

Gordon Alexander
> **Samples**



IDENTITY GRAPHICS Brand standards

Editorial style guides for *TORONTO* magazine

Type Specifications

There are two font families used for body and side bar copy in the document.

Helvetica Ne
The quick brown fox jumps over the lazy dog

Warnock Pro
The quick brown fox jumps over the lazy dog

One font is reserved for callouts and column heads.

Microsoft
THE QUICK BROWN FOX JUMPS OVER THE LAZY DOG

Colour Palette & Object Specifications
Type Specifications continued

All document colours are specified as CMYK.

TO Colors

Black	CMYK 100/100/100/100	CMYK 100/100/100/100
White	CMYK 0/0/0/0	CMYK 0/0/0/0
Yellow	CMYK 0/0/100/0	CMYK 0/0/100/0
Cyan	CMYK 100/100/0/0	CMYK 100/100/0/0
Magenta	CMYK 0/100/100/0	CMYK 0/100/100/0
Red	CMYK 100/0/100/0	CMYK 100/0/100/0
Blue	CMYK 100/0/0/100	CMYK 100/0/0/100
Green	CMYK 100/100/0/100	CMYK 100/100/0/100

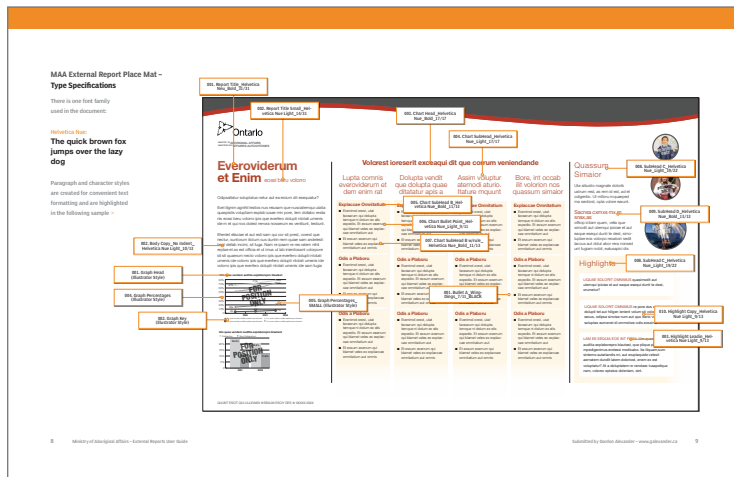
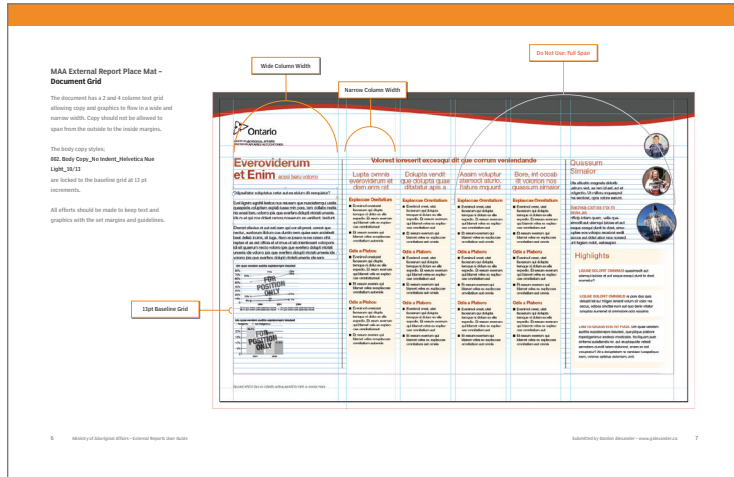
TORONTO

