the reach of children.





Scaled image



CODE: 0 646420 7623 6

NPN: 80051805

SIZE: 30 Sachets



Digestive Care™ Daily Fibre – Mixed Berry

- First and only fibre supplement that will not cause gas or bloating
- 100% naturally sourced fibre that promotes digestive health
- Dissolves completely

DOSAGE: Adults mix 1 heaping teaspoon (3.9 g) into 240 mL (8 oz) of water, up to 3 times daily.







CODE: 0 646420 7864 3

NPN: 80061769

SIZE: 50 Servings 195 g

Digestive Health



Digestive Care™ Daily Fibre – Tangerine

- First and only fibre supplement that will not cause gas or bloating
- 100% naturally sourced fibre that promotes digestive health
- Dissolves completely

DOSAGE: Adults mix 1 heaping teaspoon (3.9 g) into 240 mL (8 oz) of water, up to 3 times daily.







CODE: 0 646420 7865 0

NPN: 80061769

SIZE: 50 Servings 195 g



Probiotic 10 Billion – Daily

- One of Jamieson's recommended daily 'Essential' supplements for complete intestinal digestive health, and immune health
- Contains 8 unique strains in an easy-to-swallow capsule

DOSAGE: Adults, adolescents and children 1 year and older take 1 capsule daily with a meal. Take at least 2-3 hours before or after taking antibiotics. To ensure maximum potency and freshness, refrigerate after purchase.







CODE: 0 646420 5763 1

NPN: 80021416

SIZE: 60 Vegetarian Capsules



Probiotic 30 Billion – Extra Strength

- Balances intestinal flora for the maintenance of good digestive and immune health
- High-potency probiotic
- Contains 8 unique strains in an easy-to-swallow capsule

DOSAGE: Adults, adolescents and children 1 year and older take 1 capsule 0 ""64642"05 daily with a meal. Take at least 2-3 hours before or after taking antibiotics. To ensure maximum potency and freshness, refrigerate after purchase.







CODE: 0 646420 5764 8

NPN: 80021490

SIZE: 30 Vegetarian Capsules



Advanced 4-Strain Travel Probiotic

- For complete intestinal and digestive health
- · Each capsule contains gastrointestinal protection to survive in stomach acid
- Convenient travel tube
- · 2 Billion active cells

DOSAGE: Adults take 1-3 capsules daily with a meal and a glass of water at least 2-3 hours before or after taking antibiotics. When travelling, take 1 capsule 3 times daily. Start 2 days before departure and continue 2 days after return.







CODE: 0 646420 9003 6

NPN: 80026519

SIZE: 60 Vegetarian Capsules



Probiotic Sticks – Fruit Flavour

- Helps support digestive health
- 3 Billion active cells
- Suitable for both adults and children 3+

DOSAGE: Adults and children 3 years and older take 1 powder stick daily with a meal. Take at least 2-3 hours before or after taking antibiotics. Simply tear open, pour stick contents directly on your tongue allowing powder to dissolve and swallow. Do not mix with water.







CODE: 0 646420 5136 3

NPN: 80047086

SIZE: 30 Dissolving Powder Sticks

Scaled image, real size: 104.5 mm

Digestive Health



Chewable Probiotic – Strawberry Yogurt

- · Helps to naturally benefit intestinal health
- · 2 billion active cells
- · Suitable for both adults and children 2+

DOSAGE: Children and adolescents 2-18 years chew 1 tablet daily with a meal. Adults chew 1-2 tablets daily with a meal. To ensure maximum potency and freshness, refrigerate after purchase.







CODE: 0 646420 6147 8

NPN: 80018531

SIZE: 60 Chewable Tablets

Probiotic Gummies – Berry Blast

- · Balances intestinal flora for optimal digestive health
- 1 billion active cells
- · Delicious raspberry-flavoured gummy
- Suitable for both adults and children 3+

DOSAGE: Children 3+, adolescents and adults chew 1 gummy daily. Take at least 2-3 hours before or after taking antibiotics/antifungals.





CODE: 0 646420 7852 0

NPN: 80060923

SIZE: 45 All Natural Gummies



Acidophilus Probiotic Complex

- · For complete intestinal and digestive health
- · Maintains and restores intestinal flora
- 1 billion active cells

DOSAGE: Adults take 1-3 caplets daily with a meal. Take at least 2-3 hours before or after taking antibiotics. To ensure maximum potency and freshness, refrigerate after purchase.







CODE: 0 646420 2066 6

NPN: 80016553

SIZE: 100 Caplets



Super Strain Acidophilus

- For complete intestinal and digestive health
- Maintains and restores intestinal flora
- 2 billion active cells

DOSAGE: Adults and adolescents take 1 capsule daily with a meal. To ensure maximum potency and freshness, refrigerate after purchase.







CODE: 0 646420 2827 3

NPN: 80023127

SIZE: 90 Capsules



Nutrisentials™ Digestive Enzymes

- · Supports healthy digestion
- Plant-source enzymes to support the digestion of protein, fat, carbohydrates, starch, dairy and fibre

DOSAGE: Adults take 1 caplet 3 times daily with a meal. For prolonged use, consult a health care practitioner.





CODE: 0 646420 2718 4

NPN: 02242303

SIZE: 90 Caplets

Vitamin A



Vitamin A 10,000 IU + Vitamin D₃ 800 IU - Premium

- Supports optimal eye and skin health.
- \bullet Provides vitamin $\mathrm{D_3}$ for the development and maintenance of healthy skin, bones and teeth

DOSAGE: Adults take 1 softgel daily with a meal.





CODE: 0 646420 2013 0

NPN: 80010247

SIZE: 100 Softgels



Vitamin A 10,000 IU

• Supports optimal eyesight, night vision, skin health, bones and teeth **DOSAGE:** Adults take 1 softgel daily with a meal.





CODE: 0 646420 2010 9

NPN: 00297720

SIZE: 100 Softgels



Cod Liver Oil

- Helps support eyesight, skin health, and bone development
- Immune support
- High in essential fatty acid omega-3
- Provides high levels of vitamin A and D

DOSAGE: Adults take 1 softgel twice daily.





CODE: 0 646420 2236 3

NPN: 80029842

SIZE: 100 Softgels



High Potency Biotin Gummies - Sweet Lemon, Mango Peach &

Tropical Punch

- Promotes thicker hair, healthier skin and stronger nails
- High potency with 2,500 mcg per serving

DOSAGE: Adults chew two gummies daily.





CODE: 0 646420 7968 8

NPN: 80063126

SIZE: 100 All-Natural Gummies



B₁₂ Peppermint Spray – Natural Peppermint

- Naturally energizing
- Helps the body to metabolize carbohydrates, proteins and fats
- Advanced formula; made with methylcobalamin for faster-acting energy
- Delicious and convenient travel-friendly energy spray

DOSAGE: Shake well before use. Adults spray directly into mouth 1-2 times daily.







CODE: 0 646420 7923 7

NPN: 80059976

SIZE: 58 ml/125 Sprays



B₁₂ 5,000 mcg (Methylcobalamin)

- Naturally energizing, high potency B₁₂
- Advanced formula made with methylcobalamin for faster acting energy
- Delicious, fast-melting natural cherry-flavoured tablet

DOSAGE: Adults dissolve 1 tablet daily on or under tongue. Consult a health care practitioner for use beyond four months.





CODE: 0 646420 7929 9

NPN: 80069433

SIZE: 45 Sublingual Tablets



Biotin 10,000 mcg

- Promotes thicker hair, healthier skin and stronger nails
- Ultra strength, high potency biotin
- Easy to swallow

DOSAGE: Adults take 1 softgel daily. Consult a health care practitioner for use beyond one month.





CODE: 0 646420 7876 6

NPN: 80065916

SIZE: 45 Softgels



Vitamin B₁₂ 1,000 mcg Value Size (Methylcobalamin)

- Naturally energizing
- Advanced formula made with methylcobalamin for faster-acting energy
- Delicious, fast-melting natural cherry-flavoured tablet

DOSAGE: Adults dissolve 1 tablet daily on or under tongue.





CODE: 0 646420 7957 2

NPN: 80012952

SIZE: 150 Sublingual Tablets



Biotin 250 mcg

· Converts carbohydrates, proteins and fats to energy

DOSAGE: Adults take 2 tablets daily with a meal.





