

Gut Health Series - Product Recommendations

Grocery/Beverages	
Brand	Product
Lily of the Desert	Aloe Vera Juice
Better Than Noodles	Organic Konjac Noodles
BRAGG	Organic Raw Apple Cider Vinegar
Bob's Red Mill	Almond Flour
Bob's Red Mill	Cassava Flour
Bob's Red Mill	Coconut Flour
Bob's Red Mill	Organic Gluten-Free Rolled Oats
Chosen Foods	Avocado Oil Spray
Community Naturals	Nutritional Yeast Flakes
Earth's Choice	Organic Coconut Milk - Guar Free
Earth's Choice	Lemon Juice
Eden	Organic Adzuki Beans
Any Brand	Organic Extra-Virgin Olive Oil
Greenhouse Juice	Organic Fiery Ginger
Karthein's Organic	Carrots & Ginger Sauerkraut
Any Brand	Organic Virgin or Extra-Virgin Coconut Oil
Manitoba Harvest	Organic Hemp Hearts
Naked & Saucy	Lightly Sweet Coconut Aminos
Nuts to You	Pumpkin Seed Butter
Any Brand	Organic Ghee - Clarified and Carmalized Butter
Okanagan Rawsome	Beet Crisps
Organic Traditions	Sprouted Flax Seed Powder
Organic Traditions	Slippery Elm Powder
Amano	Organic Genmai Miso
Pukka	Three Mint Tea
RXBAR	Assorted Bars
Any Brand	Organic Coconut Butter
SIETE	Grain-Free Tortilla Chips
Simply Organic	Ground Turmeric
Cultured Coconut	Fermented Organic Coconut Milk
Thirsty Buddha	Organic Coconut Water
Traditional Medicinals	Ginger Aid Tea
Traditional Medicinals	Roasted Dandelion Root Tea
Wildbrine	Kimchi

Dairy & Alternatives	
Brand	Product
Yoggu!	Yogurt
Spread 'Em	Chives and Garlic Creamy Cashew Dip

Meat/Broth	
Brand	Product
Community Naturals	Wild Sockeye Salmon Fillet
High Vibe Health	Beef Tallow
High Vibe Health	Organic Chicken Bone Broth
Organika	Bone Broth (Chicken or Beef)
Sunworks	Organic Chicken Sausage
Top Grass	Extra Lean Grass-Fed Ground Beef

Supplements	
Brand	Product
Beekeeper's Naturals	Propolis Throat Spray
CanPrev	Mg Bis-Glycinate 200 Gentle (capsules)
CanPrev	Vitamin D3 & K2
Genuine Health	Advanced Gut Health Probiotic 15B CFU
Genuine Health	Fermented Organic Gut Superfoods+
Genuine Health	Fermented Organic Vegan Proteins +
Harmonic Arts	Reishi 12:1 Mushroom Extract (powder form)
Iron Vegan	Fermented L-Glutamine
Natural Factors	Betaine HCl with Fenugreek
Now	Whole Psyllium Husks
New Roots Herbal	Human Probiotics 42B+
Organika	Enhanced Collagen
Pure Encapsulations	Digestive Enzymes Ultra
St. Francis Herb Farm	Canadian Bitters
Suro	Organic Elderberry Syrup

Other	
Brand	Product
Santevia	Mineralized Alkaline Water Pitcher

Fresh	
Brand	Product
Fresh	Avocado
Fresh	Beet Varieties
Micro YYC	Broccoli Microgreens
Fresh	Cruciferous Veggies
Fresh	Fennel
Fresh	Fresh Cranberries
Fresh	Ginger Root
Fresh	Kiwi Fruit
Fresh	Leek
Fresh	Mushroom Varieties
Fresh	Onion Varieties
Fresh	Organic Apple Varieties
Fresh	Organic Berry Varieties
Fresh	Organic Spring Mix
Fresh	Red Cabbage
Fresh	Winter Squash Varieties
Fresh	Turmeric Root