Magazine 2013 template guide presented to



IDENTITY GRAPHICS Style Guides

Editorial style guides for the Ontario Ministry of Aboriginal Affairs

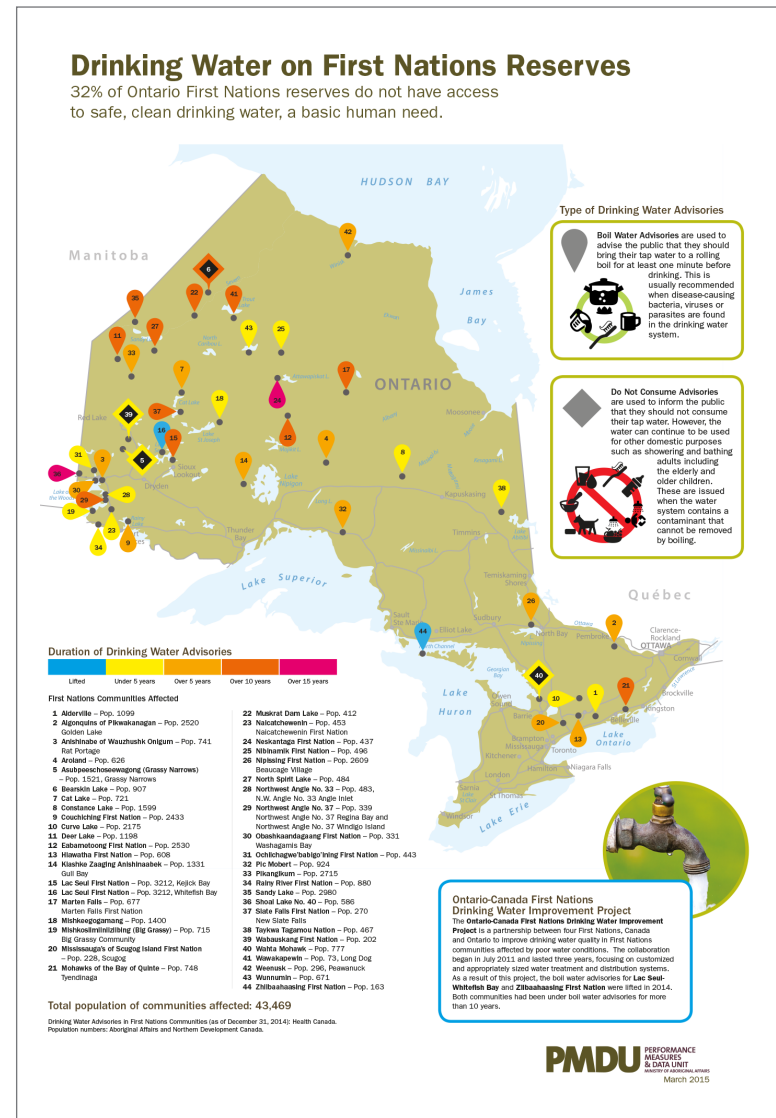
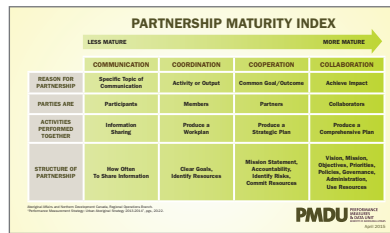
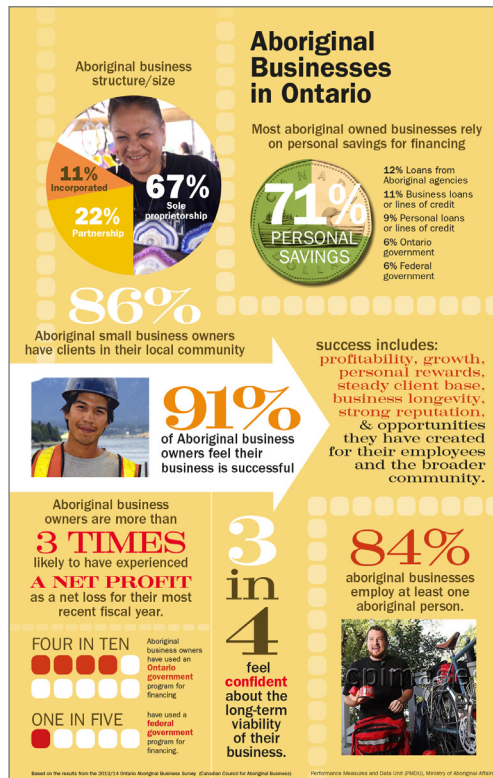


Ministry of Aboriginal Affairs External Reports > User Guide

Produced and designed by
Gordon Alexander Creative Services

INFOGRAPHICS Data Visualization

Information graphics for the Ontario Ministry of Aboriginal Affairs



INFOGRAPHICS Data Visualization

Information graphics for business and government departments



FOOD & DRINK

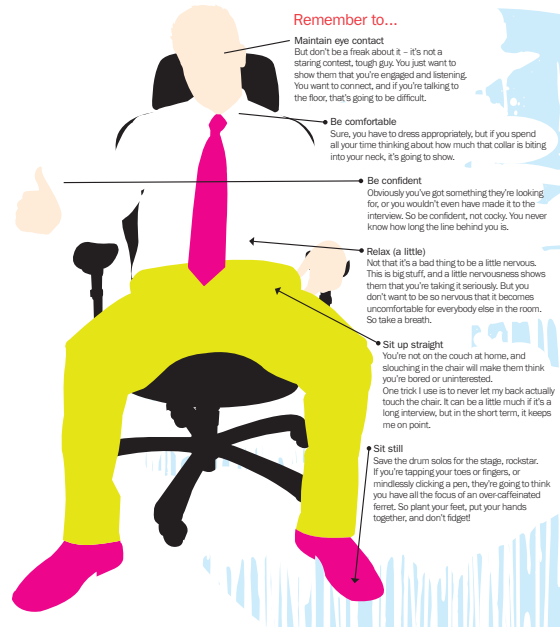
Craft crawl

Taste the city in five beers. Here's where to sample some must-try local brews, plus a step-by-step guide to getting there by TTC or on foot. By Crystal Luxmore



INFOGRAPHICS Data Visualization

Information graphics for business and government departments



Did you know?

