

# 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

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...

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

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.

## 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



NEW  
LOOK

## 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"

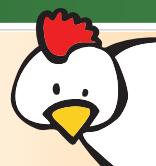


**Meatless Monday** is a worldwide movement to help people reduce their meat consumption by 15% (one day per week) and thus improve their personal health and the health of the planet. It's about healthy sustainable eating that reduces greenhouse gas emissions.

The U.N. Food & Agriculture Organization reports that animal agriculture generates a whopping 18% of the world's green gasses 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.

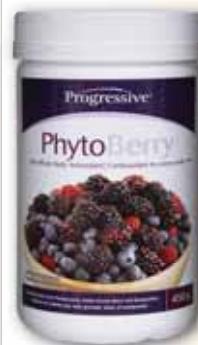


### Green food made simple

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>**



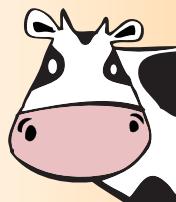
NEW

### 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  
**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!

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



60 softgels  
NPN 80005016

### 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>**



### 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



**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.



**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.



**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.



**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.*

**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**



**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**  
90 + 90 tablets  
NPN 80000909

**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



### 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



### 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.

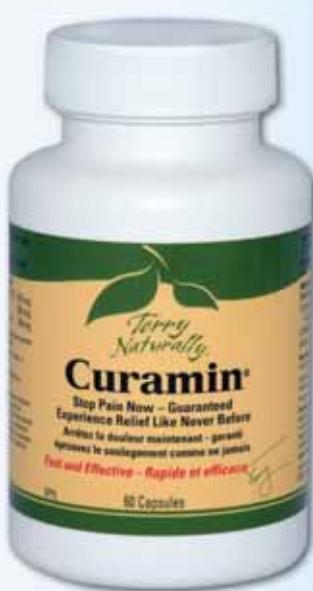
Look for Udo's Choice® Probiotics in the cooler section!

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



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.



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



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

30 FREE CAPSULES



120 vegetarian capsules + 30 FREE  
EN 133658

### Cranky? PMS? Bloated? 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

60 FREE CAPSULES



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



472 ml each

### 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>**

### 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>**

**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

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**HEALTH FIRST®**

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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