

# DURHAM NATURAL FOODS

1191 Montrose Avenue  
705-566-3820

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

**HEALTH  
FIRST®**

**FREE pH  
papers**

**ON SALE  
62<sup>99</sup>**

510 g + FREE  
pH papers  
NPN 80009137

## Boost your energy and vitality

**greens+™** by **Genuine Health** is a research-proven super-food formula! Highly alkaline-forming, greens+, nourishes your body, increases energy and promotes overall good health. Visit [healthfirst.ca](http://healthfirst.ca) to learn more about using pH papers.

**BONUS**

**NEW  
LOOK**



## Healthy heart support

**Health First® CoQ10 Supreme** uses premium Kaneka Q10™ together with the "red wine antioxidant" resveratrol for supreme cardiovascular support.

**ON SALE  
17<sup>99</sup>**  
60 gelcaps

**Check out  
Meatless Monday  
inside...**



## Calming solutions to stress, anxiety & insomnia



**natural  
Factors®**

**Read more  
inside**

**NEW AND  
IMPROVED**



## All-in-one nutritional shake

**Vega One Nutritional Shake** is a convenient, all-in-one supplement made from natural, plant-based, whole food ingredients. Packed with 50% daily intake of vitamins and minerals, 15 g protein, 6 g fibre, 1.5 g omega-3, plus antioxidants, probiotics and greens, Vega One gives you complete daily essentials to help you thrive. [myvega.com](http://myvega.com)

**ON SALE  
56<sup>99</sup>**  
850 g - 876 g

**I've changed  
(for the better)**



SALE DATES: MARCH 2ND - MARCH 24TH, 2012

# Putting your Health First®

HEALTH  
FIRST®

NEW  
LOOK



ON SALE  
**8<sup>99</sup>**

180 tablets  
EN 122236

## Supreme vitamin D choice

Health First® Vitamin D Supreme features Bioperine® for increased absorption to prevent vitamin D deficiency. Studies show Canadians should take vitamin D from October to April.

NEW  
LOOK



ON SALE  
**29<sup>99</sup>**

180 vegetable  
capsules  
NPN 80023409

## Everyday wellness support!

Health First® Multi-First Iron-Free multivitamin and mineral formulation is a complete daily supplement ideal for maintaining everyday wellness.

NEW  
LOOK

## The sunshine vitamin for kids!

Health First® kids'-first Vitamin D Sundrops are a delicious way to prevent vitamin D deficiency since CNN reported in 2009 that 70% of children are vitamin D deficient.

ON SALE  
**10<sup>99</sup>**

180 chewable tablets  
NPN 80017271



## Kid & parent approved!

Health First® kids'-first Multi is a delicious multi-flavoured multivitamin and mineral complex in fun puppy-shapes for normal growth and development.

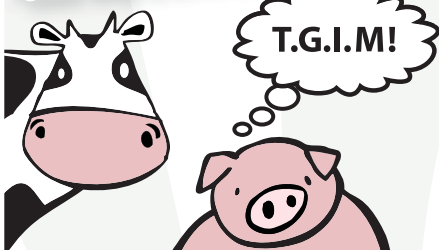
ON SALE  
**14<sup>99</sup>**

120 chewable tablets  
NPN 80007765



# MEATLESS MONDAY

"One day a week, cut out meat"



**Meatless Monday** is a worldwide movement to help people reduce their meat consumption by 15% (one day per week) and thus improve their personal health and the health of the planet. It's about healthy sustainable eating that reduces greenhouse gas emissions.

The U.N. Food & Agriculture Organization reports that animal agriculture generates a whopping 18% of the world's greenhouse gases and is a leading cause of deforestation and water pollution. A Carnegie Mellon study estimates that forgoing red meat for plant-based alternatives just one day a week would save 1,860 kms of driving per year! (Based on mileage of 10.6 kms per litre of gas).

## You can eat well and reduce greenhouse gas emissions!

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ON SALE  
**11<sup>49</sup>**

454 g

### Friendly fat

**Heartland Gold® Organic Coconut Oil** is certified organic, non-GMO and gently processed to maintain its quality. Coconut oil is an ideal alternative to butter.