Richard Nixon missed his chance at the U.S. presidency back in 1960, in large part because of his terrible body language during the first-ever televised candidate debates.



CONSUMER EDITORIAL TORONTO

Redesigned **TORONTO** – a travel guide for Tourism Toronto

Family fun

Gather the family and explore Toronto from A to Z. By Yuki Hayashi

A for **Animals!** **Canada's Zoo** is one of the best zoos in the world, with over 2,000 animals and a variety of other exhibits.

B for **Beaches!** **Beaches** are a great way to enjoy the sun and sand. From the city beaches to the provincial parks, there are plenty of options for a day at the beach.

C for **Castles!** **Castles** are a popular attraction for families. From the historic Fort York to the modern Castle Frank, there are plenty of options for a day at the castle.

D for **Dinosaurs!** **Dinosaurs** are a popular attraction for families. From the interactive exhibits at the Royal Ontario Museum to the outdoor exhibits at the Dinosaur Park, there are plenty of options for a day at the dinosaur.

E for **Education!** **Education** is a great way to spend a day. From the interactive exhibits at the Royal Ontario Museum to the outdoor exhibits at the Dinosaur Park, there are plenty of options for a day at the education.

F for **Festivals!** **Festivals** are a great way to spend a day. From the interactive exhibits at the Royal Ontario Museum to the outdoor exhibits at the Dinosaur Park, there are plenty of options for a day at the festival.

G for **Gardens!** **Gardens** are a great way to spend a day. From the interactive exhibits at the Royal Ontario Museum to the outdoor exhibits at the Dinosaur Park, there are plenty of options for a day at the garden.

H for **Hikes!** **Hikes** are a great way to spend a day. From the interactive exhibits at the Royal Ontario Museum to the outdoor exhibits at the Dinosaur Park, there are plenty of options for a day at the hike.

I for **Ice Cream!** **Ice Cream** is a great way to spend a day. From the interactive exhibits at the Royal Ontario Museum to the outdoor exhibits at the Dinosaur Park, there are plenty of options for a day at the ice cream.

J for **Jazz!** **Jazz** is a great way to spend a day. From the interactive exhibits at the Royal Ontario Museum to the outdoor exhibits at the Dinosaur Park, there are plenty of options for a day at the jazz.

K for **Kites!** **Kites** are a great way to spend a day. From the interactive exhibits at the Royal Ontario Museum to the outdoor exhibits at the Dinosaur Park, there are plenty of options for a day at the kite.

L for **Lakes!** **Lakes** are a great way to spend a day. From the interactive exhibits at the Royal Ontario Museum to the outdoor exhibits at the Dinosaur Park, there are plenty of options for a day at the lake.

M for **Museums!** **Museums** are a great way to spend a day. From the interactive exhibits at the Royal Ontario Museum to the outdoor exhibits at the Dinosaur Park, there are plenty of options for a day at the museum.

N for **Nature!** **Nature** is a great way to spend a day. From the interactive exhibits at the Royal Ontario Museum to the outdoor exhibits at the Dinosaur Park, there are plenty of options for a day at the nature.

O for **Olympics!** **Olympics** are a great way to spend a day. From the interactive exhibits at the Royal Ontario Museum to the outdoor exhibits at the Dinosaur Park, there are plenty of options for a day at the olympics.

P for **Parks!** **Parks** are a great way to spend a day. From the interactive exhibits at the Royal Ontario Museum to the outdoor exhibits at the Dinosaur Park, there are plenty of options for a day at the park.

Q for **Queens!** **Queens** are a great way to spend a day. From the interactive exhibits at the Royal Ontario Museum to the outdoor exhibits at the Dinosaur Park, there are plenty of options for a day at the queens.

R for **Rocks!** **Rocks** are a great way to spend a day. From the interactive exhibits at the Royal Ontario Museum to the outdoor exhibits at the Dinosaur Park, there are plenty of options for a day at the rocks.

S for **Sports!** **Sports** are a great way to spend a day. From the interactive exhibits at the Royal Ontario Museum to the outdoor exhibits at the Dinosaur Park, there are plenty of options for a day at the sports.

T for **Tea!** **Tea** is a great way to spend a day. From the interactive exhibits at the Royal Ontario Museum to the outdoor exhibits at the Dinosaur Park, there are plenty of options for a day at the tea.

U for **Umbrellas!** **Umbrellas** are a great way to spend a day. From the interactive exhibits at the Royal Ontario Museum to the outdoor exhibits at the Dinosaur Park, there are plenty of options for a day at the umbrella.

V for **Veggie!** **Veggie** is a great way to spend a day. From the interactive exhibits at the Royal Ontario Museum to the outdoor exhibits at the Dinosaur Park, there are plenty of options for a day at the veggie.

