

Supplement Calendar

	 SPRING	 EARLY SUMMER	 LATE SUMMER/HARVEST	 AUTUMN	 WINTER
ENERGETIC QUALITY	Wood, Mild Yang Growth 	Fire, Yang Expansion 	Earth Bounty, Fruition 	Metal, Mild Yin Contraction 	Water, Yin Stillness, Hibernation 
ORGANS	Gallbladder, Liver	Heart, Small Intestine	Stomach, Lungs	Eyes, Colon	Kidneys, Brain
FOOD	Foods for Detox, Bone Broth, Cruciferous Veggies, Fibre, Onions, Garlic, Ginger Cilantro, Turmeric, Apple Cider Vinegar	 Salads with Leafy Greens, Fresh Fruit, BBQ, Smoothies	Peppers, Tomatoes, Beans and Legumes, Tapas and Charcuterie Plates, Quinoa Based Salads, Blackberries	Root Vegetables, Tubers, Homemade Breads, Pumpkin Pie, Ferments, Brines and Preserves 	 Warming, Spicy Foods, Soups, Curries, Stews, Oatmeal, Porridge
WELLNESS THEMES/ ACTIVITIES	 Cleansing, Allergies, Power and Action, Athletic Performance, Discover Life Purpose, Soul Searching, Declutter / Spring Cleaning, Aerobic Exercise	 Travel, Staying Cool / Refreshment, Gut Health, Nature and Outdoors, Balance &, Rejuvenation, Circulation, Suncare / Skincare Antioxidants, Yoga, Hiking, Kayak, SUP, Forest Bathing	 Digestion, Respiratory Health/Air Quality, Soothing / Harmony, Nutrient Dense Foods, Inflammation, Gardening, Berry Picking, Gratitude Journal, Breath Work, Sleep Hygiene	Back to School, Joint Health, Cold / Flu / Immune Health, Skin Moisturization, Bone and Joint Health, Intestinal Health, Contentment / Rest, Social Gatherings / Cooking, Resistance Training, Eye Health / Vision	 Immunity, Metabolism, Mood, Hygge, Light Therapy, Sound bath, Stay In / Get Cozy, Urinary Support, Skin, Hair and Nail Support, Cognition/Memory Mindfulness / Meditation, Sauna, Warm Bath, Yoga, Skiing, Snowshoeing
FLORA PRODUCT/ SUPPLEMENT	Migranon II*, Spirulina, Flor-Essence®, Probiotics, Chlorella*, Green Blend / Beyond Greens®, Nettle juice*, Milk Thistle Plus*, Ginseng Rooibos Tea, Red Beet Crystals, Omega Sport+, Sport MSM*, Flor-Essence® 7 Day Kit, ACV Drinks	Travel Care, Peppermint Tea, Omega Sport+, Super 8 Probiotic, Holy Basil, CircuVein, Cardio-Essence, Beyond Grape Seed® / Grape Seed Extract, Enzyme Blend - Travel Size, Lutein/Astaxanthin*, Acerola Powder	Flax Meal*, FlorAntacid™, Bitters, Green Blend/Beyond Greens, Digestive Enzymes, Flax Oil, Spirulina, Chamomile and Fennel Tea, Respir-Essence®, IntestCare**, Manuka Honey, Sleep-Essence	Floralax, Efalex*, Elderberry Immune Products, KinderLove/Vital, Painaway / White Willow Bark, MSM* Pumpkin Oil, Probiotics - Super Bifido, Calcium Magnesium, Lutein*, FloraVision*, Vegetarian Algae DHA, Astaxanthin*	Elderberry Immune Products, ACV (Apple Cider Vinegar) Drinks, Probiotics, Omega Brain+, SJW (St. John's Wort) Juice*, Double Ginger Tea, Sacha Inchi Oil, Ginkgo Biloba*, Florasil®, EPO* (Evening Primrose Oil), Pro-Essence, Cran-Essence, Acerola Powder

*CANADA ONLY | **USA ONLY