CODE: 0 646420 2258 5

NPN: 00437522

SIZE: 100 Tablets



Biotin 1,000 mcg

- · Converts carbohydrates, proteins and fats to energy
- · High potency formula

DOSAGE: Adults take 1 tablet daily. Consult a health care practitioner for use beyond 1 month.







CODE: 0 646420 7533 8

NPN: 80052140

SIZE: 60 Tablets



Biotin 5,000 mcg

- · Helps promote healthy hair, skin and nails
- Extra strength, high potency biotin
- Easy to swallow

DOSAGE: Adults take 1 softgel daily. Consult a health care practitioner for use beyond 1 month.





CODE: 0 646420 7883 4

NPN: 80063164

SIZE: 60 Softgels



Folic Acid 400 mcg/0.4 mg

- Essential prenatal nutrient for women pre- and post-conception
- Helps reduce risk of neural tube defects in pregnancy

DOSAGE: Adults take 1 tablet daily.







CODE: 0 646420 2765 8

NPN: 02230055

SIZE: 200 Tablets



Folic Acid 1,000 mcg/1 mg

- · High potency formula
- Essential prenatal nutrient for women pre- and post-conception
- Helps reduce risk of neural tube defects

DOSAGE: Adults take 1 tablet daily.





CODE: 0 646420 2082 6

NPN: 00318973

SIZE: 100 Tablets



Niacin 500 mg

- An essential B complex vitamin
- Supports overall cardiovascular health and circulation
- · Converts carbohydrates, proteins and fats to energy

DOSAGE: Adults take 1 caplet daily with a meal.





CODE: 0 646420 2207 3

NPN: 00309737

SIZE: 100 Caplets



Niacin 500 mg with Inositol — Flush-Free Formula

- An essential B complex vitamin
- · Supports overall cardiovascular health and circulation

DOSAGE: Adults take 1 caplet daily with a morning or midday meal.





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CODE: 0 646420 2523 4

NPN: 02244702

SIZE: 60 Caplets



Vitamin B₁ 100 mg (Thiamine)

- Promotes a healthy nervous system
- Aids in red blood cell and tissue formation
- Converts carbohydrates, proteins and fats to energy

DOSAGE: Adults take 1 tablet daily with a meal.





CODE: 0 646420 2020 8

NPN: 00407011

SIZE: 100 Tablets



Vitamin B₂ 100 mg (Riboflavin)

- Converts carbohydrates, proteins and fats to energy
- Promotes a healthy nervous system
- · Aids in red blood cell and tissue formation

DOSAGE: Adults take 1 tablet daily with a meal.







CODE: 0 646420 2209 7

NPN: 00309702

SIZE: 100 Tablets



Vitamin B₆ 50 mg (Pyridoxine)

- Helps in tissue formation
- Converts carbohydrates, proteins and fats to energy

DOSAGE: Adults take 1 tablet daily with a meal.





CODE: 0 646420 2204 2

NPN: 00305227

SIZE: 100 Tablets



Vitamin B₆ **100 mg** (Pyridoxine)

- Helps in tissue formation
- · Converts carbohydrates, proteins and fats to energy

DOSAGE: Adults take 1 tablet daily with a meal.





CODE: 0 646420 2022 2

NPN: 00329185

SIZE: 100 Tablets



Vitamin B₆ 250 mg (Pyridoxine)

- Helps in tissue formation
- Converts carbohydrates, proteins and fats to energy

DOSAGE: Adults take 1 caplet daily with a meal.







CODE: 0 646420 2019 2

NPN: 00331031

SIZE: 100 Caplets



$B_6 + B_{12}$ and Folic Acid

- · Converts carbohydrates, proteins and fats to energy
- · Homocysteine formula
- Supports cardiovascular health
- Reduces blood homocysteine levels

DOSAGE: Adults take 1 tablet daily.







CODE: 0 646420 5326 8

NPN: 80021128

SIZE: 90+20 Tablets



Vitamin B₁₂ 50 mcg (Methylcobalamin)

- Naturally energizing
- Improved formula; now made with methylcobalamin for faster-acting energy

DOSAGE: Adults take 1 tablet daily with a meal.





CODE: 0 646420 2205 9

NPN: 00305243

SIZE: 100 Tablets



Vitamin B₁₂ 100 mcg (Methylcobalamin)

- Naturally energizing
- Improved formula; now made with methylcobalamin for faster-acting energy

DOSAGE: Adults take 1 tablet daily with a meal.





CODE: 0 646420 2044 4

NPN: 00331015

SIZE: 100 Tablets



Vitamin B₁₂ 250 mcg (Methylcobalamin)

- Naturally energizing
- Advanced formula; now made with methylcobalamin for faster-acting energy

DOSAGE: Adults take 1 tablet daily with a meal.





CODE: 0 646420 2069 7

NPN: 00335940

SIZE: 100 Tablets



Vitamin B₁₂ Energy Spray – Natural Raspberry

- Naturally energizing
- Advanced formula; now made with methylcobalamin and hydroxocobalamin for faster-acting energy
- · Delicious and convenient travel-friendly energy spray
- Natural raspberry flavour

DOSAGE: Shake well before use. Adults spray directly into mouth 1-2 sprays daily.





V

CODE: 0 646420 7860 5

NPN: 80059976

SIZE: 58 mL/125 Sprays



Vitamin B₁₂ 1,000 mcg Sublingual Tablets (Methylcobalamin)

- · High potency formula
- Naturally energizing
- · Advanced formula; made with methylcobalamin for faster-acting energy
- Delicious, fast-melting natural cherry tablet

DOSAGE: Adults dissolve 1 tablet daily on or under tongue.



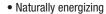


CODE: 0 646420 5746 4

NPN: 80012952

SIZE: 100 Sublingual Tablets

Vitamin \mathbf{B}_{12} 1,000 mcg Fast Dissolving Strips (Methylcobalamin)



- · Advanced formula; made with methylcobalamin for faster-acting energy
- Fast-dissolving strips in a natural and refreshing mint flavour

DOSAGE: Adults dissolve 1 strip on the tongue daily.







CODE: 0 646420 2777 1

NPN: 80006297

SIZE: 30 Strips

Scaled image, real size: 47 mm



Vitamin B₁₂ 1,200 mcg (Methylcobalamin) — Timed Release

- High potency timed-release technology for sustained energy throughout the day
- Advanced formula; now made with methylcobalamin for faster-acting energy
- · Naturally energizing

DOSAGE: Adults take 1 tablet daily.





CODE: 0 646420 2823 5

NPN: 00480878

SIZE: 60+20 Tablets



Vitamin B₁₂ 2,500 mcg Sublingual Tablets (Methylcobalamin)

- Naturally energizing
- Advanced formula; made with methylcobalamin for faster acting energy
- High potency formula
- · Delicious, fast-melting natural cherry tablet

DOSAGE: Adults dissolve 1 tablet daily on or under tongue.





V

CODE: 0 646420 7477 5

NPN: 80051049

SIZE: 60 Sublingual Tablets



Chewable B Complex – Berry Bliss

- Naturally energizing and stress-relieving
- · Converts carbohydrates, proteins and fats to energy
- A balanced blend of 10 key B vitamins
- · Delicious chewable formula

DOSAGE: Adults chew 1-2 tablets daily.







CODE: 0 646420 6599 5

NPN: 80025045

SIZE: 90 Tablets



B Complex 50 mg

- · Naturally energizing and stress-relieving
- · Converts carbohydrates, proteins and fats to energy

DOSAGE: Adults take 1-2 caplets daily with a meal.





CODE: 0 646420 4885 1

NPN: 00598577

SIZE: 90+30 Caplets



B Complex 75 mg

- Naturally energizing and stress-relieving
- Converts carbohydrates, proteins and fats to energy
- · Extra strength

DOSAGE: Adults take 1 caplet daily with a meal.







CODE: 0 646420 2254 7

NPN: 00598569

SIZE: 90 Caplets



B Complex 100 mg – Timed Release

- · Converts carbohydrates, proteins and fats to energy
- · Naturally energizing and stress-relieving
- Ultra strength potency for energy and anti-stress

DOSAGE: Adults take 1 caplet daily with a meal.





