

# Vitamin D<sub>3</sub>

## THE COMPLETE RANGE

Enteric coated tablets to prevent stomach irritation.



► Helps in the development and maintenance of bones.

► Helps in the development and maintenance of teeth.

► Helps in the absorption and use of calcium and phosphorus.

### TABLETS

Vitamin D<sub>3</sub> 400

Each tablet contains:

Vitamin D<sub>3</sub> .....400 iu or 10 mcg  
*(supplied from cholecalciferol)*

Vitamin D<sub>3</sub> 1000

Each tablet contains:

Vitamin D<sub>3</sub> 1000 iu or 25 mcg  
*(supplied from cholecalciferol)*

- Halal & Kosher
- No Animal By-Products
- No Gelatin or Oil
- No Glutin, Sweetner, Colour or Preservative



### SOLUTIONS

Vitamin D<sub>3</sub> 400 Solution  
Each ml contains:

Vitamin D<sub>3</sub> .....400 iu or 10 mcg  
*(supplied from cholecalciferol)*

Vitamin D<sub>3</sub> 1000 Solution

Each ml contains:

Vitamin D<sub>3</sub> ..... 1000 iu or 25 mcg  
*(supplied from cholecalciferol)*



### DROPS

Vitamin D<sub>3</sub> 400 Drops

Each drop (0.03 ml) contains:

Vitamin D<sub>3</sub> ....400 iu or 10 mcg  
*(supplied from cholecalciferol)*

Vitamin D<sub>3</sub> 1000 Drops

Each drop (0.03 ml) contains:

Vitamin D<sub>3</sub> 1000 iu or 25 mcg  
*(supplied from cholecalciferol)*

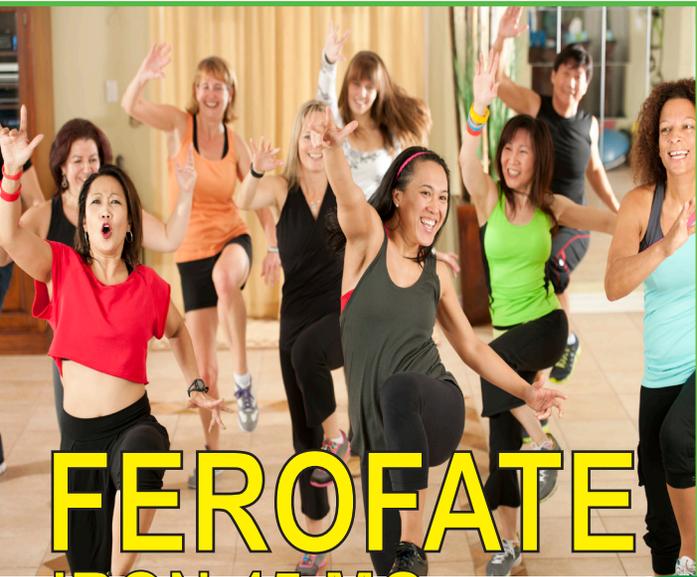


**JAA NATURALS CANADA**

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# FEROFATE IRON 45 MG TABLETS

Enteric coated tablets to prevent stomach irritation & bleeding.



Halal & Kosher



- Halal & Kosher • No Animal By-Products
- No Gelatin or Oil
- No Glutin, Sweetner, Colour or Preservative



**Smallest IRON 45mg coated tablet in Canada. Highest single dose allowed by Health Canada (NHPD)\*.**

- Helps to form red blood cells.
- Helps to prevent iron anaemia (shortage).
- A factor in the maintenance of good health.

### How much IRON should you aim for?

Age in years	Not to exceed mg/day
Men 19 & older	45 mg
Women 19 - 50	45 mg
Women 51 & older	45 mg
Pregnant women 19 & older	45 mg
Breastfeeding women 19 & older	45 mg

*Iron deficiency is characterized by confusion or change in mental status in severe or adverse cases. Diarrhea, fatigue, loss of appetite, shortage of breath, sore mouth & tongue, weakness overall, pale lips, brittle nails.*

Route of Administration: Oral

### FEROFATE

Each tablet contains: Iron.....45 mg (from ferrous sulphate)

Dosage: Adult: Take 1 tablet 1 time daily after meal.