W for **Wine!** **Wine** is a great way to spend a day. From the interactive exhibits at the Royal Ontario Museum to the outdoor exhibits at the Dinosaur Park, there are plenty of options for a day at the wine.

X for **Xmas!** **Xmas** is a great way to spend a day. From the interactive exhibits at the Royal Ontario Museum to the outdoor exhibits at the Dinosaur Park, there are plenty of options for a day at the xmas.

Y for **Yoga!** **Yoga** is a great way to spend a day. From the interactive exhibits at the Royal Ontario Museum to the outdoor exhibits at the Dinosaur Park, there are plenty of options for a day at the yoga.

Z for **Zoo!** **Zoo** is a great way to spend a day. From the interactive exhibits at the Royal Ontario Museum to the outdoor exhibits at the Dinosaur Park, there are plenty of options for a day at the zoo.

Short orders

Small-plates cuisine goes casual.

The Ontario Chefs

There's a new wave of chefs in Ontario, and they're making small-plates cuisine go casual. From the interactive exhibits at the Royal Ontario Museum to the outdoor exhibits at the Dinosaur Park, there are plenty of options for a day at the chef.

Small-plates cuisine goes casual

Small-plates cuisine is a great way to spend a day. From the interactive exhibits at the Royal Ontario Museum to the outdoor exhibits at the Dinosaur Park, there are plenty of options for a day at the small-plates cuisine.

Small-plates cuisine goes casual

Small-plates cuisine is a great way to spend a day. From the interactive exhibits at the Royal Ontario Museum to the outdoor exhibits at the Dinosaur Park, there are plenty of options for a day at the small-plates cuisine.

High Note

The design director of Toronto's most renowned jazz club.

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The design director of Toronto's most renowned jazz club. From the interactive exhibits at the Royal Ontario Museum to the outdoor exhibits at the Dinosaur Park, there are plenty of options for a day at the high note.

High Note

The design director of Toronto's most renowned jazz club. From the interactive exhibits at the Royal Ontario Museum to the outdoor exhibits at the Dinosaur Park, there are plenty of options for a day at the high note.

COMPLIMENTARY • INSIDE > NEIGHBOURHOODS • SPORTS • ARCHITECTURE • SHOPPING • CULTURE • PEOPLE

TORONTO

2016 | #SEETORONTONOW



COSMOPOLITAN COLOUR

YOUR FRONT ROW TO TOP FESTIVALS, THEATRE, MUSIC, SPORTS & MORE

CONSUMER EDITORIAL Fresh Juice

Launched *Fresh Juice* – a cooking and lifestyle magazine

BE WELL

HEALTHY LIVING | FITNESS | NUTRITION

GUYS & DOCS

The evolving relationship that men have with their health.

BY JULIE DEON

October 2012 • FreshJuice #1

POWER COUPLES

It's time to play matchmaker in the kitchen. Maximize nutrition with minimal effort by uniting these complementary foods. Why? Some healthy options become even more nutritious when paired with the right partner. It's all about nutrient synergy. Here are some delicious foods to marry.

BY ALLEN BRAMAZON

Arugula + Salmon		<p>Dive on this duo for the sake of your bones. Your body can't efficiently absorb the calcium in arugula without vitamin D, and salmon is an excellent source.</p>
BBQ steak + Rosemary		<p>Barbecuing steak for any meal creates carcinogenic called heterocyclic amines. To fend them off, marinate steak with antioxidant-rich rosemary. A study published in the <i>Journal of Food Science</i> found that adding rosemary to meat before grilling helped reduce the formation of cancer-causing compounds.</p>
Tomatoes + Avocados		<p>Antioxidants bring out the best in tomatoes. An avocado's healthy fat dramatically increases your body's uptake of the lycopene – powerful anticancer antioxidant – found in tomatoes.</p>
Spinach + Strawberries		<p>Spinach will pump you up with iron – a mineral essential for healthy immune and cellular functioning. Add it, if you can, to a dish with strawberries. Without this vitamin, iron isn't absorbed and can be absorbed by your body.</p>
Whole grains + Quarts		<p>Adding grains to cooked whole grains such as oatmeal or brown rice boosts their fiber and health. A study published in the <i>Journal of Agricultural and Food Chemistry</i> found that quarts can directly increase the bioavailability of iron (an iron-rich booster) and iron in whole grains.</p>
Carrots + Chicken		<p>Carrots are chock-full of vitamin A, which is important for your eyes and immune system. But your body can't use much vitamin A unless it's paired with fat. Carrots are a good source of fat, but chicken is a great source of fat. Add them together to get maximum A.</p>

BE NUTRITION

Discover BE

Wheat

While it's important to eat a variety of whole grains to help you absorb and, if possible, limit the unhealthy amount of grain inflammation, the right kind can also help.

Whole grains contain more fiber and nutrients than refined grains. They can help you feel full longer, which can help you eat less. They also help with digestion and can help lower cholesterol and blood sugar levels.

Wheat is a staple grain that is used in many products. It is a good source of fiber and nutrients. However, some people are allergic to wheat. If you are allergic, you should avoid wheat products.

