

# Liquid & Ionic Solutions

Simple to take • Easy to absorb • Fast-acting



## Do you have health problems? We have the liquid & ionic solutions you need!

Just about everyone has some kind of health problem to solve. Nutritional therapy is proving to be a safe and effective solution to many of our most common and debilitating health problems. While getting all the daily nutritional factors we need is one thing, absorbing them well is another matter altogether. That's why the natural health experts at Prairie Naturals researched and formulated Liquid & Ionic Solutions. Our Liquid & Ionic Solutions ensure optimal absorption of therapeutic nutritional factors in a pleasant-tasting liquid. Experience the noticeable improvement that Prairie Naturals Liquid & Ionic Solutions make to your overall health, energy and well-being!



## Prevent osteoporosis & protect your bones

When it comes to bone health, calcium is just the beginning. Our bones also need a daily synergistic dose of Vitamin D3, magnesium and boron. You can choose our traditional 2:1 ratio or our 1:1 equal ratio (for added heart health support) of Calcium: Magnesium with emulsified Vitamin D3, boron and malic acid. Both of these research-based therapeutic formulations protect against osteoporosis and other health conditions related to chronic calcium/magnesium/vitamin D insufficiency. Recent research also shows that maintaining a healthy body pH, which the alkalinizing minerals in Prairie Naturals Bone Solutions promote, is another crucial factor in the preservation and repair of bone tissue.

## About Prairie Naturals Ionic Bone Solution 2:1 & 1:1

This amazing liquid formula not only supports bone health & prevents osteoporosis! The nutrients in Prairie Naturals Bone Solutions also...

- Promote relaxation & good sleep patterns
- Alleviate symptoms of fibromyalgia
- Regulate muscle & nerve impulses
- Support strong & healthy teeth
- Reduce anxiety & irritability
- Help regulate heart beat
- Prevent muscle cramps
- Elevate moods & relieve PMS

## Researchers say...

\* Adequate calcium and vitamin D intake is crucial to develop optimal peak bone mass and to preserve bone mass throughout life. Source: Journal of the American Medical Association

\* Magnesium depletion...alters bone and mineral metabolism which results in bone loss. Source: Mineral & Electrolyte Metabolism

\* Boron... is an important contributor to bone health. Source: Orthopedics Journal

\* Osteoporosis is the deterioration and loss of bone tissue that results in fragile, brittle bones that fracture easily and repair slowly. Source: Osteoporosis Canada

# ionic 1:1 bone solution

**Recommended Use or Purpose:** Helps in the development and maintenance of bones and teeth. Helps to maintain proper muscle function. Calcium when combined with sufficient Vitamin D, a healthy diet and regular exercise, may reduce the risk of osteoporosis.

**Recommended Dose:** (Adult) Take 1 Tbsp. (15ml) twice daily with water, or as directed by a health care practitioner. Take a few hours before or after taking other medications. Best taken on an empty stomach, away from food.

**Medicinal Ingredients:** Each daily dose 2 tbsp. (30mL) contains:  
Calcium (Calcium gluconate, calcium lactate) . . . . . 250 mg  
Magnesium (Magnesium lactate) . . . . . 250 mg  
Boron (Boron citrate) . . . . . 2000 mcg  
Vitamin D (Cholecalciferol) 5mcg . . . . . 200 IU  
Malic Acid . . . . . 500 mg

# ionic 2:1 bone solution

**Recommended Use or Purpose:** Helps in the development and maintenance of bones and teeth. Helps to maintain proper muscle function. Calcium when combined with sufficient Vitamin D, a healthy diet and regular exercise, may reduce the risk of osteoporosis.

**Recommended Dose:** (Adult) Take 1 Tbsp. (15ml) twice daily with water, or as directed by a health care practitioner. Take a few hours before or after taking other medications. Best taken on an empty stomach, away from food.

**Medicinal Ingredients:** Each daily dose 2 tbsp. (30mL) contains:  
Calcium (Calcium gluconate, calcium lactate) . . . . . 360 mg  
Magnesium (Magnesium gluconate) . . . . . 160 mg  
Boron (Boron citrate) . . . . . 2000 mcg  
Vitamin D (Cholecalciferol) 5mcg . . . . . 200 IU  
Malic Acid . . . . . 500 mg

## What is osteoporosis?

The word osteoporosis literally means porous bones. It is a bone disorder characterized by decreased bone strength as a result of reduced bone quantity and quality. A person with osteoporosis has an increased risk of breaking a bone (fracturing) easily. When there's not enough calcium in the bloodstream, the body attempts to pull calcium from the bones, which thins and weakens them, leading to breaks and fractures. Additionally, when the body is over-acid (low pH/alkalinity), calcium is stolen from the bones to buffer the acidity and promote alkalinity. In Canada the statistics show that at least one in three women and one in five men will suffer from a fracture related to osteoporosis during their lifetime.