CODE: 0 646420 2170 0

NPN: 00498815

SIZE: 60 Caplets



B Complex 100 mg – Timed Release

- Converts carbohydrates, proteins and fats to energy
- · Naturally energizing and stress-relieving
- Ultra strength potency for energy and anti-stress

DOSAGE: Adults take 1 caplet daily with a meal.







CODE: 0 646420 2548 7

NPN: 00498815

SIZE: 90+30 Caplets



B Complex + Vitamin C

- Essential B vitamins blended with vitamin C
- Naturally energizing and stress-relieving
- Support a healthy immune system
- Converts carbohydrates, proteins, fats to energy

DOSAGE: Adults take 2 caplets daily with a meal.







CODE: 0 646420 2015 4

NPN: 00123803

SIZE: 100 Caplets



Stressease™

- Stress-relief formula
- Naturally energizing
- Supports a healthy nervous system
- Multivitamin and mineral support

DOSAGE: Adults take 1 caplet daily with a meal. Take a few hours before or after taking other medications.





CODE: 0 646420 2295 0

NPN: 02174383

SIZE: 90 Caplets



Chewable Vitamin C 500 mg – Tangy Orange

- Supports a healthy immune system
- · Provides antioxidant support for overall good health
- Great value
- Delicious chewable format in tangy orange flavour

DOSAGE: Adults chew 1-4 tablets daily.





CODE: 0 646420 7958 9

NPN: 01994336

SIZE: 330 Chewable Tablets



Chewable Vitamin C 500 mg – Mixed 3 Flavours

- Supports a healthy immune system
- Provides antioxidant support for overall good health
- Great value per pill
- · Delicious chewable format in cherry, tropical and orange fruit flavours

DOSAGE: Adults chew 1-4 tablets daily.





CODE: 0 646420 7959 6

NPN: 01994336

SIZE: 330 Chewable Tablets



Vitamin C Gummies – Tangy Orange

- Supports a healthy immune system
- · Provides antioxidant support for overall good health
- The only vitamin C gummy available in the Canadian mass market
- · Naturally flavoured, gelatin-free gummy

DOSAGE: Adults chew 2 gummies daily.





CODE: 0 646420 7067 8

NPN: 80040321

SIZE: 60 All-Natural Gummies



High Potency Energy-C Sachet 1,000 mg – Tangerine Orange

- Supports a healthy immune system
- Provides antioxidant support for overall good health
- Delicious drink mix with vitamins C, B vitamins and electrolytes
- Natural, tangerine orange flavour

DOSAGE: Adults take one sachet daily with food. Dissolve in 1 cup (8 oz) of water. Take a few hours before or after taking other medications.





CODE: 0 646420 7071 5

NPN: 80041262

SIZE: 14 Sachets

Scaled image, real size: 95 mm height



- · Provides antioxidant support for overall good health
- Fun to drink, bubbly, effervescent tablets with 1,000 mg of vitamin C

DOSAGE: Adults dissolve 1 tablet in 4-6 oz of cold water. Take once daily.







CODE: 0 646420 6735 7

NPN: 80028634

SIZE: 10 Effervescent Tablets



Chewable Vitamin C 500 mg + D 500 IU – Morello Cherry

- Supports a healthy immune system
- Provides antioxidant support for overall good health
- Unique combination of vitamins C and D in the same product
- Delicious chewable format in tart morello cherry flavour

DOSAGE: Adults chew 1-2 tablets daily.





CODE: 0 646420 5196 7

NPN: 80059983

SIZE: 75 Chewable Tablets



Chewable Vitamin C 500 mg – Tangy Orange

- Supports a healthy immune system
- Provides antioxidant support for overall good health
- The #1 selling vitamin C product in Canada
- Delicious chewable format in tangy orange flavour

DOSAGE: Adults chew 1-4 tablets daily.





V

CODE: 0 646420 2031 4

NPN: 01994336

SIZE: 100+20 Chewable Tablets



Chewable Vitamin C 500 mg – Tropical Fruit

- Supports a healthy immune system
- Provides antioxidant support for overall good health
- Delicious chewable format in tropical fruit flavour

DOSAGE: Adults chew 1-4 tablets daily.





CODE: 0 646420 2457 2

NPN: 01994336

SIZE: 100+20 Chewable Tablets



Chewable Vitamin C 500 mg – Citrus Fruit

- Supports a healthy immune system
- Provides antioxidant support for overall good health
- Delicious chewable format in citrus fruit flavour

DOSAGE: Adults chew 1-4 tablets daily.







CODE: 0 646420 2458 9

NPN: 01994336

SIZE: 100+20 Chewable Tablets



Chewable Vitamin C 500 mg — Mixed 3 Flavours

- Supports a healthy immune system
- Provides antioxidant support for overall good health
- Delicious chewable format in cherry, tropical and orange flavours

DOSAGE: Adults chew 1-4 tablets daily.





CODE: 0 646420 2883 9

NPN: 01994336

SIZE: 100+20 Chewable Tablets



Chewable Vitamin C 500 mg – Juicy Wild Blueberry

- Supports a healthy immune system
- · Provides antioxidant support for overall good health
- · Delicious chewable format in juicy wild blueberry flavour

DOSAGE: Adults chew 1-4 tablets daily.





CODE: 0 646420 2617 0

NPN: 01994336

SIZE: 100+20 Chewable Tablets



Chewable Vitamin C 500 mg – Natural Sweet Grape

- Supports a healthy immune system
- · Provides antioxidant support for overall good health
- Delicious chewable format in sweet grape flavour

DOSAGE: Adults chew 1-4 tablets daily.





CODE: 0 646420 5201 8

NPN: 01994336

SIZE: 100+20 Chewable Tablets



Vitamin C 500 mg

- Supports a healthy immune system
- · Provides antioxidant support for overall good health

DOSAGE: Adults take 1-4 caplets daily.





CODE: 0 646420 2029 1

NPN: 02163268

SIZE: 100+20 Caplets



Vitamin C 500 mg – Timed Release

- Supports a healthy immune system
- · Provides antioxidant support for overall good health
- Timed release format provides a gradual release of nutrients

DOSAGE: Adults take 1-4 caplets daily.





CODE: 0 646420 2296 7

NPN: 80020803

SIZE: 100 Caplets



Vitamin C 500 mg – Timed Release Capsule

- · Supports a healthy immune system
- · Provides antioxidant support for overall good health
- Easy-to-swallow capsule
- Timed release format provides a gradual release of nutrients

DOSAGE: Adults take 1-4 capsules daily.





CODE: 0 646420 2257 8

NPN: 00373699

SIZE: 100 Capsules



Exxtra-C™ 1,000 mg - Timed Release

- Supports a healthy immune system
- · Provides antioxidant support for overall good health
- 1,000 mg of high potency superior vitamin C
- Timed release format allows for full absorption of all 1,000 mg

DOSAGE: Adults take 1-2 capsules daily.





CODE: 0 646420 5170 7

NPN: 80008346

SIZE: 75 Vegetarian Capsules



Vitamin C 1,000 mg

- Supports a healthy immune system
- Provides antioxidant support for overall good health
- 1,000 mg of vitamin C to support a healthy immune system

DOSAGE: Adults take 1 caplet daily.





CODE: 0 646420 2078 9

NPN: 00305235

SIZE: 100 Caplets



Vitamin C 1,000 mg - Timed Release

- Supports a healthy immune system
- · Provides antioxidant support for overall good health
- 1,000 mg of premium, natural vitamin C
- Timed release format allows for full absorption of all 1,000 mg

DOSAGE: Adults take 1-2 caplets daily.





CODE: 0 646420 2125 0

NPN: 00341207

SIZE: 100 Caplets

Be Safe In the Sun

Jamieson has partnered with the Canadian Cancer Society to help reduce the risk of skin cancer by promoting vitamin D as a safer alternative to UV rays.

All of Jamieson's "sunshine vitamins" are now wrapped in yellow to help consumers be sun-smart!



WORKING TOGETHER



Canadian Cancer Society

cancer.ca



Vitamin D



Vitamin D₃ 1,000 IU

- Promotes the development of bones and aids in the absorption of calcium
- Supports a healthy immune system and bone health.
- Great value
- · New, smaller and improved tablets

DOSAGE: Adults take 1 tablet daily.