Sardines

Small, oily fish packed with nutrients, sardines are a great source of protein, omega-3 fatty acids, and calcium. They are also low in calories and fat.

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Milk

Milk is a good source of protein, calcium, and vitamin D. It is also a good source of B vitamins and potassium.

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Hemp Seeds

Hemp seeds are a good source of protein, omega-3 fatty acids, and iron. They are also low in calories and fat.

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Sugar

Sugar is a source of calories but provides no nutrients. It is a good source of energy, but it can also lead to weight gain and other health problems.

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Cherry Juice

Cherry juice is a good source of antioxidants and may help reduce inflammation. It is also a good source of potassium and fiber.

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Kale

Kale is a good source of vitamins A, C, and K. It is also a good source of fiber and antioxidants.

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Fennel

Fennel is a good source of fiber and antioxidants. It is also a good source of potassium and iron.

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Oliver oil

Oliver oil is a good source of monounsaturated fats and antioxidants. It is also a good source of vitamin E.

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LIVE WELL

THINGS TO DO

- * Learn something new! p 90
- * Plan a green vacation p 92
- * Conserve water at home p 94
- * Add a little spice p 96

LIFESTYLE | PERSONAL FINANCE | HOME & GARDEN | THE LAST DROP

BACK TO SCHOOL

TEACHING CHILDREN ABOUT MONEY

It's up to you to give your kids a helping hand in the world of finance. Get them on the right track with these practical tips.

BY NORA DUNN

Money isn't the root of all evil, nor is it the key to happiness. It's not taboo, nor is it exactly socially acceptable to discuss it openly with anybody. Confused? Then, you can bet your kids are, too. As a parent, you have the ability to teach your children about money in a constructive manner, setting them up for a successful and happy life in a way that nobody else can. Here are some ways to do this.

August/September 2012 • FreshJuice.ca 87

CONSUMER EDITORIAL **B-Zone**

Redesigned **B-Zone** – a magazine for primary school students



Toy Story 3
 Disney/Pixar Animation Studios' is in theatres June 1st, 2010 in its 3D chapter. Andy has grown up and is moving away for college, leaving his toys behind. To their dismay, they are left in a daycare where children chew on their limbs and throw them around. With new friends, the toys devise a plan to escape that involves jumping through a window. But when Buzz Lightyear falls and breaks, the toys are forced to repair him and he turns into a Buzz Lightyear that has a Mexican personality. Watching the trailer alone has many cool hidden secrets. The director John Lasseter is the voice for the Jack in the Box. Mr. Ray, the stray from Finding Nemo is hidden on a shelf in the daycare, and Lightning McQueen from Cars is also hiding behind a couch. So don't just watch the movie, watch the trailer to see if you can find any other Disney/Pixar characters.

feature
 here's fun stuff @ b-zone.ca

BIG TIME CRUSH!!

By Kim Cooper
 Nickelodeon's Big Time Rush has skyrocketed James Maslow to the top of the 2010 crush list. He's been called the next Zac Efron, and James is one of the most humble, beyond-his-age, up and coming actors of today. **B-ZONE** had a chance to talk to James about his recent stardom.

Find out more about James at jamesmaslow.com

Big Time Rush is coming to Nick this Fall!

Photo courtesy of John Russo

14 **B-ZONE.ca** 15

BZ: How were you cast for Big Time Rush?
JM: I was cast after two years of auditioning! I kept auditioning – four screen tests, dancing, singing, basically boy-band boot camp!

BZ: Why is Big Time Rush such a hit?
JM: I think it's a combo of everything from the creative staff to the casting. Sony and Nickelodeon took a long time to cast good kids. The creative, Scott Fellows, the actors and fans absolutely love what they do. There's a lot of energy and camaraderie on-set.

BZ: Do you like being called the next Zac Efron?
JM: I take it as a compliment. I haven't met Zac yet, but I've never heard a bad thing about him. I'm flattered that people say this about me. I only hope that I can continue my career path of acting and singing, like Zac has done.

BZ: So you've been singing since you were young?
JM: Yes, I've been singing since I was six years old. I'd sing in my church and in a barbershop quartet when my Mom dropped me off at church practice every week! But after a few weeks, I fell in love with it. It's actually thanks to my Mom and Dad that I explored the arts, joining choir changed my life and my parents have always supported my choices.

BZ: Do you think the arts are important for youth?
JM: Definitely. It's one of the most important things. If you don't find your artistic side when you're young, unfortunately it's almost discouraged by society. Having a creative outlet is a great way to express yourself. As you grow older, especially as an adult, you become more reserved. So why not explore your creative side. Try dancing or painting or you may have a unique creative talent. I was lucky because I loved sports so I was friends with everyone, even though cliques did exist. I found kids who were into the arts always seemed happier because they expressed their feelings.

JAMES' FAVES!