Sources: Osteoporosis Canada.org & Better Bones.com

## Do you have early signs of bone loss?

- Cramps, muscle aches & bone pain
- Poor balance & muscle strength
- Weak and brittle fingernails
- Decline in overall fitness
- Over-acidity (below 6.5)
- Low vitamin D
- Decreased grip strength
- Receding gums
- Height loss

## Have healthy bones for life!

- Take Prairie Naturals Ionic Bone Solution daily
- Limit caffeine, alcohol & soft drink consumption
- Go for at least a 20-minute walk every day & lift weights
- Make beans a regular part of your diet
- Increase your intake of nuts & seeds
- Eat a dark leafy green salad daily
- Balance your body pH
- Don't smoke tobacco

## Amazing facts about our bones

- Bones are in a constant state of change; they are built up & broken down by the body.
- Our skull is a series of fused bones that create a hard protective helmet for our brain.
- Our vertebrae surround & protect our spinal cord (a complex bundle of nerves).
- We're born with over 300 bones; as we grow some of those bones fuse together.
- Our rib bones surround & protect our heart, liver & lungs like a coat of armour.
- Bones are living tissue full of blood vessels & nerves.
- Bones consist of 50% water & 50% solid matter.
- Bones are attached to every muscle in our body.
- Bones make most of our blood cells.



# liquid B complex solution

**Recommended Use or Purpose:** Plays a role in energy metabolism. Helps to form red blood cells, helps in tissue formation, and to metabolize carbohydrates, fats and proteins.

**Recommended Dose Adults:** Take 1 Tbsp. (15 ml) daily, or as directed by a health care practitioner.

## Medicinal Ingredients

Each tablespoon (15 ml) contains:

Vitamin (e) B1 (thiamine, thiamine HCl / thiamine, chlorhydrate de thiamine) . . . . .	50 mg
Vitamin (e) B2 (riboflavin, riboflavin-5-phosphate / riboflavine, riboflavine 5-phosphate) . . . . .	50 mg
Vitamin (e) B3 (niacinamide / nicotinamide) . . . . .	50 mg
Vitamin (e) B5 (pantothenic acid, d-panténol / acide pantothénique, d-panthénol) . . . . .	100 mg
Vitamin (e) B6 (pyridoxine HCl) / chlorhydrate de pyridoxine) . . . . .	50 mg
Vitamin (e) B9 (folate, folic acid) / folate, acide folique) . . . . .	1000 mcg
Vitamin (e) B12 (cyanocobalamin / cyanocobalamine) . . . . .	750 mcg
Vitamin (e) B12 (Methylcobalamin / méthylcobalamine) . . . . .	925 mcg
Biotin (biotin / biotine) . . . . .	1000 mcg
Choline (choline bitartrate) / bitartrate de choline) . . . . .	24.5 mg
Inositol (inositol / inositol) . . . . .	50 mg
PABA (Para-amino benzoic acid / acide para-aminobenzoïque) . . . . .	50 mg

## What's a natural & safe solution to stress? Increase your B vitamins!

Chronic stress can lead to serious health problems for people of all ages. From young children to the elderly, untreated stress leads to a wide range of health issues from insomnia to memory loss and depression. Without sufficient levels of all the B vitamins, our over-reactions to stress greatly reduce our quality of life and especially impact on our immunity, metabolism, mental and emotional well-being. Remember: All the B vitamins are water-soluble which means our bodies do not store them. All of the B vitamins must be replenished daily through the foods we eat and the supplements we take.

Liquid B Complex Solution effectively delivers a synergistically balanced blend of all the B vitamins in a form our bodies can use quickly and efficiently. Liquid B Complex Solution calms and supports the nervous system while also providing nutritional support to your heart, energy metabolism and hormonal system. The whole family of B-complex vitamins are dissolved in Liquid B Solution to provide the most immediate and comprehensive nutritional therapy for anxiety and stress, while working to elevate mood and balance our hormonal responses to everyday stress.

## Are you getting enough of all the B vitamins?

Stress is just one of the many symptoms associated with inadequate B complex intake. Since the entire Vitamin B complex is an integral part of the healthy functioning of all systems of our body, sub-optimal levels of any of the B vitamins can negatively affect our health in numerous ways. Practicing mindful attention to the messages (signs and symptoms) our bodies are sending to us is one of the first steps to self-healing.



# liquid sleep solution

**Recommended Use or Purpose:** Plays a role in energy metabolism. Helps to form red blood cells, helps in tissue formation, and to metabolize carbohydrates, fats and proteins.

