



ND Essentials

Efficacy. Affordability.

Philanthropy.

Product Catalogue

ND Essentials, based in Windsor, Nova Scotia, is dedicated to providing accessible and affordable natural health solutions to patients across Canada. Our products include nutraceuticals like creatine and alpha lipoic acid; essential vitamins and minerals; a broad range of herbs; and so much more!

Naturopathic medicine is often only available to individuals in a medium to high income bracket . This leaves many Canadians without access to this indispensable branch of healthcare, and we are committed to addressing this gap. One way is by offering high-quality, evidence-based supplements that are priced significantly below the current industry average, allowing patients to access the products they need at the most affordable cost.

Beyond our pricing, we are registered as a Community Interest Company (CIC), which means that 60% of our net profits will be donated to funding free naturopathic care across Canada for low-income individuals. This lines up with our goal of enabling all Canadians to consult with a naturopathic doctor regardless of their financial circumstances.

ND Essentials is founded on the principle that health is a right, not a privilege. We hope this approach resonates with you and that we can work together to improve the lives of all Canadians!

**Product will be available in the near future

*Encapsulated products will be available in the near future; these are currently available in powder form only

Product Name	Volume	mg Per Dose	Wholesale Cost (CAD)
Acetyl-L-Carnitine*	90 caps	750 mg	\$19.00
Adrenal Support Formula 2*	120 caps	Varies by ingredient	\$22.00
Astragalus Root*	90 caps	500 mg	\$25.00
Benfotiamine*	60 caps	300 mg	\$18.50
Berberine HCL*	90 caps	500 mg	\$20.00
Betaine HCL (+ Pepsin)*	120 caps	750 mg	\$17.50
Bone Support Formula*	120 caps	Varies by ingredient	\$15.00
Boswellia Extract*	90 caps	380 mg	\$15.00
Coenzyme Q10*	60 caps	200 mg	\$17.50
Coriolus Vericolor (hot water extract) — capsules*	60 caps	500 mg	\$15.00
Coriolus Vericolor (hot water extract) powder	90g (equal to 180×500 mg caps)	500mg	\$38.00
Creatine Monohydrate	454 g powder	5,000mg	\$20.00
Dysbiosis Formula*	120 caps	Varies by ingredient	\$24.00
Eleutherogandha*	120 caps	Varies by ingredient	\$20.00
Essential B Complex*	60 Caps	Varies by ingredient	\$12.00

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Product Name	Volume	mg Per Dose	Wholesale Cost (CAD)
Essential Comprehensive Multinutrient	180 Caps	Varies by ingredient	\$20.00
Essential Demulcent Formula	218g	Varies by ingredient	\$28.00
Essential Multinutrient One A Day*	60 caps	Varies by ingredient	\$20.00
GI Support Formula*	224 g powder (310 g jar)	Varies by ingredient	\$30.00
Hericium Erinaceus (hot water extract) — capsules*	60 caps	500 mg	\$15.00
Hericium Erinaceus (hot water extract) — powder*	90 g powder (equal to 180×500 mg caps)	n/a	\$38.00
Hormone Support Formula*	120 caps	Varies by ingredient	\$22.00
Immune Support Formula*	120 caps	Varies by ingredient	\$18.50
Joint Support Formula*	180 caps	Varies by ingredient	\$25.00
L-5-MTHF*	60 caps	1 mg	\$7.00
L-Glutamine	454 g powder	5000mg	\$25.00
Liver Support Formula*	120 caps	Varies by ingredient	\$25.00
Maca Root*	120 caps	750 mg	\$17.00