Dosage form: Tablet

*Each batch manufactured is tested for dissolution. A test to determine the percentage level release of the iron from the gastro to the plasma. Since each FEROFATE tablet is enteric coated it by passes stomach to reach intestine producing dissolution results over 85%, the highest in its class.*

### Common Food Sources with IRON content

Food	Serving Size	Iron (mg)
<b>Vegetarian Source:</b>		
Pumpkin or squash seeds	60ml (¼ cup)	8.6
Tofu	175ml (¾ cup)	7.3 - 8.0
Soybeans, mature, cooked	175ml (¾ cup)	6.5
Cream of wheat, all types, cooked	175ml (¾ cup)	5.7 - 5.8
Oatmeal, instant, cooked	175ml (¾ cup)	5.1 - 6.3
Lentils, cooked	175ml (¾ cup)	4.9
Cereal, dry, all types	30g	4.0
Beans (white, kidney, navy, pinto black, roman/cranberry), cooked	175ml (¾ cup)	2.6 - 4.9
Blackstrap molasses	15ml (1 tbsp)	3.6
Spinach, cooked	125ml (½ cup)	3.4
Peas (chickpeas/garbanzo beans, blackeyed, split), cooked	175ml (¾ cup)	1.9 - 3.5
<b>Non-vegetarian Source:</b>		
Clams, canned	75g (2½ oz)	21
Liver, pork, cooked	75g (2½ oz)	13.4
Kidney, lamb	75g (2½ oz)	9.3
Liver (chicken,turkey,lamb),cooked	75g (2½ oz)	6.2 - 9.7
Liver, beef, cooked	75g (2½ oz)	4.9
Oysters, cooked	75g (2½ oz)	3.3 - 9
Kidney (beef, veal,pork), cooked	75g (2½ oz)	2.3 - 4.4
Moose, cooked	75g (2½ oz)	3.8
Beef, various cuts, cooked	75g (2½ oz)	3.3

Source: Health Canada, "Canadian Nutrient File 2007b"

Caution: This package contains enough iron to seriously harm a child. Always keep it out of reach of children.

Known adverse reactions: Some people may experience constipation, diarrhea, and/or vomiting. (IOM 2006; IOM 2001)

Manufactured & Packaged at our CGMP\*\* facility in Woodbridge, Ontario, Canada License # 300109 issued by NHPD\*\*\*.

\*\*CGMP- Current Good Manufacturing Practices according to Health Canada

\*\*\*NHPD - Natural Health Products Directorate (Health Canada)



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# J FLEX® & JOINT ICE® CHONDROITIN & GLUCOSAMINE FAMILY

Enteric coated tablets to prevent stomach irritation.



- Halal & Kosher
- No Animal By-Products
- No Gelatin or Oil
- No Glutin, Sweetner, Colour or Preservative

### Chondroitin Sulfate:

- ▶ Helps relieve symptoms of bone and joint pain.
- ▶ Helps in the formation of connective tissue.
- ▶ Helps to relieve the pain of osteoarthritis.

### Glucosamine Hydrochloride:

- ▶ Helps to relieve osteoarthritic symptoms.
- ▶ Factor in the building of healthy cartilage.
- ▶ Protects against the deterioration of cartilage from chronic joint diseases.
- ▶ Effective in reducing joint pain.

*Chondroitin Sulfate act like "liquid magnets". It helps attract fluid into the proteoglycan molecules. This is important for two reasons; the fluid sweeps nutrients into the cartilage and the fluid acts as a spongy shock absorber. Chondroitin can protect existing cartilage from a premature breakdown. It does this by inhibiting certain enzymes that destroy cartilage and enzymes that prevent the transport of nutrients.*

*Glucosamine is often called "cellular glue". Glucosamine HCL is the most versatile and bio-available amino sugar that the body converts into essential bio-molecules. It is the main building block for semi-fluids that lubricate joints and fill their cushioning sacks (bursa). It also forms the core of skeletal bone and of cell recognition molecules. Recognition molecules are used by the body's defense systems to distinguish its own cells from other substances.*

*Chondroitin Sulfates alone have been found to be effective for osteoarthritis sufferers. Often just the glucosamine or chondroitin are used by themselves. However they can work synergistically when taken together to stimulate cartilage production and to help control enzymes that destroy the cartilage. Using both of these supplements can help the body heal itself. A glucosamine and chondroitin combination is a powerful weapon against osteoarthritis.*



Route of Administration: Oral

### J FLEX® CHON-S-750 TABLETS

Each tablet contains: Chondroitin Sulfate.....750 mg (from Shark Cartilage)

Duration of Use: Use for a minimum of 3 months to see beneficial effects (Bjordal et al. 2007).

### J FLEX® CON-GLU-900 SH-T TABLETS

Each tablet contains: Chondroitin Sulfate.....400 mg (from Shark Cartilage)  
Glucosamine HCL .....500 mg (from Shellfish exoskeleton)

Duration of Use: Use for a minimum of 2 months to see beneficial effects.

### JOINT ICE® GLU-S-750 TABLETS

Each tablet contains: Glucosamine .....750 mg (from Glucosamine Sulfate Potassium Chloride)

Duration of Use: Use for a minimum of 4 weeks to see beneficial effects.

