

Rachelle Béry

# 3 ways to stay well this winter

Rachelle Béry

wellness boutique

## 1. Crush Cold Symptoms

## 2. Keep energy up

**200 PTS**  
when you buy 2

**15% off**  
NATURE'S WAY COLD AND FLU SYRUP 120 ML OR GUMMIES 60 PK

**2/\$7**  
GOODVIBES JUICE CO. GET WELL JUICE 50 ML



**20% off**  
PROGRESSIVE WHEY PROTEIN OR VEGESSENTIAL SELECTED 840-850 G

**15% off**  
A. VOGEL ECHINAFORCE ASSORTED 30-100 ML OR 30-90 PK

**20% off**  
IRON VEGAN PROTEIN 1 KG, GLUTAMINE 400 G, SUPERFOODS GREENS 180 G OR PROTEIN BARS 62-64 G



## 3. Support body and mind

**20% off**  
LILY OF THE DESERT ALOE VERA JUICE OR GEL 946 ML

**15% off**  
ST FRANCIS HERB FARM SKIN CARE

A beauty oil that hydrates and softens

**400 PTS**  
when you buy 2



**15% off**  
FRESHFIELD VEGAN OMEGA 3 60 PK

**20% off**  
ORANGE NATURALS MAGNESIUM GLYCINATE OR SLEEP ASSORTED 60-90 PK

A selection of organic and natural products made to enrich your life



Browse a Rachelle Béry boutique at your local Sobeys store