

ON SALE
15% OFF

August 1 - 31, 2026

Nutrition & Foundational Wellness



Protein and Mineral Support for Strength, Recovery, and Every Day Vitality

Protein Complex™ - Complete Protein & Multi-vitamin Complex

- ✓ Contains essential and non-essential amino acids
- ✓ Enzymes added for better absorption of proteins
- ✓ Includes a full complement of vitamins and minerals
- ✓ Lactose-free, fat-free and gluten-free
- ✓ No sugar added, sweetened with stevia
- ✓ Available in natural chocolate and vanilla flavours (both on sale)

Regular Price for 300 g \$21.00. Now \$17.85. Save \$3.15.

18 grams of protein per scoop

Helps to reduce cravings and supports healthy weight



Increases strength and helps to build muscles

Boosts the antioxidant action of glutathione

Summer Recipes Using Protein Complex™

Iced Coffee Mocha Frappe



A refreshing treat to keep you moving

Ingredients:

- 1 cup of organic milk, almond milk or coconut milk
- ½ cup of chocolate almond milk
- 3 tsp. of instant espresso
- 1 scoop of chocolate Protein Complex™
- 1½ cups of crushed ice

Directions:

1. Add all ingredients to a blender and blend until smooth.

Almond Delight Pudding



A delicious, creamy pudding for your next BBQ

Ingredients:

- 2 tbsp. almond butter
- 8 oz (237 mL) almond milk
- 2 tsp. organic cocoa powder
- 1 scoop of Vanilla Protein Complex™
- 1 packet of stevia or coconut sugar

Directions:

1. Add all ingredients to a blender and puree until smooth.

*For a creamy, self-indulgent pudding, reduce liquid to ⅓ cup. For a thinner drink, add a bit more liquid until desired consistency is achieved.

ASL-MP-078



Vegan Protein Natural Chocolate and Vanilla

- ✓ A great tasting, proprietary plant protein blend of organic rice protein, organic pea protein, hemp protein, quinoa protein and spirulina
- ✓ Contains phytonutrients that has plant proteins from *moringa oleifera* (480 mg) and sprouted wheat grass (480 mg)
- ✓ Each scoop contains 17.5 grams of protein
- ✓ Assists in the building of lean muscle when combined with regular (weight/resistance) training and a healthy balanced diet
- ✓ Boosts the antioxidant action of glutathione
- ✓ Has essential and non-essential amino acids
- ✓ Free of dairy, lactose, gluten, soya and sugar
- ✓ Sweetened with stevia
- ✓ Delicious natural chocolate and vanilla flavours (both on sale)

Regular Price for 450 grams \$21.00. Now \$17.85. Save \$3.15.

Indulging Recipes Using Vegan Protein

Chocolate Protein Brownies



**This recipe makes about
10 brownies.**

Ingredients:

- 15 oz. can of black beans drained & rinsed
- 5 tbsp. of Dutch or regular cocoa powder
- 10 tbsp. of Vegan Protein
- ¼ tsp. of salt
- ¼ cup of egg whites or egg replacement
- ¼ cup of unsweetened apple sauce
- ⅛ cup of stevia
- 2 tbsp. of coconut or vegetable oil (35 g)
- 1 tbsp. of pure vanilla extract
- ½ tsp. of baking powder
- ¼ cup of chocolate chips

Directions:

1. Preheat the oven to 350° F.
2. Combine all ingredients except chips in a high-quality food processor, and blend until completely smooth.
3. Stir in the chocolate chips.
4. Pour into a greased 8 x 8 square pan. Optional: sprinkle chocolate chips on top.
5. Bake for 16 minutes. They will still look underdone when you take them from the oven, but this is okay.
6. Let cool, then pat down with a pancake spatula. Refrigerate overnight.
7. Cut and enjoy. Store leftovers in the refrigerator.

Raw Cocoa Balls



Ingredients:

- ⅓ cup of coconut oil
- ½ cup of hemp seeds
- 2 tbsp. of cocoa powder
- ⅛ tsp. of stevia
- 1 tbsp. sesame seeds
- ¼ cup of Ultimate Fibre Plus®
- ⅓ cup of Vegan Protein
- ⅓ cup of unsweetened shredded coconut

Directions:

1. Mix all ingredients together and form into 2" balls. Refrigerate and enjoy!



**Mark Your Calendar
for September's
ASL Talk**

Join Dr. Kirsten Perlely, ND on September 15th at 7 pm where she'll discuss Vitamin B1 in the complex patient and understanding the key role of thiamine in chronic conditions. She'll specifically review high-dose thiamine for dysautonomia, concussion, and diabetes.

Register Here



bit.ly/ASL-Talk-Sept2026

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- ✓ Maintains joint health
- ✓ Improves performance and daily activity restricted by impaired mobility
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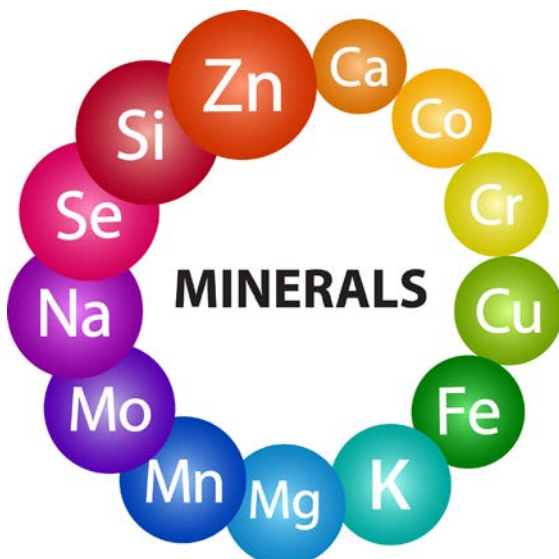
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Sent at the beginning of every month and includes:

- ✓ Link to register for monthly webinar
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