### Green food made simple

**Prairie Naturals® Chlorella** is simply organic, fair-trade, broken-cell wall chlorella – nothing else! Chlorella helps improve fat metabolism and balance the immune system.

ON SALE  
**29<sup>99</sup>**

360 tablets or  
200 g powder  
EN 155768 / 157062



ON SALE  
**10<sup>99</sup>**

500 g

### Whole food goodness

**NOW® Whole Chia Seeds** are a whole food source for omega-3 fatty acids, antioxidants, protein and are naturally high in dietary fibre.



### Whole body antioxidant protection™

**Progressive® PhytoBerry** features a blend of over 40 antioxidants to help protect you from head to toe and empower you to live the life you want.

ON SALE  
**32<sup>99</sup>**

450 g  
EN 122228



ON SALE  
**7<sup>99</sup>**

142 g each



### Nutritious & indulgent

**SaviSeeds** may look, smell and taste like nuts, but they are actually seeds – sacha inchi seeds to be exact. The richest known source of omega-3, SaviSeeds offer 13 times more heart healthy omega-3 than wild salmon per serving. Plus they are packed with complete protein, fibre and antioxidants. The perfect healthy indulgence!



### 100% organic and non-GMO proteins

**Progressive® Organics Sprouted Brown Rice Protein** and **Hemp Protein** are made entirely from certified organic, non-GMO ingredients that have been grown without the use of pesticides, herbicides or chemical fertilizers. Progressive® Organics Proteins contain the full spectrum of amino acids which are essential for the maintenance of good health.

ON SALE  
**30<sup>99</sup>**

Brown Rice Protein  
800 g each

ON SALE  
**38<sup>99</sup>**

Hemp Protein  
800 g each





### Relieve joint pain

**Natural Factors® Glucosamine & Chondroitin Sulfate** is a combination of nutrients which helps repair & lubricate joints, rebuild damaged cartilage and relieve arthritis pain.

**ON SALE**  
**29<sup>99</sup>**

240 capsules  
NPN 80008481



**ON SALE**  
**52<sup>99</sup>**

442 g - 491 g  
NPN 80012417

### Maximize calcium absorption

**greens+™ bone builder™** by **Genuine Health** provides a full serving of greens+ plus key nutrients to help with the development and maintenance of healthy bones.



### Keep calcium where it belongs

**Natural Factors® Vitamin K & D** features vitamin K2 which when combined with vitamin D3 synergistically work together to develop and maintain healthy bones & teeth.

**ON SALE**  
**15<sup>49</sup>**

60 softgels  
NPN 80005016



**ON SALE**  
**52<sup>99</sup>**

507 g - 546 g  
NPN 80011817

### Protect your health

**greens+™ multi+** by **Genuine Health** is rich in phytonutrients and antioxidants, while providing a high potency multivitamin for increased energy and overall good health.



### Get ready for allergy season

**Nature's Harmony® Moducare®** is a patented blend of plant sterols and sterolins in a clinically proven ratio that restores, strengthens and balances the immune system.

**ON SALE**  
**51<sup>99</sup>**

210 vegetable capsules  
NPN 80003342



**30 FREE CAPSULES**

**ON SALE**  
**19<sup>99</sup>**

120 capsules +  
30 FREE  
NPN 80003726

### Ester-C® - The better vitamin C™

**SISU Ester-C®** is a unique and patented form of vitamin C that is easily absorbed, gentle on the stomach and has longer retention in the body than other forms of vitamin C. Ester-C® is an excellent choice for every day health maintenance; development of bones, cartilage, teeth & gums; and immune support any time of year.

Look for more great Ester-C® deals in-store.



**ON SALE**  
**59<sup>99</sup>**

Kit  
DIN-HM 80024564  
DIN-HM 80022367

### Target toxins from the inside

**Detox-Kit®** by **Heel** stimulates the body's cleansing processes, supports the detoxification organs to eliminate toxins and restores balance to the body.