CODE: 0 646420 7960 2

NPN: 80000436

SIZE: 500 Tablets



Vitamin D₃ Spray – Natural Orange Flavour

- Supports a healthy immune system
- Promotes the development of bones and aids in the absorption of calcium
- A delicious, fast-acting and convenient way to deliver 1,000 IU of vitamin D₂ in each spray
- Excellent for those who have difficulty or prefer not to swallow pills

DOSAGE: Shake well before use. Adults spray directly into mouth once daily.





CODE: 0 646420 7862 9

NPN: 80059977

SIZE: 58 mL



Vitamin D₃ Gummies 1,000 IU – Orange, Strawberry, Lemon

- Supports a healthy immune system
- Promotes the development of bones and aids in the absorption of calcium
- \bullet Great-tasting all-natural gummies delivering 1,000 IU of pure, naturally sourced vitamin D $_{_{\rm q}}$

DOSAGE: Adults chew 1 gummy daily.





CODE: 0 646420 7068 5

NPN: 80041741

SIZE: 60 All-Natural Gummies



Vitamin D₃ Droplets 1,000 IU

- Supports a healthy immune system
- Promotes the development of bones and aids in the absorption of calcium
- Unique delivery format provides 1,000 IU of Quali-D™ Vitamin D₃ per liquid drop

DOSAGE: Adults take 1 droplet daily. Apply directly on the tongue and swallow.





CODE: 0 646420 7034 0

NPN: 80027799

SIZE: 11.4 mL (360 Droplets)

Scaled image, real Size: 61 mm length



Vitamin D₃ 1,000 IU Sublingual Tablets

- Supports a healthy immune system
- Promotes the development of bones and aids in the absorption of calcium
- An alternative fast-dissolving sublingual format for those who prefer not to swallow tablets and capsules

DOSAGE: Adults dissolve 1 tablet daily on or under tongue.





CODE: 0 646420 6926 9

NPN: 80031624

SIZE: 150 Sublingual Tablets

Vitamin



Vitamin D₃ 400 IU

- · Supports a healthy immune system
- Promotes the development of bones and aids in the absorption of calcium
- Lower potency, high-quality-sourced Quali[™]-D vitamin D_a in each tablet
- New, smaller and improved tablets

DOSAGE: Adults take 1-2 tablets daily with a meal.







Vitamin D₃ 1,000 IU

CODE: 0 646420 2429 9

- Supports a healthy immune system
- Promotes the development of bones and aids in the absorption of calcium

NPN: 02242175

- Provides 1,000 IU of high quality sourced, Quali[™]-D vitamin D_a
- New, smaller and improved tablets

DOSAGE: Adults take 1 tablet daily.





CODE: 0 646420 2200 4

NPN: 80000436

SIZE: 100 Tablets



Vitamin D₃ 1,000 IU

- Supports a healthy immune system
- · Promotes the development of bones and aids in the absorption of calcium
- Canada's #1 selling Vitamin D
- Provides 1,000 IU of high quality sourced, Quali[™]-D vitamin D_a

DOSAGE: Adults take 1 tablet daily.





CODE: 0 646420 5254 4

NPN: 80000436

SIZE: 200+40 Tablets



Vitamin D₃ 1,000 IU — Premium

- Supports a healthy immune system
- · Promotes the development of bones and aids in the absorption of calcium
- Easy-to-swallow softgel format
- Provides 1,000 IU of high quality sourced, Quali[™]-D vitamin D₃

DOSAGE: Adults take 1 softgel daily.





CODE:0 646420 6106 5

NPN: 80017530

SIZE: 150+30 Softgels



Chewable Vitamin D₃ 1,000 IU – Natural Chocolate Flavour · Supports a healthy immune system

- Promotes the development of bones and aids in the absorption of calcium
- Delicious chocolate flavoured chewable tablets infused with 1,000 IU of, naturally sourced Quali™-D vitamin D₃

DOSAGE: Adults chew 1 tablet daily.





CODE: 0 646420 5253 7

NPN: 80016452

SIZE: 100 Chewable Tablets

Vitamin D



Chewable Vitamin D_3 1,000 IU — Natural Tangy Orange

- Supports a healthy immune system
- Promotes the development of bones and aids in the absorption of calcium
- \bullet Delicious orange flavoured chewable tablets infused with 1,000 IU of naturally sourced QualiTM-D vitamin D $_3$

DOSAGE: Adults chew 1 tablet daily.





CODE: 0 646420 6171 3 NPN: 80016452 **SIZE:**100 Chewable Tablets

Vitamin E



Vitamin E 67 mg AT / 100 IU

• Provides antioxidant support for the maintenance of good health

DOSAGE: Adults and children over 12 years of age take 1 softgel daily with a meal.





CODE: 0 646420 2028 4

NPN: 00122823

SIZE: 100 Softgels



Vitamin E 134 mg AT / 200 IU

• Provides antioxidant support for the maintenance of good health **DOSAGE:** Adults take 1 softgel daily.





CODE: 0 646420 2032 1

NPN: 00122831

SIZE: 100 Softgels



Balanced Vitamin E Complex 268 mg AT / 400 IU

Provides antioxidant support for the maintenance of good health
 DOSAGE: Adults take 1 softgel daily with a meal.





CODE: 0 646420 4234 7

NPN: 80013178

SIZE: 120 Softgels



Vitamin E 268 mg AT / 400 IU

• Provides antioxidant support for the maintenance of good health **DOSAGE:** Adults take 1 softgel daily with a meal.





CODE: 0 646420 2037 6

NPN: 00122858

SIZE: 100+20 Softgels



Vitamin E 536 mg AT / 800 IU

• Provides antioxidant support for the maintenance of good health **DOSAGE:** Adults take 1 softgel daily with a meal.





CODE: 0 646420 2047 5

NPN: 00330191

SIZE: 50 Softgels



Magnesium Night 100 mg

- Supports proper muscle function, better sleep quality and bone health
- Delivers 100 mg of magnesium and 3 mg of melatonin
- Complex of 5 magnesium sources
- Extra strength

DOSAGE: Adults take 1 tablet daily, at or before bedtime. Do not drive or use machinery for 5 hours after taking. Consult a health care practitioner for use beyond 1 month.





CODE: 0 646420 6717 3

NPN: 80046314

SIZE: 100 Tablets



Magnesium Drink Mix 300 mg – Lemon Lime

- Helps develop and maintain bones and supports muscle function
- Combination of two sources delivering 300 mg of magnesium
- Ultra strength; 6x strength of our regular 50 mg magnesium
- Potent and fast absorbing
- 52 servings

DOSAGE: For best results, adults dissolve 1 scoop (4.38 g) in 1 cup (250 mL) of hot water daily.







CODE: 0 646420 7760 8

NPN: 80063975

SIZE: 228 g Drink Mix/4.38 g/serving



High Potency Magnesium 500 mg + D₃ 500 IU

- Helps develop and maintain bones and supports muscle function
- · High potency and highly absorbable
- Natural complex of 5 magnesium sources plus vitamin D to aid in absorption and support bone health
- Ultra strength; 10x strength of our regular 50 mg magnesium

DOSAGE: Adults take 1 caplet daily.







CODE: 0 646420 7476 8

NPN: 80048427

SIZE: 60 Caplets



Effervescent Magnesium 200 mg – Citrus Punch

- Supports bone health and muscle function
- Complex of 3 magnesium sources plus vitamins D₃ and K₄
- Extra strength; 4x strength of our regular 50 mg magnesium

DOSAGE: Adults dissolve 1 tablet daily in 4-6 oz of cool water.





CODE: 0 646420 7058 6

NPN: 80036998

SIZE: 10 Effervescent Tablets

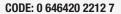


Magnesium 50 mg

- Helps develop and maintain bones and supports muscle function
- · Highly absorbable
- Complex of 5 magnesium sources
- · Regular strength

DOSAGE: Adults take 1 tablet 2 times daily with a meal.





NPN: 02040921

SIZE: 100 Tablets



Magnesium 100 mg

- · Helps develop and maintain bones and supports muscle function
- Highly absorbable
- Complex of 5 magnesium sources
- Extra strength; 2x strength of our regular 50 mg magnesium

DOSAGE: Adults and children 14 years and older take 1 tablet 2 times daily.