SNACKFOOD

I try to stay healthy and eat a lot of fruits and vegetables. I like making my own trail mix with granola. I also love a banana dipped in peanut butter as a snack!

SONG THAT MAKES YOU MOVE

I Got a Feeling by Black Eyed Peas

CLOTHING

I thought a blue hair leather jacket and I'm totally digging it right now!

PLACE YOU'VE TRAVELED

I was born in New York so I love going back there. I also really want to take a Euro trip.

SODA POP 2010 brought to you by MOXIE GIRLZ, p. 4

B-ZONE

MAY 2010

THE BLOCKBUSTER

SUMMER ISSUE!

FUN contests at b-zone.ca!

CONSUMER EDITORIAL FUEL INC

Redesigned **FUEL INC.** - a career guide for young men



INNOVATION

Candy Man

How the process of making candy can make your entrepreneurial dreams come true. *By Lisa Vance*

Did you know?
The making of a candy is a job, and it's one that can be done from home. You can start your own candy business by making and selling candy to friends and family. You can also sell your candy at local markets and fairs. You can even sell your candy online. There are many ways to make money from candy.

Key Elements:

- Market Research
- Product Development
- Marketing
- Manufacturing
- Distribution
- Customer Service

Action Items:

- Research the market for your candy.
- Develop a unique product.
- Find a manufacturer or supplier.
- Set up a business plan.
- Market your candy.
- Provide excellent customer service.

TV & ENTERTAINMENT

TV meets CV

Will you make more than Peter Griffin? *By Jonathan Danks*

Do Sheldon Lee Carter from The Big Bang Theory, Scientist Physical
 Sheldon Lee Carter is a brilliant physicist and a member of the brilliant team at Caltech. He is a genius and a leader. He is a role model for young men.

Financial Potential: \$90,000

How Griffin has Family Guy
 Griffin is a successful businessman and a member of the brilliant team at Griffin Enterprises. He is a genius and a leader. He is a role model for young men.

Financial Potential: \$43,000

Chief Gordon Ramsey
 Gordon Ramsey is a brilliant chef and a member of the brilliant team at Gordon's Restaurant. He is a genius and a leader. He is a role model for young men.

Financial Potential: \$30,000,000

TV & ENTERTAINMENT

The Bitter Truth

Working in Today's Media. *By Carmen Medina*

Get Involved!
 Get involved in your community and make a difference. There are many ways to get involved, and you can make a difference in your community. You can volunteer, donate, or start your own organization. You can make a difference in your community.

FUEL inc.

CAREERS UNCENSORED

SOCIAL MEDIA IS BREEDING NEW CAREERS

THE BITTER TRUTH

On Media Jobs

SAVE THE EARTH
Be a Planet Defender

240 CAREERS TO CHOOSE FROM

23 COMPANIES WHO MENTOR

CONSUMER EDITORIAL

Mask Through the Ages

Redesigned *Mask Through the Ages* – a primary text book



TO HIDE AND PROTECT

warm up
After parents convince their teenagers, what's sports, are teenagers best?

CHECKPOINT
Why do you think some brides wear veils?

MASKING THE FACE IN WEDDINGS
In many modern North American weddings, the bride comes down the aisle with her face hidden behind a filmy veil. Wearing a bridal veil is quite a new tradition, but the custom of masking a bride's face has a long history.

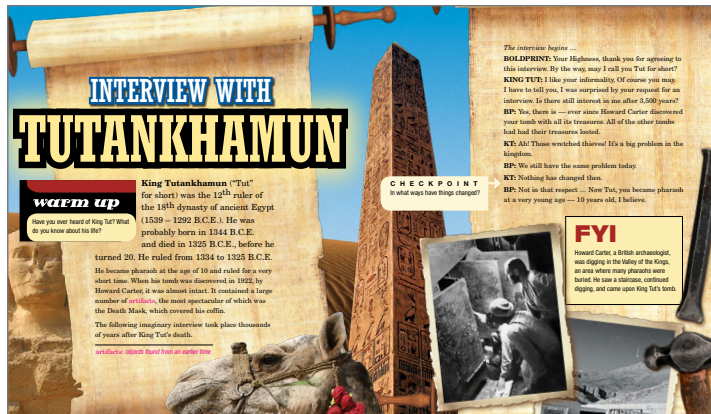
In China: Brides traveled to their new household on beautifully decorated chairs that completely hid their face from public view.

In Mexico: A bride was carried on the back of a male to her future husband's home. She was not only veiled, but was also completely enclosed in a hot tent of covering blankets.

In India: At weddings, an arched shot arrow into the air to ward off evil spirits. Even today, Hindu brides are completely veiled during the wedding ceremony, which can last for days.

A bride's veil was originally intended to disguise and protect the bride from the dangers that lurked about the wedding ceremony. Many people believed that dangerous forces like bad luck must be kept away, and the veil protected the bride from such forces.

warm off: hot temp
checked: some traditions



INTERVIEW WITH TUTANKHAMUN

warm up
Have you ever heard of King Tut? What do you know about his life?