**BONUS**



**Calming solutions  
to stress, anxiety &  
insomnia**



When the body's natural "control mechanisms" become taxed it may be time to get a little extra help. **Natural Factors® Stress & Relax** line includes superior, fast-acting products that can help you cope with occasional or chronic stress, and promote sound, healthy sleep. These supplements provide a comprehensive approach for calmer days and restful nights. Each product can be used alone or in combination for personalized stress management.

**Serenity Formula** relieves chronic stress and anxiety.

**ON SALE**  
**11<sup>49</sup>**

60 capsules  
EN 118611

**Tranquil Sleep** combats insomnia and helps you wake refreshed.

**ON SALE**  
**16<sup>99</sup>**

60 chewable tablets  
NPN 80016397

**Mental Calmness** with Suntheanine® promotes relaxation and mental clarity.

**ON SALE**  
**15<sup>99</sup>**

60 chewable tablets  
NPN 80019119

**GREAT  
VALUE**



90 + 90 tablets  
NPN 80000909

**Promotes  
better sleep**

**Natural Factors® Melatonin** is a hormone that can improve sleep problems caused by stress, jet lag, or shift work. Melatonin production declines with age.

**ON SALE**  
**14<sup>99</sup>**

**BONUS**



**Stop cold sores  
before they start!**

**NOW® L-Lysine** is an essential amino acid that helps to reduce the recurrence, severity and healing time of cold sores.

**ON SALE**  
**8<sup>49</sup>**

100 capsules  
NPN 80002648



**Healthy aging**

**Prairie Naturals® Resveratrol Rx** contains two plant sources of resveratrol plus green tea extract to help ensure a strong foundation for healthy aging and cardiovascular health.

**ON SALE**  
**23<sup>99</sup>**

60 V-Capsules  
EN 158415



**Are you getting  
enough magnesium?**

**Natural Calm** is a highly absorbable, fast-acting, effective magnesium citrate powder that dissolves instantly in water and may relieve symptoms of magnesium deficiency.

**ON SALE**  
**26<sup>99</sup>**

226 g  
NPN 80013188



**ON SALE**  
**24<sup>99</sup>**

120 vegetable capsules + 60 FREE  
NPN 80008040

### Are you constipated?

CleanseMORE by Renew Life is a colon cleansing product that works without the use of harsh, purgative type laxatives. Effective for relieving occasional constipation.

**BONUS**



### The world's first age-specific probiotics

Udo's Choice® Probiotics are available in 7 unique blends, specially formulated to be age-specific for toddlers and children, adults and seniors. By using the right probiotic supplement, you can take a proactive approach to maintaining gastrointestinal well-being, a core foundation of overall good health.

Look for Udo's Choice® Probiotics in the cooler section!

**ON SALE**  
**27<sup>99</sup>**

Super Adult Probiotic  
60 vegetarian capsules  
NPN 80013565

**ON SALE**  
**37<sup>99</sup>**

Super 8 Plus Probiotic  
60 vegetarian capsules  
NPN 80013730



### Revitalizing tonic

**Botanica KefiActive™ Kombucha** is a raw fermented tea which revitalizes the body by improving digestion, detoxifying and helping to maintain a healthy intestinal tract.

**ON SALE**  
**17<sup>99</sup>**

250 ml  
EN 159350



**ON SALE**  
**23<sup>99</sup>**

30 capsules  
NPN 80007195

### Can't stop the flow?

A.Vogel Sabalasan® Prostate 1 is clinically proven to relieve symptoms associated with BPH, relieve frequent urination & urgencies and help achieve complete voiding. [avogel.ca](http://avogel.ca)

**60 FREE  
SOFTGELS**



180 softgels + 60 FREE  
NPN 80013025

### Protect your cells

**Natural Factors® Mixed Vitamin E** provides guaranteed levels of "tocopherols" in a naturally-sourced mixed E. Ideal for overall health support and antioxidant protection.

**ON SALE**  
**15<sup>99</sup>**

**BONUS**



**ON SALE**  
**31<sup>99</sup>**

60 capsules  
EN 160493

### Is pain a problem?

Terry Naturally® Curamin® may be the answer. A blend of three clinically proven ingredients, including BCM-95® bioavailable curcumin, Curamin® provides fast and effective relief for pain and inflammation caused by exercise or overuse. BCM-95® can be up to 10 times stronger than plain curcumin products.