CODE: 0 646420 2210 3

NPN: 02068400

SIZE: 100 Tablets



Magnesium 250 mg

- Helps develop and maintain bones and supports muscle function
- High potency and highly absorbable
- Natural complex of 3 magnesium sources
- Ultra strength; 5x the strength of our regular 50 mg magnesium

DOSAGE: Adults take 1 caplet 2 times daily.





CODE: 0 646420 2707 8

NPN: 80005079

SIZE: 90 Caplets



Chelated Chromium 200 mcg

- · Helps metabolize carbohydrates and fats
- · Supports healthy glucose metabolism
- · Chelated chromium for optimal absorption

DOSAGE: Adults take 1 tablet daily.





CODE: 0 646420 2288 2

NPN: 00496685

SIZE: 100 Tablets



Iron 50 mg - Timed Release

- Helps to prevent iron deficiency
- · Timed release formula providing a gradual release of iron

DOSAGE: Adults take 1 caplet daily with a meal. Take a few hours before or after taking other medications.





CODE: 0 646420 2496 1

NPN: 00341185

SIZE: 60 Caplets



Potassium 50 mg

- Electrolyte supplement for the maintenance of good health
- · Regular strength 50 mg potassium caplets

DOSAGE: Adults take 1 tablet daily.





CODE: 0 646420 2218 9

NPN: 80027169

SIZE: 100 Tablets



Potassium 100 mg – Timed Release

- Electrolyte supplement for the maintenance of good health
- Timed release formula providing a gradual release of potassium
- Extra strength 100 mg potassium caplets

DOSAGE: Adults take 1 caplet daily with a meal.





V

CODE: 0 646420 2137 3

NPN: 80027314

SIZE: 100 Caplets



Selenium 50 mcg

- Provides antioxidant support to help maintain healthy blood cells and tissues
- Regular strength 50 mcg selenium tablets

DOSAGE: Adults take 1 tablet 3 times daily with a meal.





V

CODE: 0 646420 2167 0

NPN: 00554987

SIZE: 100 Tablets



Selenium 100 mcg

- Provides antioxidant support to help maintain healthy blood cells and tissues
- Extra strength 100 mcg selenium tablets

DOSAGE: Adults take 1 tablet 2 times daily with a meal.





CODE: 0 646420 2393 3

NPN: 00633380

SIZE: 100 Tablets



Selenium 50 mcg with Beta-carotene, Vitamins C and E

- Provides antioxidant support to help maintain healthy blood cells and tissues
- Plus beta-carotene and vitamins C and E
- Regular strength 50 mcg yeast-free selenium tablets

DOSAGE: Adults take 1 tablet daily with a meal.







CODE: 0 646420 2169 4

NPN: 01938754

SIZE: 60 Tablets



Zinc 10 mg

- Immune system support
- Helps the body metabolize carbohydrates, fat and protein
- · Highly absorbable
- Regular strength 10 mg zinc tablets

DOSAGE: Adults take 1 tablet daily with a meal. Take a few hours before or after taking other medications.





CODE: 0 646420 2159 5

NPN: 00297666

SIZE: 100 Tablets



Zinc 25 mg

- Immune system support
- Helps the body metabolize carbohydrates, fat and protein
- Highly absorbable
- Extra strength 25 mg zinc tablets

DOSAGE: Adults take 1 tablet daily with a meal. Take a few hours before or after taking other medications.





CODE: 0 646420 2191 5

NPN: 00441589

SIZE: 100 Tablets



Zinc 50 mg

- Immune system support
- Helps the body metabolize carbohydrates, fat and protein
- Highly absorbable
- Ultra strength 50 mg zinc tablets

DOSAGE: Adults take 1 tablet daily with a meal. Take a few hours before or after taking other medications.





CODE: 0 646420 2330 8

NPN: 00505463

SIZE: 100 Tablets



Zinc 50 mg – Timed Release

- Immune system support
- Helps the body metabolize carbohydrates, fat and protein
- Timed release formula provides a gradual release of zinc
- Ultra strength 50 mg zinc tablets

DOSAGE: Adults take 1 tablet daily with a meal. Take a few hours before or after taking other medications.





CODE: 0 646420 2279 0

NPN: 00480886

SIZE: 90 Tablets

Natural Cold and Flu Care



FluShield

- Clinically tested to help relieve symptoms of colds, flu and sore throats
- FluShield is effective and naturally formulated with the patented Echinacea Polinacea®, exclusive to Jamieson

DOSAGE: Adults take 1 softgel 3 times daily. Consult a health care practitioner for use beyond 2 months.





CODE: 0 646420 5805 8

NPN: 80005695

SIZE: 20 Softgels



Zinc Lozenges with Echinacea, Vitamins C and D – Wild Cherry

- Provides relief from symptoms of the common cold such as dry, sore throats
- Helps support the immune system
- Enriched with echinacea, vitamins C and D, chamomile, and ginger

DOSAGE: Adults 19 years and older take at first sign of cold, flu, dry or sore throat, to a maximum of 5 lozenges daily. Dissolve lozenges slowly in the mouth, after a meal. Take a few hours before or after taking other medications.





CODE: 0 646420 4962 9

NPN: 80023577

SIZE: 30 Lozenges



Zinc Lozenges with Echinacea, Vitamins C and D – Honey Lemon

- Provides relief from symptoms of the common cold such as dry, sore throats
- Helps support the immune system
- Enriched with echinacea, vitamins C and D, chamomile, and ginger

DOSAGE: Adults 19 years and older take at first sign of cold, flu, dry or sore throat, to a maximum of 5 lozenges daily. Dissolve lozenges slowly in the mouth, after a meal. Take a few hours before or after taking other medications.





CODE: 0 646420 2655 2

NPN: 80023577

SIZE: 30 Lozenges



Zinc Lozenges with Echinacea, Vitamins C and D – Lemon Flavour

- Provides relief from symptoms of the common cold such as dry, sore throats
- Helps support the immune system
- Lemon flavoured zinc lozenges with menthol for a cooling sensation
- Enriched with echinacea, vitamins C and D, chamomile and ginger

DOSAGE: Adults 19 years and older take at first sign of cold, flu, dry or sore throat, to a maximum of 5 lozenges daily. Dissolve lozenges slowly in the mouth, after a meal. Take a few hours before or after taking other medications.





CODE: 0 646420 2326 1

NPN: 80023577

SIZE: 60 Lozenges

Herbs (Echinacea)



Echinacea (Echinacea angustifolia) 1,000 mg - Premium

- Helps fight off infections
- · Helps relieve and shorten the duration of colds and flu
- Relieves upper respiratory tract infections
- Premium formula of pure Echinacea angustifolia

DOSAGE: Adults take 1 softgel 3 times daily. Consult a health care practitioner for use beyond 2 months.





CODE: 0 646420 2208 0

NPN: 02194015

SIZE: 30 Softgels



Echinacea 300 mg (Echinacea purpurea) with Garlic and Ginger

- Helps fight off infections
- Helps relieve and shorten the duration of colds and flu
- Relieves upper respiratory tract infections
- · Fortified with garlic and ginger

DOSAGE: Adults take 3 capsules 3 times daily at the first sign of a cold or infection. Consult a health care practitioner for use beyond 2 months.





CODE: 0 646420 4531 7

NPN: 80029582

SIZE: 45 Capsules



Echinacea (Echinacea purpurea) 350 mg

- Helps fight off infections
- · Helps relieve and shorten the duration of colds and flu
- Relieves upper respiratory tract infections

DOSAGE: Adults and children 5 years and older take 3 capsules per day. Take at the first sign of infection. Consult a health care practitioner for use beyond 2 months.





CODE: 0 646420 2195 3

NPN: 80010071

SIZE: 90 Capsules



Echinacea

Tincture

Organic Echinacea (Echinacea purpurea) 1,200 mg

- Helps fight off infections
- Helps relieve and shorten the duration of colds and flu
- Relieves upper respiratory tract infections
- Extra strength organic formula

DOSAGE: Adults take 1 capsule 3 times daily. Take at the first sign of infection. Consult a health care practitioner for use beyond 2 months.