**Recommended Dose Adults:** Take 1 Tbsp. (15 ml) daily, or as directed by a health care practitioner.

**Medicinal Ingredients**

Each tablespoon (15 ml) contains:

PhamaGABA: Gamma-aminobutyric acid (Laminaria japonica) . . . . .	100 mg
Lemon Balm Leaf Extract 4:1 (Melissa officinalis) . . . . .	120 mg
Passion Flower Herb Extract 4:1 (Passiflora incarnata) . . . . .	120 mg
L-Theanine . . . . .	100 mg
5-HTP: L-5-Hydroxytryptophan (Griffonia simplicifolia) . . . . .	35 mg
Melatonin . . . . .	3 mg

## Are You Dreaming of a natural solution for sleep that won't leave you feeling drugged?

If you have ever felt sluggish and groggy after a poor night's sleep, you understand how a lack of sleep can impact your ability to function. A healthy amount of sleep is vital for the brain's ability to adapt to input. If we don't get enough sleep, our ability to process information is impaired.

## Are You getting enough sleep?

Researchers now recognize that adequate sleep is as essential for good health, as diet and exercise. Experts recommend at least 7 to 9 hours of sleep a night for most people and those who regularly get fewer than 6 hours of sleep may be at a higher risk for degenerative conditions such as diabetes, heart disease, stroke and cognitive decline.

## Proper sleep is important to good health

Sleep Solution is a safe, non-habit forming, liquid sleep aid designed to quickly ease the transition to sleep. Formulated with Lemon Balm, Passion Flower, L-Theanine, 5HTP, Melatonin and PharmaGABA®, a natural and superior form of GABA, Sleep Solution will help you sleep soundly and wake up feeling refreshed, never groggy.

# ionic iron solution



**Recommended Use or Purpose:** Helps to prevent iron deficiency and iron deficiency anemia. Helps to form red blood cells and helps in their proper function. Helps pregnant women meet the recommended intake for iron, when taken in conjunction with a healthy diet.

**Recommended Dose:** (Adults & children 1 year or older) Take 1 tsp. (5ml) twice daily with water, or as directed by a health care practitioner. Take a few hours before or after taking other medications. Best taken on an empty stomach, away from food.

**Medicinal Ingredients:** Each teaspoon (5 mL) contains:  
Iron (ferrous gluconate, ferrous lactate)..... 10 mg  
Vitamin B12 (cyanocobalamin)..... 25 mcg

## Is this the solution to your low energy problem?

Low energy can sometimes simply mean that you have low iron. Iron is mainly found in red blood cells and it carries oxygen to every cell in the body, which is why people who are iron deficient tire easily. Their cells are literally starved for oxygen! Inadequate iron, over time, can lead to anemia with symptoms of weakness and fatigue.

## Are you at risk of iron deficiency?

According to the World Health Organization (WHO), iron deficiency is the number one nutritional disorder in the world with up to 80% of the world's population being deficient. Iron is an essential mineral that is required for human life. Among many other functions, iron helps to produce ATP (adenosine triphosphate), the body's energy source. Pregnant women, young women of child-bearing age, and children tend to be at the highest risk of iron deficiency. Iron deficiency anemia in children is associated with poor neuro (nerve and brain) development. Iron deficiency in the elderly is also common due to poor iron absorption.

## Low energy is not the only problem caused by low iron...

When you are low in iron you are undoubtedly low in energy. But that's not all! It leads to a wide array of other health concerns too. Look at these indications that our bodies may need more iron:

- Heart palpitations
- Weak & peeling fingernails
- Fertility difficulties
- Poor concentration
- Hair loss & dull complexion
- Low exercise endurance
- Dark circles around eyes
- Slow healing
- Heavy menstruation

Prairie Naturals Ionic Liquid Iron Solution is synergistically formulated with the best-absorbed sources of iron combined with vitamin B12. It is made with the two most water-soluble and highly bioavailable organic iron salts - ferrous gluconate and ferrous lactate. While most iron supplements can lead to constipation and nausea due to poor absorption, Ionic Liquid Iron Solution is highly absorbable and never causes intestinal distress or digestive upset.

## About Prairie Naturals Ionic Liquid Iron Solution

- Excellent vegan iron-source for pregnant & breast-feeding women
- Synergistically formulated
- Non-constipating
- Contains the best-absorbed sources of iron
- Boosts energy & stamina
- Fast-acting liquid
- Combined with vitamin B12
- Great for all ages
- Pleasant-tasting
- Prevents anaemia
- Yeast-free



# ionic magnesium solution

**Recommended Use or Purpose:** Helps to maintain proper muscle function, helps in the development and maintenance of bones and teeth, and helps to prevent magnesium deficiency.