NEW  
LOOK

ON SALE  
**15<sup>99</sup>**

30 packets each  
EN 151444

### Boost your immune system

**Emergen-C** contains 1000 mg of vitamin C combined with B vitamins, electrolytes and antioxidants to help you really "Feel The Good™" every day.



ON SALE  
**18<sup>49</sup>**

30 pearls  
NPN 80015212

### The smarter probiotic

**Enzymatic Therapy Acidophilus Pearls™** guarantee active cultures; survive stomach acids, arrive in your intestines and thrive to provide exceptional support for a healthy gut.



### Feeling fatigued?

**MegaFood™ Blood Builder®** provides 100% whole food iron with synergistic nutrients and organic beet root to maintain healthy levels of iron. Gentle on the stomach.

ON SALE  
**32<sup>99</sup>**

60 tablets  
NPN 80018279



### Take care of your bones

**New Chapter® Bone Strength take care™** is a complete whole food calcium-magnesium with vitamin D3 & K2 which may reduce the risk of osteoporosis.

ON SALE  
**29<sup>99</sup>**

60 tablets  
EN 150856



120 vegetarian capsules + 30 FREE  
EN 133658

### Cranky? PMS? Bloating? Acne?

**WomenSense™ EstroSense®** is recommended by health professionals to help support a healthy liver and reduce the symptoms of hormone imbalance. *PNO.CA*

ON SALE  
**53<sup>99</sup>**

BONUS



180 vegetarian capsules + 60 FREE  
NPN 80006313

### Reduce hot flashes and night sweats!

**WomenSense™ MenoSense®** is recommended by health professionals to reduce hot flashes, night sweats and the symptoms of menopause. *PNO.CA*

ON SALE  
**37<sup>99</sup>**

BONUS

## All Natural Health & Beauty



### Unlike any soap you've ever used

**Dr. Bronner's Liquid Soaps** combine organic oils with pure essential oils to create a unique soap with a velvety-lather that leaves the skin silky-smooth and refreshed.

ON SALE  
**7<sup>99</sup>**

472 ml each

### Everyday natural body care

**JASON Powersmile** is fluoride-free and whitens teeth without hard abrasives. **JASON Deodorants** provide long-lasting odour protection without aluminum chlorohydrate.

ON SALE  
**3<sup>99</sup>**

71 - 170 g / select varieties





### Excellent source of omega-3

Flora™ Flax Oil is made from certified organic, non-GMO Canadian flaxseed. Gluten-free and vegetarian, Flora Flax Oil is an excellent source of omega-3 essential fatty acids.

**ON SALE**  
**11<sup>99</sup>**  
500 ml



### Protect your vision

Health First® Vision Supreme is formulated to the AREDS and LAST clinical trials for prevention of macular degeneration and improvement of visual function.

**ON SALE**  
**19<sup>99</sup>**  
50 tablets  
EN 153378

**30 FREE CAPSULES**



### Ensure you have your Bs

Natural Factors® Hi Potency B Complex is a complete combination of B vitamins that help convert protein, carbohydrates and fats into energy.

**ON SALE**  
**19<sup>99</sup>**  
180 capsules +  
30 FREE  
NPN 00624969



### Your inner calm. On call.

Bach Rescue Remedy™ provides effective stress relief from naturally-sourced ingredients for everyday life.

**ON SALE**  
**12<sup>99</sup>**  
20 ml  
EN 157400



### Time to Spring cleanse!

Renew Life Full Body Cleanses aid the body's natural detoxification process to eliminate unwanted toxic materials and improve liver and bowel function for better overall health. Renew Life cleansing kits are unique and designed to suit your lifestyle, whatever your cleansing needs are.

Total Body Rapid Cleanse - EN 142533/34/40  
First Cleanse - EN 142541/42  
CleanseSmart - NPN 80017882

**ON SALE**  
**20% off**  
All kits

**HEALTH FIRST®**

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

For a full list of Health First Members, to learn more about Health First and our products visit [www.healthfirst.ca](http://www.healthfirst.ca)

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