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Product Name	Volume	mg Per Dose	Wholesale Cost (CAD)
Magnesium Glycinate*	120 caps	800 mg	\$15.00
Mineral Support Formula*	90 caps	Varies by ingredient	\$15.00
Mitochondrial Support Formula (powder)	310 g powder	Varies by ingredient	\$55.00
Mitochondrial Support Formula (capsules)*	360 caps	Varies by ingredient	\$80.00
Molybdenum Citrate*	60 caps	500 µg	\$11.50
MSM (Methylsulfonylmethane)	500 g powder	1000mg	\$20.00
Multi-nutrient High-Potency*	180 caps	Varies by ingredient	\$20.00
NAC (N-Acetyl-Cysteine)*	120 caps	500 mg	\$20.00
Nerve Support Formula*	120 caps	Varies by ingredient	\$30.00
Oncology Multi*	60 caps	Varies by ingredient	\$18.50
P5P (Pyridoxal-5-Phosphate)*	60 caps	50 mg	\$13.00
Pancreatin 8X Capsules*	60 caps	500 mg	\$15.00
Pancreatin 8X Powder	60g powder (equal to 120×500 mg caps)	500mg	\$23.00

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Product Name	Volume	mg Per Dose	Wholesale Cost (CAD)
Prenatal Multi*	180 caps	Varies by ingredient	\$20.00
Quercetin Capsules*	120 caps	500 mg	\$25.00
Quercetin Powder	100g Equiv. 2 bottles of capsules	500mg	\$20.00
R+ Alpha Lipoic Acid*	60 caps	150 mg	\$20.00
Reishi capsules hot water extract*	60 caps	500 mg	\$15.00
Reishi powder (hot water extract)	90 g (equal to 180×500 mg caps)	500mg	\$38.00
Resveratrol (All Trans) Capsules*	60 caps	500 mg	\$20.00
Resveratrol (All Trans) Powder	60 g powder (equal to 120×500 mg caps)	500mg	\$45.00
Rhodiola*	60 caps	200 mg	\$12.00
Super Zinc + ACES*	60 caps	Varies by ingredient	\$12.00
Taurine*	100 caps	500 mg	\$10.00
Vitamin C*	90 caps	1000 mg	\$11.50

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Product Name	Volume	mg Per Dose	Wholesale Cost (CAD)
Vitamin E Complex (mixed tocopherols & tocotrienols)*	60 caps	Varies by ingredient	\$25.00

ND Essentials Shipping Rates

Under \$500 orders: You pay what the courier charges.

Over \$500 orders: Shipping is on us

International Orders: You pay what the courier charges.

A.C.E.S + Zinc

Dose per serving (1 capsule) 60 caps/bottle:

Vitamin C (calcium ascorbate) – 500 mg
Mixed Tocopherol (Vitamin E) – 107.2 mg (160 IU)
Zinc (citrate) – 10 mg
Selenium (citrate) – 50 mcg

Acetyl L-Carnitine

Dose per serving (1 capsule) 90 caps/bottle:

Acetyl L-Carnitine – 750 mg

Adrenal Support Formula 2

Dose per serving (1 capsule) 120 caps/bottle:

Calcium D-Pantothenate (vitamin B5) – 200 mg
Adrenal Cortex Powder – 100 mg
Ashwagandha Root Powder – 50 mg
Rhodiola Rosea Extract – 50 mg
Eleutherococcus senticosus Extract (Siberian ginseng) – 50 mg
Schisandra chinensis Berry Powder – 12.5 mg
Zinc (citrate) – 7.5 mg

Astragalus Root

Dose per serving (1 capsule) 90 caps/bottle:

Astragalus Root – 500 mg

Benfotiamine

Dose per serving (1 capsule) 60 caps/bottle:

Benfotiamine – 300 mg

Berberine HCl

Dose per serving (1 capsule) 90 caps/bottle:

Berberine HCl – 500 mg

Betaine Hydrochloride (+ Pepsin)

Dose per serving (1 capsule) 120 caps/bottle:

Betaine Hydrochloride – 750 mg

Bone Support Formula

Dose per serving (6 capsules) 120 caps/bottle:

Calcium (from bone meal, MCHA) – 900 mg
Phosphorus (from bone meal, MCHA) – 407 mg
Magnesium (glycinate) – 200 mg
Vitamin C (calcium ascorbate) – 100 mg
Zinc (citrate) – 10 mg
Manganese (citrate) – 5 mg
Boron (citrate) – 700 mcg
Copper (citrate) – 1,000 mcg
Vitamin K2 (MK-7/MK-4) – 120 mcg
Vitamin D3 (cholecalciferol) – 1,000 IU (25 mcg)