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# SLEEP AID MELATONIN 3 MG Surge Release Tablets

**T**he only  
*Clinically proven*  
formulation  
in Canada  
for Sleep aid\*

\* Clinical studies on Jaa Naturals formula published in Psychopharmacology Journal December 15, 2009.



**Halal & Kosher**



- Halal & Kosher
- No Animal By-Products
- No Gelatin or Oil
- No Glutin, Sweetner, Colour or Preservative

***Clinical trials were conducted on Canadian Air Force Pilots to create the best formulation suitable to help increase sleep time & reset the body's sleep - wake cycle.***

SLEEP AID is effective when the pineal gland's own production of melatonin is very low. Melatonin appears to be most effective in treating Insomnia in the elderly, as low melatonin levels are common in this age group.

SLEEP AID helps increase the total sleep time (aspect of sleep quality) in people suffering from sleep restriction or altered sleep schedule, e.g. shift-work and jet lag.

Helps relieve the daytime fatigue associated with jet lag.

Helps to reduce the time it takes to fall asleep (sleep onset latency aspect of sleep quality) in people with delayed sleep phase syndrome.

Helps reset the body's sleep-wake cycle (aspect of circadian rhythm).

Route of Administration:  
Oral

## SLEEP AID

Each tablet contains: Melatonin .....3 mg (Surge Release)

Dosage: Adults only. Take 1 to 3 tablets one time daily at or before bedtime only.

Dosage form: Tablet

Duration of Use: For use beyond 4 weeks consult a health care practitioner.

Contraindications:

- ▶ Do not use if you are taking immunosuppressive drugs. (Dipiro et al. 2002)
- ▶ Do not drive or use machinery for 5 hours after taking melatonin. (Avery et al. 1998)
- ▶ Do not use if you are pregnant or breastfeeding. (IOM 2004)

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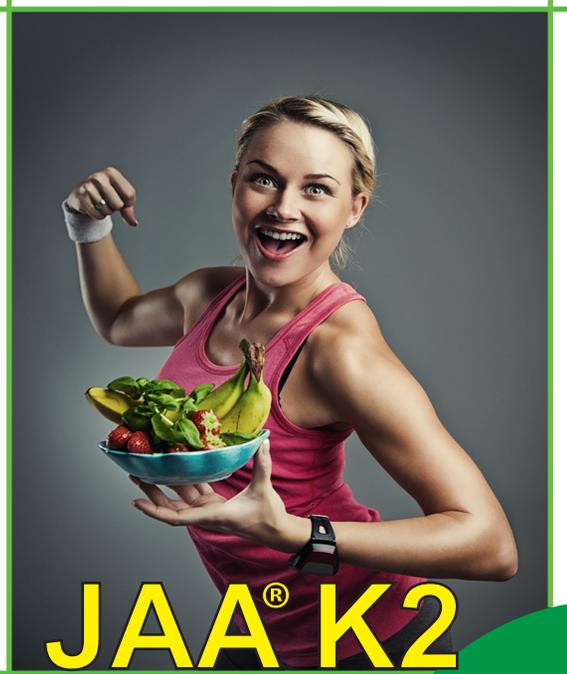
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# JAA® K2

## Potassium GLUCONATE 468 MG TABLETS SALT FREE

### Enteric coated tablets to prevent stomach irritation.



Halal & Kosher

- Halal & Kosher
  - No Animal By-Products
  - No Gelatin or Oil
  - No Glutin, Sweetner, Colour or Preservative
- Salt Free.**  
**Suitable for cardio & high blood pressure patients.**
- Keeps fluids balanced in blood and tissue.
  - Helps in controlling blood pressure.
  - Allows nerves and muscles to work together.
  - Used for the treatment or prevention of hypokalemia (potassium depletion) which does not result from dietary deficiency.
  - Used for the treatment of digitalis toxicity.
  - Potassium replacement therapy.
  - Electrolyte replenisher.
- Route of Administration: Oral

**JAA® K2**  
Each tablet contains: Potassium.....78 mg  
(from 468 mg of Potassium Gluconate)

**Dosage:**  
Adults: 1 tablet one time daily after meal or with food.

**Dosage form:** Tablet

**Packaging:**  
Available in Pet Purple bottle of 100 & 200 sizes.

**Shelf Life:**  
46 months expiry date based on stability data as of April 2012.



### Common Food Sources of Potassium

*Bananas, papaya, sweet potato, dark leafy greens, avocado, prune juice, tomato juice, orange juice, Milk, yogurt.*

*Dried beans such as navy, pinto and black beans, chickpeas, lentils, beef, pork, fish, nuts and seeds.*