King Tutankhamun "Tut" (for short) was the 18th ruler of the 19th dynasty of ancient Egypt (1339 – 1292 B.C.E.). He was probably born in 1344 B.C.E. and died in 1325 B.C.E., before he turned 20. He ruled from 1334 to 1325 B.C.E. He became pharaoh at the age of 10 and ruled for a very short time. When his tomb was discovered in 1922, by Howard Carter, it was almost intact. It contained a large number of artifacts, the most spectacular of which was the Death Mask, which covered his coffin.

The following imaginary interview took place thousands of years after King Tut's death.

warm off: Egypt
checked: Tut and an explorer

CHECKPOINT
If real signs have things changed?

The interview begins...

HOLDPRINT: Your Highness, thank you for agreeing to this interview. By the way, may I call you Tut for short?

KING TUT: I like your informality. Of course you may. I have to tell you, I was surprised by your request for an interview. Is there still interest in me after 3,500 years?

RP: Yes, there is – ever since Howard Carter discovered your tomb with all its treasures. All of the other tombs had had their treasures looted.

KT: All? Those swindlers! That's a big problem in the kingdom.

RP: We will have the same problem today.

KT: Nothing has changed then.

RP: Not in that respect – Now Tut, you became pharaoh at a very young age – 10 years old, I believe.

FYI
Howard Carter, a British archaeologist, was digging in the Valley of the Kings, an area where many pharaohs were buried. He saw a staircase, continued digging, and came upon King Tut's tomb.

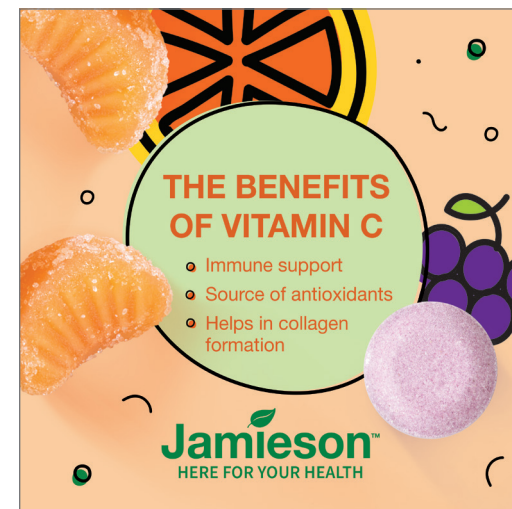
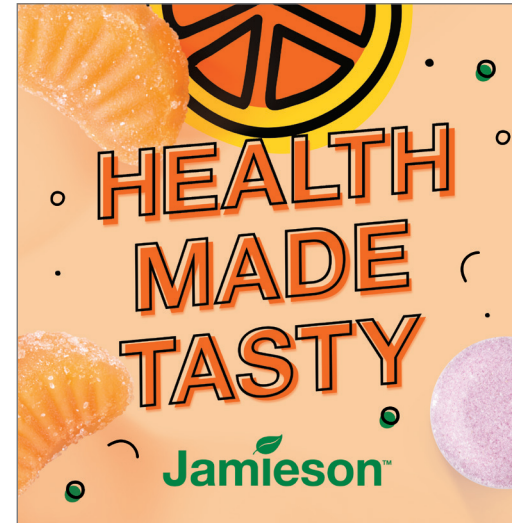


Masks

Through The Ages

SOCIAL MEDIA Paid advertising

Social media posts for Jamieson natural health products



SALES SUPPORT Sales pamphlets

Sales pamphlet for Jamieson natural health products

Taking your supplements shouldn't be a drag. That's why we offer a delicious selection of Gummies, Chewables, Sprays, and Liquids to suit your needs. Our diverse collections offer a fun alternative to pill formats, without compromising nutritional support.

GUMMIES

Multi Gummies (Adults)
Adult MultiVitamins from Jamieson helps to support your immune system. Our delicious, Juicy Orange flavoured multi gummy delivers a nutritionally balanced formula containing vitamins A, B3, B5, B6, B12, C, D3, E, Biotin and Folic acid plus important minerals.

Probiotic
A probiotic you could share with other members of the family...but you'll probably want to keep these delicious gummies all to yourself! This tasty all-natural raspberry flavoured gummy provides 1 billion active cells to support the maintenance of digestive health. It is suitable for adults and children 3 and up.

Vitamin C
Take Jamieson Vitamin C Gummies twice daily for a tasty and convenient way to meet your vitamin C requirement. The delicious tangy orange flavoured formula is made with gelatin-free fruit pectin, making it suitable for vegetarian diets. It's also free of aspartame, artificial colours and artificial flavours.

Vitamin D3
Not only is this little gummy great tasting, but it goes a long way in supporting a healthy immune system and in maintaining good health. Take one daily to help promote the development of bones and teeth, as well as help the absorption of calcium. Enjoy your D3 in 3 sweet flavours: Orange, Strawberry and Lemon!