CODE:0 646420 2564 7

NPN: 80008222

SIZE: 120 Capsules



- Helps fight off infectionsHelps relieve and shorten the duration of colds and flu
- · Relieves upper respiratory tract infections
- High-potency formula
- Ideal for anyone who has trouble swallowing pills

DOSAGE: Adults take at the first sign of infection. Dispense 40 drops (or 2 mL) in a small amount of water, or directly on the tongue, 3 times daily. Consult a health care practitioner for use beyond 2 months.





CODE: 0 646420 2828 0

NPN: 80015970

SIZE: 50 mL/2 mL per serving

Scaled image, real size: 98 mm height



Herbs (Echinacea)



Echinacea 4,000 mg (Echinacea purpurea)

- Formulated to help fight cold symptoms and shorten the duration of colds and flu
- Our maximum potency Echinacea

DOSAGE: Adults take 1 softgel daily at the first sign of infection. Consult a health care practitioner for use beyond 2 months.





CODE: 0 646420 7885 8

NPN: 80064119

SIZE: 60 Softgels

Herbs (Garlic)



Odourless Garlic 500 mg

- Helps to maintain cardiovascular health
- Helps relieve the symptoms associated with upper respiratory tract infection
- Deodorized formulation provides all the benefits of garlic with no smell or aftertaste

DOSAGE: Adults take 2 softgels daily.





CODE: 0 646420 2080 2

NPN: 80000011

SIZE: 100 Softgels



Odourless Garlic 500 mg

- Helps to maintain cardiovascular health
- Helps relieve the symptoms associated with upper respiratory tract infection
- Deodorized formulation provides all the benefits of garlic with no smell or aftertaste
- Great value

DOSAGE: Adults take 2 softgels daily.





CODE: 0 646420 2596 8

NPN: 80000011

SIZE: 300 Softgels



Super Garlic Oil 1,500 mg

- Helps to maintain cardiovascular health
- Helps relieve the symptoms associated with upper respiratory tract infection
- Deodorized formulation provides all the benefits of garlic with no smell or aftertaste
- High-potency formula

DOSAGE: Adults take 1 softgel 2 times daily.

CODE: 0 646420 2300 1

NPN: 80000038

SIZE: 100 Softgels



Herbs (Ginseng)



Canadian Ginseng

- Traditionally used to relieve nervousness and stress
- Promotes healthy glucose levels
- Supports a healthy immune system
- Made from the finest-quality Ontario-grown ginseng

DOSAGE: Adults take 4 caplets daily.







CODE: 0 646420 2106 9

NPN: 80016146

SIZE: 60 Caplets



Korean Red Ginseng

- Traditionally used to combat fatigue and stress
- Enhances both physical and mental capabilities
- Derived from the finest-quality aged ginseng

DOSAGE: Adults take 2 caplets, 2 times daily. Consult a health care practitioner for use beyond 3 months.







CODE: 0 646420 2194 6

NPN: 80007272

SIZE: 100 Caplets



Siberian Ginseng

- Traditionally used to relieve fatigue and anxiety
- Supports cognitive function
- Boosts mental and physical performance

DOSAGE: Adults take 1-2 caplets, 2 times daily. Consult a health care practitioner for use beyond 1 month.







CODE: 0 646420 2130 4

NPN: 80009846

SIZE: 100 Caplets



Red Dragon™ Imperial Ginseng

- A unique blend of 9 oriental Ginsengs
- Enhances strength, vitality and mental alertness

DOSAGE: Adults take 2 caplets once daily with main meal or as directed by a health care practitioner. May be used for up to 3 months.





CODE: 0 646420 2227 1

NPN: 80038638

SIZE: 60 Caplets



Extra Strength Lutein 20 mg

- High-potency formula that optimally supports eye and vision health
- · Helps prevent cataract conditions
- Concentrated lutein and zeaxanthin provide important carotenoids, which cannot be produced by the body

DOSAGE: Adults take 1 softgel daily with a meal containing oil or fat.





CODE: 0 646420 7886 5

NPN: 80066577

SIZE: 45 Softgels



Curcumin Turmeric 550 mg

- Naturally relieves joint pain due to inflammation
- Great value per pill

DOSAGE: Adults take 1 capsule daily.





CODE: 0 646420 7884 1

NPN: 80064116

SIZE: 90 Vegetarian Capsules



Curcumin Turmeric 550 mg

• Naturally relieves joint pain due to inflammation

DOSAGE: Adults take 1 capsule daily.





CODE: 0 646420 7889 6

NPN: 80064116

SIZE: 60 Vegetarian Capsules



Extra Strength Oregano Oil With Vitamin E

- An antioxidant for the maintenance of good health.
- Helps the body defend against bacterial infection
- Convenient tincture liquid for those who do not like to swallow pills

DOSAGE: Shake well before use. Adults take 5 drops daily (0.15 mL). Take a few hours before or after taking supplements containing iron, zinc, calcium or copper.





CODE: 0 646420 7826 1

NPN: 80057186

SIZE: 25 mL/0.15 mL per serving

Scaled image, real size: 98 mm height



Stress Support Day

- Delivers all-natural herbs to help temporarily reduce stress and feelings of anxiety
- A non-drowsy and non-addictive everyday stress relief formula

DOSAGE: Adults take 1 capsule daily. For occasional use only.





CODE: 0 646420 7061 6

NPN: 80041917

SIZE: 30 Capsules



Cranberry 250 mg

- Helps to treat and prevent urinary tract infections
- Cranberry extract

DOSAGE: Adults take 2 capsules daily. Use for a minimum of 1 month to see beneficial effects.





CODE: 0 646429 6773 9

NPN: 80050339

SIZE: 100 Vegetarian Capsules



Maximum Concentrate Cranberry Complex 500 mg

- . Helps to treat and prevent urinary tract infections
- Maximum concentrate formula provides cranberry extract combined with D-Mannose

DOSAGE: Adults take 2 capsules daily. Use for a minimum of 1 month to see beneficial effects.





CODE: 0 646420 2163 2

NPN: 80051656

SIZE: 60 Capsules



Bilberry 2,500 mg

- · Helps support eye and circulatory health
- Powerful antioxidant also known as European Blueberry

DOSAGE: Adults take 1 capsule daily.





CODE: 0 646420 2807 5

NPN: 80006626

SIZE: 60 Capsules



Herbal Diuretic

- · Helps to relieve fluid retention and bloating
- Flushes out bodily toxins

DOSAGE: Adults take 2 capsules maximum 3 times daily. Contents may be dissolved in water as a tea.





CODE: 0 646420 2585 2

NPN: 02078058

SIZE: 60 Vegetarian Capsules



Ginkgo Biloba 4,400 mg

- One-a-day formula helps enhance memory and mental sharpness
- Improves blood and oxygen circulation to the brain and extremities

DOSAGE: Adults take 1 caplet daily. Consult a health care practitioner for use beyond 8 months.





CODE: 0 646420 2558 6

NPN: 80013145

SIZE: 60+30 Caplets



Green Tea Phytosome™ Complex

- · Potent antioxidant supports healthy weight management
- A specialized green tea supplement in a phytosome complex for enhanced absorption

DOSAGE: Adults take 2 capsules daily with a meal. Consult a health care practitioner for use beyond 3 months.





CODE: 0 646420 4292 7

NPN: 80014526

SIZE: 30 Vegetarian Capsules



Milk Thistle 4,500 mg

- · Promotes a healthy liver
- Helps protect and support liver function
- Can be used as part of a detox cleanse

DOSAGE: Adults take 3 caplets daily. Use for a minimum of 3 weeks to see beneficial effects.





CODE: 0 646420 2767 2

NPN: 80000018

SIZE: 60+30 Caplets



Relax & Sleep™

- Promotes restful sleep and reduces nervousness
- A unique blend of four gentle herbs: valerian, catnip, hops and passionflower
- Provides relief of insomnia
- Safe and effective naturally sourced alternative to conventional sleep aids

DOSAGE: Adults take 2-3 capsules before going to bed, or as needed, for the relief of insomnia.





CODE: 0 646420 2583 8

NPN: 02078031

SIZE: 60 Capsules



Prostease™ Saw Palmetto 1,000 mg

- Supports healthy prostate function
- Relieves symptoms associated with benign prostatic hyperplasia (BPH)

DOSAGE: Adult men take 1 softgel daily with a meal.