**Recommended Dose:** (Adult & children 9 years or older) Take 2 Tbsp. daily (30ml) daily with water, or as directed by a health care practitioner. Take a few hours before or after taking other medications. Best taken on an empty stomach, away from food.

**Medicinal Ingredients:** Each 2 Tbsp. (30ml) contains:

Magnesium (magnesium citrate, magnesium gluconate, magnesium lactate) ..... 300 mg  
Malic Acid ..... 400mg

## Your solution to optimal magnesium absorption

It's easy to understand why Prairie Naturals Magnesium Liquid Solution is one of our most popular products. First and foremost, it is simple to take and easy to absorb. Not all forms of magnesium are readily absorbable and may even cause digestive upset. The superior absorption of Magnesium Liquid Solution means you don't have to take a lot of it in order to experience the wide range of health benefits that only magnesium provides. The results are remarkably noticeable and fast. Experience the magic of magnesium.

## 12 reasons doctors recommend magnesium for optimal health

Magnesium is essential for more than 300 biochemical reactions in the body. Enlightened doctors recommend magnesium because of its role in preventing and managing many disorders including:

- |                                       |                               |               |
|---------------------------------------|-------------------------------|---------------|
| 1• Hypertension (high blood pressure) | 5• Muscle cramps & joint pain | 9• Depression |
| 2• Diabetes & insulin resistance      | 6• Cardiovascular disease     | 10• Insomnia  |
| 3• Premenstrual syndrome (PMS)        | 7• Hyper-acidity              | 11• Anxiety   |
| 4• Children's learning disorders      | 8• Osteoporosis               | 12• Fatigue   |

Many Canadian adults have a daily magnesium intake from 30 to 70 percent below the Estimated Average Requirement (EAR) as calculated by Health Canada. Calcium is also frequently deficient.

Source: The Canadian Community Health Survey conducted by Health Canada,

## What are the most common signs & symptoms of suboptimal magnesium levels?

- |                |                            |            |
|----------------|----------------------------|------------|
| • Irritability | • Muscle weakness & cramps | • Headache |
| • Anxiety      | • Irregular heartbeat      | • Insomnia |

References & Sources: Medical Hypothesis 2001 Feb;56(2):163-70. The multifaceted and widespread pathology of magnesium deficiency. Johnson S. <http://www.ncbi.nlm.nih.gov/pubmed/11425281> MayoClinic.org

# liquid respir solution



**Recommended Use or Purpose:** Herbal support for the respiratory system. Thyme is traditionally used in Herbal Medicine as an expectorant to help relieve the symptoms of bronchitis and catarrhs of the upper respiratory tract (anti-catarrh) and to help relieve coughs (spasmolytic).

**Recommended Dose:** (Adults): Take 2 tablespoons up to 3 times daily or as directed by a health practitioner. Best consumed with fruit juice.

**Medicinal Ingredients:** Each 2 Tbsp. (30ml) contains:

Perilla Leaf Extract (Perilla frutescens) 4:1	90mg
Rosemary Leaf Extract (Rosmarinus officinalis) 4:1	60mg
Fenugreek Seed Extract (Trigonella foenum-graecum) 3:1	72mg
Stinging Nettle Root Extract 4:1	90mg
Marshmallow Root Extract (Althaea officinalis) 5:1	30mg
Sage Leaf Extract (Salvia officinalis) 4:1	30mg
Juniper Berries Extract (Juniperus communis) 3:1	90mg
Mullein Leaf Extract (Verbascum thapsus) 4:1	60mg
Peppermint Leaf Extract (Mentha piperita) 4:1	30mg
Thyme Leaf Extract (Thymus vulgaris) 4:1	48mg

## Nature's Herbal Solution for Breathing Problems

Respiratory conditions directly impact our quality of life and an increasing number of Canadians are experiencing breathing issues. Deep breathing is essential to our health and wellbeing. Being able to breathe without pain or constriction is one of the things most of us take for granted in life - until we encounter noticeable breathing problems. Allergies, asthma, respiratory tract irritation and inflammation, air pollution, first and second-hand smoke, viral and bacterial infections such as colds, flu and pneumonia are just a few of the common threats to the quality of our breathing.

## Respir Solution is collection of 10 herbal extracts

Respir Solution is collection of 10 herbal extracts which have been used traditionally throughout the world to alleviate and correct a wide range of respiratory system difficulties. Soothing, refreshing and healing, Respir Solution acts quickly to reduce allergic reactions and inflammation of respiratory passages and optimize unrestricted breathing.

**Perilla Leaf Extract, Rosemary Leaf Extract, Fenugreek Seed Extract, Stinging Nettle Root Extract, Marshmallow Root Extract, Sage Leaf Extract, Juniper Berries Extract, Mullein Leaf Extract, Peppermint Leaf Extract & Thyme Leaf Extract.**