CHEWABLES

Chewable Multi
Jamieson's complete Multivitamin is an easy way to get 100% of your daily vitamin needs in just one serving. This tasty Citrus Twist tablet can be taken without water and helps to support immune function and energy metabolism by helping to convert food into energy.

Chewable B Complex
Our Berry Bliss B Complex chewable tablet will help your body form red blood cells and metabolize carbohydrates, fats and proteins. Get your essential daily B vitamins without the worry of having to swallow any pills!

Chewable Vitamin C
Help support your immune system and maintain that feeling of good health with Jamieson Vitamin C chewable tablets. Not only does it support a healthy immune system, but it also comes in 6 delicious flavours: Tangy Orange, Tropical Fruit, Citrus Fruit, Mixed Flavours, Wild Blueberry and Grape Juice.

Chewable Vitamin D3
Jamieson's Chewable Vitamin D3 makes it easy to maintain your overall health. It helps the body to absorb calcium and phosphorus which affect bone growth and maintenance. Enjoy this delicious chewable in 3 flavours: Exotic Tropical Fruit, Rich Natural Chocolate and Natural Tangy Orange.

LIQUIDS

Liquid Glucosamine
Looking for some relief from your joint pain? Jamieson Maximum Strength Glucosamine comes in an easy-to-take, tasty Wild Cherry flavoured liquid to help maintain healthy joints and cartilage without having to swallow multiple pills!

Liquid Collagen Anti-Wrinkle
A tablespoon of Jamieson Liquid Collagen a day keeps the wrinkles away! This all-natural strawberry flavoured liquid helps reduce fine lines and wrinkles in 28 days.

SPRAYS

B12
Jamieson Vitamin B12 Spray is a convenient way to get 500 mcg of vitamin B12, a nutrient many adults don't get enough of. A lack of B12 can lead to lowered levels of red blood cells causing difficulty concentrating and fatigue. This delicious raspberry flavoured spray is perfect for life on-the-go and is formulated with methylcobalamin, a source of B12 that allows for faster absorption.

Melatonin
One quick spray of Jamieson Sleep Spray will deliver 1 mg of Melatonin to help you sleep easy. This Natural Mint spray helps you fall asleep faster and improves the quality of sleep for adults suffering from sleep restrictions or altered sleep schedules, like shift work and jet lag. This spray is available in a travel-friendly size for added convenience!



HEALTH MADE TASTY

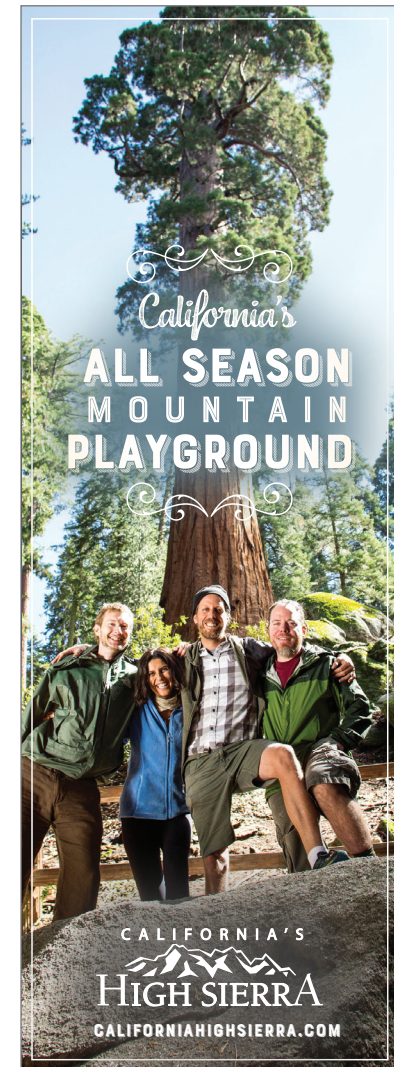
**SUPPORT
GOOD HEALTH
WITH GREAT
TASTE**



Jamieson™
HERE FOR YOUR HEALTH

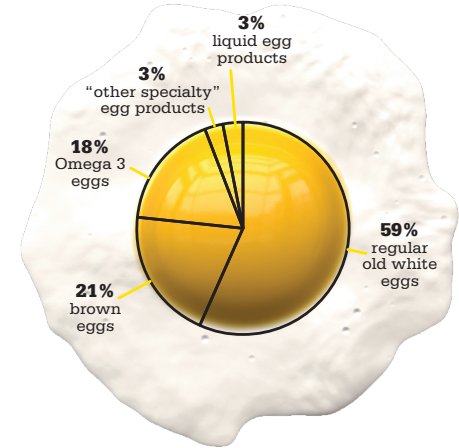
SOCIAL MEDIA Advertising

Social media posts for *Canadian Traveller* magazine



ILLUSTRATIONS

Photo collage and illustrations



ILLUSTRATIONS

Photo collage and illustrations



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