CODE: 0 646420 2806 8

NPN: 80018075

SIZE: 30+30 Softgels



Neurosome™ St. John's Wort 1,000 mg

- Provides relief of insomnia, nervousness and restlessness
- Helps treat symptoms of sleep disorders

DOSAGE: Adults take 1 tablet 3 times daily. Consult a health care practitioner for use beyond 18 weeks. Use for a minimum of 1 week to see beneficial effects.





CODE: 0 646420 2049 9

NPN: 02229991

SIZE: 60 Tablets



Valerian 400 mg

- · Reduces nervousness, promotes relaxation and a restful sleep
- A safe and effective naturally sourced alternative to conventional sleep aids

DOSAGE: Adults take 3 softgels 30-60 minutes before bedtime.





CODE:0 646420 2805 1

NPN: 80015504

SIZE: 60 Softgels



Grape Seed 50 mg

- A powerful antioxidant that nourishes the body to help in the maintenance of good health
- Derived from premium European red wine grapes

DOSAGE: Adults take 1-3 caplets daily.





CODE: 0 646420 2067 3

NPN: 80006061

SIZE: 60 Caplets



Kelp 650 mcg

- · Helps support proper functioning of the thyroid gland
- An important nutrient that is a natural source of iodine

DOSAGE: Adults and adolescents 14 years and older take 1 tablet daily with a meal.





CODE: 0 646420 2095 6

NPN: 80000497

SIZE: 100 Tablets



Lecithin 1,200 mg

- Supports healthy liver function
- All-natural, soy-derived source of choline

DOSAGE: Adults take 1 softgel, 2 times daily with a meal.





CODE: 0 646420 2102 1

NPN: 80004037

SIZE: 100 Softgels



Lycopene Tomato Concentrate

- Powerful antioxidant derived from tomatoes
- Antioxidant support
- Helps support a healthy prostate

DOSAGE: Adults take 1-2 caplets daily with a meal.





CODE: 0 646420 4622 2

NPN: 80009675

SIZE: 60 Caplets



Lutein-Z™ 10 mg with Antioxidants

- Helps support eye health
- Contains concentrated lutein and zeaxanthin that provide important carotenoids, which cannot be produced by the body
- Helps prevent cataract conditions

DOSAGE: Adults take 1 capsule daily with a meal containing oil or fat. Consult a health care practitioner for use beyond 3 months.





CODE: 0 646420 4883 7

NPN: 80034516

SIZE: 30 Vegetarian Capsules



Resveratrol Red Wine Extract with Grape Seed

- Potent blend of red wine extract fortified with European grape seed
- Provides antioxidants to help support cardiovascular health

DOSAGE: Adults take 1 capsule 1-3 times daily. Consult a health care practitioner for use beyond 1 month.





CODE: 0 646420 2611 8

NPN: 80033074

SIZE: 30 Vegetarian Capsules



Silica 10 mg with Zinc

- Maintains healthy skin
- Aids in the body's absorption of essential minerals

DOSAGE: Adults take 2 caplets daily with a meal. Take a few hours before or after taking other medications.





CODE: 0 646420 2848 8

NPN: 80012979

SIZE: 60 Caplets



Total Energy

- Increases physical and cognitive performance without the "crash and burn" effect
- An energy booster with natural caffeine, ginseng and vitamin B₁₂ to help relieve fatigue

DOSAGE: Adults take 1 capsule, every 4 hours, as needed daily. Do not exceed 3 capsules in a 24 hour period. For occasional use only.





CODE: 0 646420 2533 3

NPN: 80029546

SIZE: 90 Capsules



CoQ10 60 mg (Ubiquinone)

- Supports a heathy cardiovascular system
- Supports healthy CoQ10 levels
- · Antioxidant for the maintenance of good health

DOSAGE: Adults take 1 softgel, 1-3 times daily.





CODE: 0 646420 6103 4

NPN: 80005615

SIZE: 60+20 Softgels



CoQ10 120 mg (Ubiquinone)

- Extra strength antioxidant for the maintenance of good health
- Supports healthy CoQ10 levels
- Helps reduce frequency of migraine headaches and associated nausea and vomiting when taken as a prophylactic

DOSAGE: To maintain and support cardiovascular health, or for use as an antioxidant, adults take 1 softgel 1-2 times daily. For migraine prophylaxis, adults take 1 softgel 2 times daily. Use for a minimum of 3 months to see beneficial effects.





CODE: 0 646420 6447 9

NPN: 80027715

SIZE: 30+30 Softgels



CoQ10 250 mg (Ubiquinone)

- · High potency antioxidant for maintenance of good health
- Supports healthy CoQ10 levels in those prescribed statin drugs
- Helps reduce frequency of migraine headaches and associated nausea or vomiting when taken as a prophylactic
- Supports a heathy cardiovascular system





DOSAGE: To maintain and support cardiovascular health, or for use as an antioxidant or for migraine prophylaxis, adults take 1 softgel daily. For migraine prophylaxis use for a minimum of 3 months to see beneficial effects.

CODE: 0 646420 6448 6

NPN: 80023959

SIZE: 30+15 Softgels



CoQ10 with Omega-3 (Ubiquinone)

- Supports heart health
- Dual action heart health formula with a source of omega-3
- Supports healthy CoQ10 levels

DOSAGE: Adults take 1-3 softgels daily.





CODE: 0 646420 5870 6

NPN: 80021693

SIZE: 30 Softgels

Natural Sleep Aids



Melatonin Sleep Spray – Natural Mint

- · Natural, safe and non-habit forming sleep aid
- · Helps you to fall asleep and stay alseep
- · Reduces the time it takes to fall asleep
- Customizable dosing
- Delicious and convenient travel-friendly energy spray



DOSAGE: Shake well before use. Adults spray directly into mouth. Take 1-10 sprays daily at or before bedtime. Do not drive or use machinery for 5 hours after taking. For use beyond 1 month, consult a health care practitioner.

CODE: 0 646420 7861 2 NPN: 80059980 SIZE: 58 mL/1 mg Spray





Healthy SLEEP™ 16 ct

- · Natural, safe and non-habit forming sleep aid
- · Helps you to fall asleep and stay alseep
- Optimal blend of premium herbals and melatonin

DOSAGE: Adults start with 1 caplet 30-60 minutes before bedtime.

If needed, increase to a maximum of 2 caplets 30-60 minutes before bedtime. For optimal results, use for a minimum of 3-4 nights to help restore healthy sleep patterns. Do not drive or use machinery for 5 hours after taking. Consult a health care practitioner for use beyond 1 month. For occasional short-term use only.

CODE: 0 646420 7798 1 NPN: 80057518 **SIZE:** 16 Bi-layer Caplets







Healthy SLEEP™ 30 ct

- · Natural, safe and non-habit forming sleep aid
- · Helps you to fall asleep and stay alseep
- Blend of premium herbals and melatonin

DOSAGE: Adults start with 1 caplet 30-60 minutes before bedtime. If needed, increase to a maximum of 2 caplets 30-60 minutes before bedtime. For optimal results, use for a minimum of 3-4 pights to help resi

bedtime. For optimal results, use for a minimum of 3-4 nights to help restore healthy sleep patterns. Do not drive or use machinery for 5 hours after taking. Consult a health care practitioner for use beyond 1 month. For occasional short-term use only.

CODE: 0 646420 7799 8 NPN: 80057518 **SIZE:** 30 Bi-layer Caplets







Melatonin Stress & Sleep Support

- Natural, safe and non-habit forming sleep aid
- · Helps improve sleep quality and total sleep time
- Provides 3 mg of Melatonin and a blend of herbs to promote relaxation

DOSAGE: Adults take 1 capsule at or before bedtime. Do not drive or use machinery for 5 hours after taking. Consult a health care practitioner for use beyond 1 month. For jet lag: For occasional short-term use, take once a day at bedtime after darkness has fallen, while travelling, and at destination, until adapted to the new daily pattern.

CODE: 0 646420 7709 7 NPN: 80055467 **SIZE:** 30 Capsules

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Stress Support Night

- Natural, safe and non-habit forming sleep aid
- Blend of relaxing herbals and melatonin (3 mg)
- Promotes better quality and longer lasting sleep
- Promotes relaxation

DOSAGE: Adults take 1 capsule daily before bedtime. Consult a health care practitioner for use beyond 1 month. For occasional short-term use.