Boswellia Extract

Dose per serving (1 capsule) 90 caps/bottle:

Boswellia (65% Boswellic Acid) – 380 mg

Coenzyme Q10

Dose per serving (1 capsule) 60 caps/bottle:

Coenzyme Q10 – 200 mg

Coriolus Versicolor (hot water extract) Capsules or Powder

Dose per serving (1 capsule or 1/4 tsp powder) 60 caps or 90 grams/bottle:

Coriolus Versicolor (hot water extract) – 500 mg

Dysbiosis Formula

Dose per serving (1 capsule) 120 caps/bottle:

Black Walnut Powder – 167 mg
Wormwood – 167 mg
Grapefruit Seed Extract – 167 mg

Eleutherogandha

Dose per serving (1 capsule) 120 caps/bottle:

Ashwagandha Root Powder – 300 mg
Eleutherococcus senticosus Extract (Siberian ginseng) – 300 mg

Essential B Complex

Dose per serving (1 capsule) 60 caps/bottle:

Calcium D-Pantothenate – 100 mg
Niacinamide – 75 mg
Benfotiamine – 50 mg
Riboflavin-5'-Phosphate – 25 mg
Pyridoxal-5'-Phosphate – 25 mg
Vitamin B12 (methylcobalamin) – 500 mcg
Biotin – 200 mcg
L-Methylfolate (L-5-methyltetrahydrofolate, calcium salt) – 500 mcg

Essential Comprehensive Multinutrient

Dose per serving (3 capsules) 180 caps/bottle:

Vitamin C (calcium ascorbate) – 200 mg
Vitamin B5 (calcium d-pantothenate) – 100 mg
Inositol – 100 mg
Magnesium (citrate) – 100 mg
Calcium (citrate) – 125 mg
Vitamin B2 (riboflavin-5'-phosphate) – 50 mg
Vitamin B3 (niacinamide) – 50 mg
Benfotiamine – 50 mg
Potassium (citrate) – 50 mg
Vitamin B6 (pyridoxal-5'-phosphate) – 20 mg
Vitamin E (mixed tocopherols from soybean oil) – 15 mg
Zinc (citrate) – 15 mg
Vitamin D3 (cholecalciferol) – 10 mcg (400 IU)

Essential Comprehensive Multinutrient Cont.

Vitamin A – 1,000 IU
Manganese (citrate) – 1.5 mg
Copper (citrate) – 1.5 mg
L-Methylfolate (L-5-methyltetrahydrofolate, calcium salt) – 1 mg
Biotin – 150 mcg
Chromium (picolinate) – 100 mcg
Iodine (potassium iodide) – 300 mcg
Molybdenum (citrate) – 150 mcg
Selenium (L-selenomethionine) – 100 mcg
Vitamin B12 (methylcobalamin) – 1,000 mcg
Biotin – 150 mcg

GI Antimicrobial Formula

Dose per serving (1 capsule) 120 caps/bottle:

Cloves – 167 mg
Pau d'Arco – 167 mg
Pomegranate Rind – 84 mg
Pomegranate Seed – 83 mg

GI Support Formula

Dose per serving (8 g) 28 servings/bottle:

L-Glutamine – 5,000 mg
N-Acetyl-D-Glucosamine – 1,000 mg
DGL (Deglycyrrhizinated Licorice) – 800 mg
Slippery Elm – 300 mg
Marshmallow – 300 mg
Aloe Vera Extract – 200 mg
Zinc Carnosine – 150 mg

Hericum Erinaceus (hot water extract) Capsules or Powder

Dose per serving (1 capsule or approximately 1/4 tsp powder)

60 caps or 90 grams/bottle:

Hericum Erinaceus (hot water extract) – 500 mg

Immune Support Formula

Dose per serving (1 capsule) 90 caps/bottle:

Astragalus (Astragalus membranaceus, root) – 200 mg
Siberian Ginseng (Eleutherococcus senticosus, root) – 150 mg
Reishi (Ganoderma lucidum, hot water extract) – 100 mg
Schisandra (Schisandra chinensis, fruit) – 50 mg

Joint Support Formula

Dose per serving (6 capsules) 180 caps/bottle:

Glucosamine Sulphate – 1,500 mg
Methylsulfonylmethane (MSM) – 1,500 mg
Chondroitin Sulphate – 1,200 mg
Boswellia (65% Boswellic Acid) – 1,500 mg

L-5-MTHF

Dose per serving (1 capsule) 60 caps/bottle:

L-5-MTHF – 1 mg

L-Glutamine

Per serving (Approximately 5 g) 60 servings/bottle:

L-Glutamine – 5 g

Liver Support Formula

Dose per serving (1 capsule) 120 caps/bottle:

Milk Thistle Seed Extract (80% Silymarin) – 600 mg
N-Acetyl-L-Cysteine – 200 mg
Artichoke Extract (5% Cynarin) – 125 mg
Bupleurum Falcatum Extract (10:1) – 125 mg
Dandelion Root Extract (4:1) – 125 mg

Maca

Dose per serving (1 capsule) 120 caps/bottle:

Maca Root Powder – 750 mg

Magnesium Glycinate

Dose per serving (1 capsule) 120 caps/bottle:

Magnesium Glycinate – 800 mg

Mineral Support Formula

Per serving (1 cap) 90 caps/bottle:

Calcium (citrate) – 66.67 mg
Magnesium (glycinate) – 66.67 mg
Potassium (citrate) – 50 mg
Zinc (citrate) – 6.67 mg
Boron (citrate) – 0.67 mg
Copper (citrate) – 0.67 mg
Manganese (citrate) – 0.67 mg
Chromium (picolinate) – 66.67 mcg
Iodine (potassium iodide) – 50 mcg
Molybdenum (citrate) – 50 mcg
Selenium (L-selenomethionine) – 50 mcg
Vanadium (citrate) – 33.3 mcg

Mitochondrial Support Formula

Dose per serving (Approx. 6.36 g) 50 servings/bottle:

Acetyl L-Carnitine – 1,500 mg
Taurine – 1,000 mg
Calcium D-Pantothenate – 1,000 mg
Vitamin C (calcium ascorbate) – 750 mg
L-Proline – 500 mg
Niacinamide – 250 mg
Benfotiamine – 150 mg
Mixed Tocopherol (from soybean oil) – 150 mg
Vitamin A Palmitate – 5,000 IU

Mitochondrial Support Formula Cont.

Coenzyme Q10 – 50 mg
Resveratrol (All-Trans) – 50 mg
R-Alpha Lipoic Acid – 50 mg
Riboflavin – 50 mg
Tocotrienols (from palm oil) – 10 mg
Zinc (citrate) – 10 mg
Manganese (citrate) – 5 mg

Molybdenum Citrate

Dose per serving (1 capsule) 60 caps/bottle:

Molybdenum (citrate) – 500 mcg

MSM (Methylsulfonylmethane)

Dose per serving (1,000 mg) 500 servings/bottle:

MSM (Methylsulfonylmethane) – 1,000 mg

NAC (N-Acetyl-Cysteine)

Dose per serving (1 capsule) 120 caps/bottle:

N-Acetyl-Cysteine – 500 mg

Nerve Support Formula

Dose per serving (1 capsule) 120 caps/bottle:

Acetyl L-Carnitine – 750 mg
R+ Alpha Lipoic Acid – 150 mg
Benfotiamine – 125 mg

Oncology Multi

Dose per serving (1 capsule) 60 caps/bottle:

Vitamin C (calcium ascorbate) – 75 mg
Vitamin E (mixed tocopherols from soybean oil) – 40 mg
Niacinamide – 25 mg
Vitamin A (acetate) – 2,500 IU
Benfotiamine – 15 mg
Vitamin B5 (calcium d-pantothenate) – 50 mg
Pantethine – 12.5 mg
Pyridoxal-5'-phosphate – 12.5 mg
Riboflavin-5'-phosphate – 5 mg
Vitamin D3 (cholecalciferol) – 500 IU
Inositol – 25 mg
Potassium (citrate) – 50 mg
Zinc (citrate) – 12.5 mg
Copper (citrate) – 1.5 mg
Manganese (citrate) – 1 mg
Chromium (picolinate) – 100 mcg
Selenium (L-selenomethionine) – 100 mcg
Iodine (potassium iodide) – 75 mcg
Molybdenum (citrate) – 30 mcg
Vanadium (citrate) – 500 mcg

P5P (Pyridoxal-5-Phosphate)

Dose per serving (1 capsule) 60 caps/bottle:

Pyridoxal-5-Phosphate – 50 mg

Pancreatin 8X

Per serving (Approximately 500 mg) 120 servings/bottle:

Pancreatin 8X – 500 mg

Prenatal Multinutrient

Dose per serving (3 capsules) 180 caps/bottle:

Vitamin C (calcium ascorbate) – 200 mg
Calcium (citrate) – 150 mg
Vitamin B5 (calcium d-pantothenate) – 100 mg
Magnesium (glycinate) – 75 mg
Potassium (citrate) – 75 mg
Iron (glycinate) – 30 mg
Vitamin B6 (pyridoxal-5'-phosphate) – 50 mg
Vitamin B3 (niacinamide) – 50 mg
Vitamin B2 (riboflavin-5'-phosphate) – 50 mg
Vitamin B1 (benfotiamine) – 50 mg
Zinc (citrate) – 20 mg
Mixed Tocopherols (from soybean oil) – 35 mg
Vitamin D3 (cholecalciferol) – 1,000 IU
Vitamin K2 (menaquinone-7) – 100 mcg
L-Methylfolate (L-5-methyltetrahydrofolate, calcium salt) – 1,000 mcg
Vitamin B12 (methylcobalamin) – 1,000 mcg
Biotin – 300 mcg
Iodine (potassium iodide) – 150 mcg
Selenium (L-selenomethionine) – 50 mcg
Copper (citrate) – 2 mg
Manganese (citrate) – 5 mg
Chromium (picolinate) – 100 mcg
Molybdenum (citrate) – 50 mcg
Boron (citrate) – 700 mcg
Mixed Tocotrienols (from palm oil) – 10 mg

Quercetin Capsules or Powder

Dose per serving (1 capsule or approximately 1/4 tsp powder)

120 caps or 100 grams/bottle:

Quercetin – 500 mg

R+ Alpha Lipoic Acid

Dose per serving (1 capsule) 60 caps/bottle:

R+ Alpha Lipoic Acid – 150 mg

Reishi (hot water extract) Capsules or Powder

Dose per serving (1 capsule or approximately 1/4 tsp powder)

60 caps or 90 grams/bottle:

Reishi (hot water extract) – 500 mg

Resveratrol (All-Trans) Capsules or Powder

Dose per serving (500 mg) 60 caps or 60g per bottle:

Resveratrol (All-Trans) – 500 mg

Resveratrol (All-Trans) – 500 mg

Rhodiola

Dose per serving (1 capsule) 60 caps/bottle:

Rhodiola – 200 mg

Super Zinc + ACES

Dose per serving (1 capsule) 60 caps/bottle:

Vitamin C (calcium ascorbate) – 300 mg

Mixed Tocotrienols (from palm oil) – 75 mg

Mixed Tocopherols (from soybean oil) – 25 mg

Zinc (citrate) – 15 mg

Vitamin A Palmitate – 2,500 IU

Selenium (citrate) – 75 mcg

Systemic Antimicrobial Formula

Dose per serving (1 capsule) 120 caps/bottle:

Cryptolepis – 125 mg

Chinese Skullcap – 125 mg

Japanese Knotweed – 125 mg

Cat’s Claw – 125 mg

Taurine

Dose per serving (1 capsule) 100 caps/bottle:

Taurine – 500 mg

Vitamin C

Dose per serving (1 capsule) 90 caps/bottle:

Vitamin C – 1,000 mg