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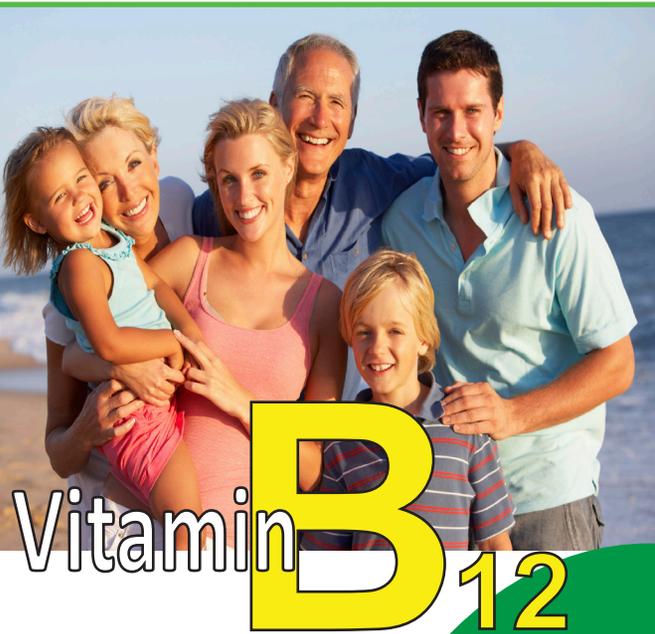
- Warnings:**
- JAA® K2 should be discontinued if abdominal pain, distention, nausea, vomiting or gastrointestinal bleeding occur.
  - Where impaired renal function exists, the use of potassium supplements must be monitored closely.
  - The use of potassium supplements with potassium sparing diuretics (spironolactone, triamterene, amiloride) may lead to hyperkalemia.

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**1000 MCG  
TABLETS  
Halal & Kosher**

**HFDC\*  
coated  
tablets to  
prevent  
stomach  
irritation.**



*Vitamin B12 deficiency is characterized by megaloblastic anemia, fatigue, weakness, constipation, loss of appetite, and weight loss. Neurological changes, such as numbness and tingling in the hands and feet, can also occur.*

Source: Office of Dietary Supplements, National Institutes of Health -Deitary supplement fact sheet online.

- Helps to produce red blood cells.
- Helps in treating pernicious anemia.
- Helps to maintain good health.

**Recommended dietary allowance for Vit. B<sub>12</sub>**

Age	Male	Female
0-6 months*	0.4 mcg	0.4 mcg
7-12 months*	0.5 mcg	0.5 mcg
1-3 years	0.9 mcg	0.9 mcg
4-8 years	1.2 mcg	1.2 mcg
9-13 years	1.8 mcg	1.8 mcg
14+ years	2.4 mcg	2.4 mcg
Pregnancy		2.6 mcg
Lactation		2.8 mcg

\* Adequate Intake

Source: Office of Dietary Supplements, National Institutes of Health -Deitary supplement fact sheet online.

- Halal & Kosher
- No Animal By-Products
- No Gelatin or Oil
- No Glutin, Sweetner, Colour or Preservative

Route of Administration: Oral

**Vitamin B<sub>12</sub>**  
Each tablet contains:  
Vitamin B<sub>12</sub> .....1000 mcg

Dosage: Adults: 1 tablet daily or as directed by a health care practitioner.

Dosage form: Tablet

**Common Food Sources with Vitamin B<sub>12</sub> content**

Food	Microgram (MCG) per Serving	Percent DV*
<b>Vegetarian source:</b>		
Breakfast cereals, fortified with 100% of the DV for vitamin B12, 1 serving	6.0	100
Cheeseburger-double patty & bun, 1 sandwich	2.1	35
Breakfast cereals, fortified with 25% of the DV for vitamin B12, 1 serving	1.5	25
Milk, low-fat, 1 cup	1.2	18
Yogurt, fruit, low-fat, 8 ounces	1.1	18
Cheese, Swiss, 1 ounce	0.9	15
<b>Non-vegetarian source:</b>		
Clams, cooked, 3 ounces	84.1	1,402
Liver, beef, cooked, 3 ounces	70.7	1,178
Trout, rainbow, wild, cooked, 3 ounces	5.4	90
Salmon, sockeye, cooked, 3 ounces	4.8	80
Trout, rainbow, farmed, cooked, 3 ounces	3.5	58
Tuna fish, light, canned in water, 3 ounces	2.5	42
Haddock, cooked, 3 ounces	1.8	30
Beef, top sirloin, broiled, 3 ounces	1.4	23
Beef taco, 1 soft taco	0.9	15
Ham, cured, roasted, 3 ounces	0.6	10
Egg, whole, hard boiled, 1 large	0.6	10
Chicken, breast meat, roasted, 3 ounces	0.31	5

\*DV = Daily Value. DVs were developed by the U.S. Food and Drug Administration (FDA) to help consumers determine the level of various nutrients in a standard serving of food in relation to their approximate requirement for it.

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\*HFDC - High Density Force Compression

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