

## Shopping for Supplements

Depending on where you live, some supplements may be hard to find. The buyers clubs on this list are known to sell many complementary therapies that are popular among people with HIV/AIDS. Please note that prices may vary from one buyers club to another. And don't forget to check with your local health food store or pharmacy for discounts and sales. This list is not exhaustive. If you know of other buyers clubs, please tell us and we'll mention them in a future issue.

### ALBERTA

#### Best of Health

7509 – 188 St.  
Edmonton, AB T5T 5W9  
toll-free: 1.800.207.2249  
e-mail: bhealthy@telusplanet.com

#### Holistic International

Box 92  
4404 12th St. NE  
Calgary, AB T2E 6K9  
toll-free: 1.800.387.0177  
www.holisticinternational.com  
e-mail: holistic@cadvision.com

### ONTARIO

#### Supplements Plus

317 Adelaide St. W., #503  
Toronto, ON M5V 1P9  
phone: 416.977.3088  
toll-free: 1.800.387.4761  
e-mail: sales@supplementplus.com

#### The Health Shoppe

41 Charles St. W.  
Toronto, ON M4T 2R4  
phone: 416.968.1225  
www.healthshoppe.net  
e-mail: healthshoppe@direct.com

#### Global Vitamins

60 Lombard St.  
Smiths Falls, ON K7A 5C7  
phone: 613.284.0076  
toll-free: 1.800.996.8466  
www.globalvitamins.com  
e-mail: orders@globalvitamins.com

#### Nature's Nutrition Store

110 Railway St.  
Kingston, ON K7K 2L9  
phone: 613.544.8535  
toll-free: 1.800.238.0478  
www.naturesnutrition.com

### MANITOBA

#### Vita Health Natural Food Stores of Manitoba

106 Osborne St., #200  
Winnipeg, MB R3L 1Y5  
phone: 204.984.9579  
toll-free: 1.888.592.4093  
e-mail: info@vitahealthstores.com  
www.vitahealthstores.ca

### BRITISH COLUMBIA

#### The Vitamin Shop

1212 Broad St.  
Victoria, BC V8W 2A5  
phone: 250.386.1212  
toll-free: 1.888.386.1211  
www.canadianvitaminshop.com  
e-mail: victoriavitaminshop@home.com

### INTERNATIONAL

#### Direct Access Alternative Information Resources (DAAIR)

31 East 30th St., #2A  
New York, NY 10016 USA  
toll-free: 1.888.951.LIFE (5433)  
www.immunet.org/daair/  
membinfo.nsf  
e-mail: info@daair.org



**Mission:** CATIE is committed to improving the health and quality of life of all people living with HIV/AIDS (PHAs) in Canada. CATIE provides HIV/AIDS treatment information to PHAs, caregivers and AIDS service organizations who are encouraged to be active partners in achieving informed decision-making and optimal health care.

**This publication is available on-line, in French and English, at [www.catie.ca](http://www.catie.ca), or by calling 1.800.263.1638.**

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**Disclaimer:** Decisions about particular medical treatments should always be made in consultation with a qualified medical practitioner knowledgeable about HIV-related illness and the treatments in question.

The Canadian AIDS Treatment Information Exchange (CATIE) in good faith provides information resources to help people living with HIV/AIDS who wish to manage their own health care in partnership with their care providers. Information accessed through or published or provided by CATIE, however, is not to be considered medical advice. We do not recommend or advocate particular treatments and we urge users to consult as broad a range of sources as possible. We strongly urge users to consult with a qualified medical practitioner prior to undertaking any decision, use or action of a medical nature.

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# HIV Positive?

Having trouble finding local resources?

Looking for treatment information?

Feeling overwhelmed?

**CATIE is here for you. Let's talk.**

**Call anonymously: 1.800.263.1638**

Speak to one of our knowledgeable Treatment Information Services Representatives about treatment questions or local resources in your area of Canada.

**Visit the CATIE Web site: [www.catie.ca](http://www.catie.ca)**

Over 20,000 people each month visit our Web site to read or download treatment publications, check our current news or to find links to other Internet sites with information about HIV/AIDS.

**E-mail treatment questions to: [questions@catie.ca](mailto:questions@catie.ca)**

Use the privacy of e-mail to ask questions of our knowledgeable Treatment Information Services Representatives when it is convenient for you.

**Become a CATIE member on-line:**

More and more HIV+ Canadians are joining CATIE as members to benefit by receiving monthly updates on treatment information by e-mail or regular mail. Visit [www.catie.ca](http://www.catie.ca) to join.