CODE: 0 646420 7062 3

NPN: 80040460

SIZE: 30 Capsules

Natural Sleep Aids



Melatonin 3 mg Fast Dissolving Tablets

- · Natural, safe and non-habit forming sleep aid
- · Helps promote better quality and longer lasting sleep
- · Delicious fast-melting natural mint flavoured tablet

DOSAGE: Adults take 1 tablet daily at or before bedtime. Consult a health care practitioner for use beyond 1 month. Do not drive or use machinery for 5 hours after taking melatonin.





CODE: 0 646420 5900 0

NPN: 80015041

SIZE: 100 Sublingual Tablets



Melatonin 3mg Fast Dissolving Strips — Chocolate Mint

- Natural, safe and non-habit forming sleep aid
- · Helps to reduce the effects of jet lag
- Delicious and convenient fast-dissolve strips

DOSAGE: Adults dissolve 1 strip on the tongue daily at or before bedtime.

Consult a health care practitioner for use beyond 1 month. Do not drive or use machinery for 5 hours after taking. For jet lag: take once a day at bedtime after darkness has fallen, while travelling, and at destination, until adapted to the new daily pattern.

Keep cassette in its original hermetically sealed pouch until ready for use.





CODE: 0 646420 4875 2

NPN: 80009768

SIZE: 30 Strips

Scaled image, real size: 47 mm



Melatonin 5 mg Fast Dissolving Tablets – Chocolate Mint

- Natural, safe and non-habit forming sleep aid
- Extra strength, delicious fast-melting natural mint flavoured tablet
- Helps improve sleep quality and total sleep time.

DOSAGE: Adults take 1 tablet daily at or before bedtime. Consult a health care practitioner for use beyond 1 month. Do not drive or use machinery for 5 hours after taking melatonin.





CODE: 0 646420 6212 3

NPN: 80021179

SIZE: 100 Sublingual Tablets



Melatonin 10 mg Dual Action – Timed Release

- Natural, safe and non-habit forming sleep aid
- Maximum strength bi-layer timed-release sleep aid
- Helps improve sleep quality and total sleep time

DOSAGE: Adults take 1 caplet daily at or before bedtime. Consult a health care practitioner for use beyond 1 month. Do not drive or use machinery for 5 hours after taking melatonin.





CODE: 0 646420 6824 8

NPN: 80030987

SIZE: 60 Bi-layer Caplets



Melatonin 10 mg Fast Dissolving – Peppermint

- · Natural, safe and non-habit forming sleep aid
- Maximum strength, delicious fast-melt tablet in natural peppermint flavour
- · Helps improve sleep quality and total sleep time

DOSAGE: Adults take 1 tablet at or before bedtime. Do not drive or use machinery for 5 hours after taking. Consult a health care practitioner for use beyond 1 month. For jet lag: For occasional short-term use, take once



a day at bedtime after darkness has fallen while travelling, and at destination, until adapted to the new daily pattern.

CODE: 0 646420 7710 3

NPN: 80054972

SIZE: 60 Sublingual Tablets

Weight Management



Slimdown® Green Tea with Apple Cider Vinegar Complex

- Supports weight management when used with a program of reduced calories and increased physical activity
- · Rich in antioxidants.
- · For overall good health

DOSAGE: Adults take 2 caplets daily with a meal. Consult a health care practitioner for use beyond 3 months.







CODE: 0 646420 6229 1

NPN: 80016532

SIZE: 90 Caplets



Slimdown® CLA 95™

- Helps to reduce fat mass and improve body composition when used with a program of reduced calories and increased physical activity
- Easy-to-swallow softgels

DOSAGE: Adults take 2 softgels twice daily. Consult a health care practitioner for use beyond 6 months.





CODE: 0 646420 2198 4

NPN: 80016150

SIZE: 45 Softgels

Skincare



Hair Skin Nails

- Promotes thicker hair, stronger nails, and healthier skin
- Provides 5,000 mcg of Biotin
- · Delicious fast-melting natural cherry tablet

DOSAGE: Adults dissolve 1 tablet daily on or under tongue. Consult a health care practitioner for use beyond 1 month.





CODE: 0 646420 7932 9

NPN: 80063083

SIZE: 50 Fast-Melt Tablets



Collagen Anti-Wrinkle

- Clinically proven to reduce wrinkles and fine lines in 28 days
- · Combats signs of aging by improving the appearance of skin
- For firmer and more youthful looking skin

DOSAGE: Adults take 3 capsules daily.





CODE: 0 646420 7866 7

NPN: 80072175

SIZE: 60 Capsules



Hair Skin Nails Advanced

- Promotes thicker hair, healthier skin and stronger nails
- Multivitamin and mineral containing 22 key ingredients
- 2,500 mcg high-potency dose of biotin
- One-a-day formula

DOSAGE: Adults take 1 caplet daily with a meal. Take a few hours before or after other medications. Consult a health care practitioner for use beyond one month.





CODE: 0 646420 7858 2

NPN: 80071323

SIZE: 45 Caplets

Skincare



ProVitamina™ Moisture-Rich Nourishing Cream

- Promotes skin elasticity, firmness and long lasting hydration
- Moisture rich cream with antioxidant Vitamin E
- For dry and very dry skin

RECOMMENDED USE: Apply gently day and night on freshly cleansed skin. To rule out skin sensitivities, test before use on a small area of skin to ensure there will be no allergic reaction.



CODE: 0 646420 5305 3

NPN: N/A

SIZE: 120 mL



ProVitamina™ 100% Pure Vitamin E Oil

- Proven to promote healing of cuts and scars, smooth wrinkles and firm skin
- Protects against and soothes chapped, cracked and rough skin due to dryness
- For all skin types

RECOMMENDED USE: Apply directly to wrinkles, scars, stretch marks and chapped skin. Use on post-surgery skin. Excellent for use after hair removal. Use day and night on freshly cleansed skin. To rule out skin sensitivities test before use on a small area of skin to assure there will be no allergic reaction.

CODE: 0 646420 5306 0

NPN: N/A

SIZE: 28 mL



ProVitamina™ Retinol Renewal Night Cream

- · Reduces the signs of ageing with regular use
- Improve skin texture
- Night cream with Retinol (Vitamin A)
- For all skin types

RECOMMENDED USE: Apply gently at night on freshly cleansed skin.



CODE: 0 646420 5307 7

NPN: N/A

SIZE: 120 mL



ProVitamina™ Fresh Youthful Hydrating Gel-Cream

- Promotes skin elasticity, firmness and lasting hydration
- Reduces the look of fine lines and wrinkles
- Light agua-hydrating gel-cream with antioxidant vitamin E

RECOMMENDED USE: Apply day and night to freshly cleansed skin. Gently massage until absorbed.



CODE: 0 646420 5310 7

NPN: N/A

SIZE: 60 mL

Conditions of Sale

TERMS AND CONDITIONS:

- Minimum order value is \$5,000.
- Net 30 days from invoice date on approved credit.
- Overdue invoices are subject to a 2% late service charge (24% per annum).
- For your convenience, Visa and MasterCard are also accepted at placement of orders.

ALL PRICES SUBJECT TO CHANGE WITHOUT NOTICE

Jamieson Laboratories UPC Vendor Number: 0 64642 0 GST/HST: 10086 3992 RT001

PRICING AND PRODUCT DESCRIPTION:

- Individual units are shrink-wrapped in packs of sixes, unless stated otherwise.
- All orders are priced at the time of shipment.
- Provincial GST and HST are extra, where applicable.
- Every effort has been made to provide accurate pricing and product descriptions; however, technical data may be changed and products discontinued without notice.

DAMAGED GOODS AND RETURNS:

- If goods are damaged, do not give the carrier a clear receipt. Be sure to describe the damages on the bill of lading before signing. When there is concealed damage, save the packaging for inspection.
- Credit for return of damaged goods will be allowed sixty (60) days from date of shipment provided the merchandise is accompanied by a prior return authorization issued by a Jamieson representative. Any merchandise not bearing a prior return authorization will be refused and not allowed for credit.
- Any merchandise to be returned will be subject to a 25% restocking charge.

AREA:

All of Canada

QUESTIONS?

Jamieson Laboratories Ltd. 9650 Twin Oaks Drive Windsor, ON N8N 5E7

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