

DURHAM NATURAL FOODS

1191 Montrose Avenue
705-566-3820

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

**HEALTH
FIRST®**

NEW



Prevent urinary tract infections

Health First® UTI Supreme contains clinically-studied UTIROSE™ hibiscus with antibacterial activity shown to reduce recurrent UTIs by 77%. Also features cranberry and d-mannose.

**ON SALE
19⁹⁹**

60 vegetable capsules
NPN 80029355

utirose™

UTIROSE™ is a trademark of Naturex Inc.

**GREAT
VALUE**

**ON SALE
45⁹⁹**

500 ml + 250 ml
NPN 02242012



Tired? Running out of steam?

Floradix® from Salus may be what you need! Floradix is a liquid iron supplement combined with vitamins B & C to enhance absorption, helping prevent iron deficiency.

BONUS

\$1 from each purchase of WomenSense supports the Canadian Women's Foundation



**WOMENSENSE™
PREFERRED NUTRITION**

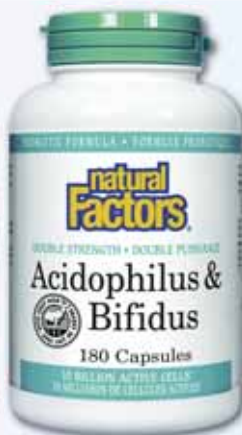
Read more
inside

Restore & maintain healthy intestinal flora

Natural Factors® Double Strength Acidophilus & Bifidus is a probiotic that delivers live microorganisms that form a natural healthy gut.

**ON SALE
18⁹⁹**

180 capsules
EN 100731



**BUY ONE
GET ONE
FREE**

**Vega™
Shake & Go
Smoothie**

**WHILE
SUPPLIES
LAST**



MSRP 24⁹⁹ 300 g each

BONUS

SALE DATES: MAY 4TH - MAY 19TH, 2012

Putting your Health First®

HEALTH
FIRST



ON SALE
27⁹⁹

180 vegetable capsules
EN 127340

The "berry" best vitamin C

Health First® Berry-C Supreme features non-acidic vitamin C enhanced with organic red bioflavonoids for the maintenance of good health and antioxidant support.



ON SALE
27⁹⁹

120 chewable gelcaps
NPN 80003875

Supports your child's brain development

Health First® kids'-first Omega are orange flavoured chewable gelcaps rich in omega-3 DHA for cognitive functioning and eye development in children.



ON SALE
11⁹⁹

60 capsules
EN 135284

Take the PrimeZyme digestive challenge!

Health First® PrimeZyme is an effective full-spectrum digestive enzyme that will help your digestion or you'll receive your money back!



ON SALE
24⁹⁹

120 vegetable capsules
EN 152945

Green tea for weight management!

Health First® Metabo-First assists in weight management when used in a program of reduced caloric intake and increased physical activity.

***This store is a proud member of Health First Network.
Canada's leading independent health & wellness retailers.***

HEALTH
FIRST

We use collective wisdom, group buying, and shared marketing to put knowledge, value and health first for Canadians.

We are also locally owned and operated.

We love the people, architecture, politics and uniqueness of our cities and towns. We are your neighbours. Our kids go to school with your kids. We pledge to provide you with the same service, selection and product knowledge we give to our families and friends.

When you buy from a locally-owned store you are helping strengthen your community...

- Our one-of-a kind stores keep our communities distinctive and fun
- More money re-circulates in our community when you purchase locally, than when you buy from nationally-owned stores
- Buying locally means shorter shopping distances, therefore the negative impact on the environment is much less
- Most new jobs are created at locally-owned businesses.

See healthfirst.ca for details.



All-in-one nutritional shake

Vega™ One Nutritional Shake is a convenient, all-in-one supplement made from natural, plant-based, whole food ingredients giving you the complete daily essentials you need to thrive. myvega.com

ON SALE
56⁹⁹

850 – 876 g



**GREAT
VALUE**

ON SALE
14⁹⁹

90 + 90 tablets
NPN 80009448

Most biologically available B12

Natural Factors® Methylcobalamin B12 is essential for healthy red blood cell production to maximize oxygen transport throughout the body for the maintenance of good health.

BONUS

**25 FREE
CAPSULES**



Easy-to-swallow & fast-dissolving

SISU Magnesium provides elemental magnesium and malic acid to help maintain proper muscle function and support metabolism.

ON SALE
11⁹⁹

100 veg caps +
25 FREE
NPN 80008848

BONUS



ON SALE
31⁹⁹

60 softgels
NPN 80028375

Antioxidant activity for the maintenance of good health

New Chapter® Zyflamend® is a 10-herb preparation, including turmeric with recent studies suggesting this may be an effective strategy to promote healthy joint function.



Great tasting fish oil

Progressive® OmegEssential™ and OmegEssential™ + D are high potency fish oils, providing 1,000 mg of EPA and 550 mg of DHA in a balanced 2:1 ratio. Its purity and potency are guaranteed by IFOS to ensure you are getting only the best. OmegEssential™ helps support cardiovascular, cognitive and overall good health.

ON SALE
41⁹⁹

OmegEssential™
500 ml
NPN 80023945

ON SALE
43⁹⁹

OmegEssential™ + D
500 ml
NPN 80025232



First Cleanse
EN 142541/42

CleanseSmart
NPN 80017882

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.

ON SALE
**20%
OFF**

All kits



100 capsules
EN 145926

Helping you stay calm

NOW® GABA is a non-essential amino acid that regulates brain and nerve cell activity. GABA may help promote relaxation and ease nervous tension.

ON SALE
13⁹⁹



946 ml each
NPN 80020838

The Lily difference

Lily of the Desert Aloe Vera Juices, with Aloesorb™, have been clinically proven to: improve immune & antioxidant support; increase absorption of supplements and improve nitrate reduction.

ON SALE
9⁹⁹



Get slimmer by summer!

What if there was a natural supplement that could help you reach your weight loss goals quicker?

DietSTART and **SimplyTrim** from **Renew Life** contain scientifically proven weight loss ingredients that will burn fat, balance blood sugar and increase lean muscle to fat ratio.

Accelerate weight loss without the use of stimulants.

ON SALE
24⁹⁹

DietSTART - Kit
EN 171803
NPN 80025472

ON SALE
28⁹⁹

Simply Trim
60 capsules
EN 171803



ON SALE
32⁹⁹

120 vegicaps
EN 150978

Hormonal regulator for both women & men

Maca from **Vega™** is a premium brand of certified organic Maca Root Extract produced via a proprietary extraction process for enhanced potency and absorption.

Maca, also called "Peruvian Ginseng," is a nutritious plant root which regulates and restores ideal hormonal balances in both sexes, improves sexual function, increases energy & stamina and reduces stress.



The next step in the evolution of greens+™...

greens+™ O from **Genuine Health** is a **NEW**, specially formulated addition to the greens+ family - vegan, gluten free, soy free, dairy free with organic ingredients! Now **EVERYONE** can enjoy greens+ - the original and **ONLY** research-proven green food supplement that increases your energy and vitality.

ON SALE
41⁹⁹

228 g -263 g
each

20%
MORE FREE



1008 g
EN 128814

The cleanest protein possible®

Progressive® Harmonized Protein® features a blend of 5 high quality New Zealand sourced proteins which provide essential amino acids for the maintenance of good health. No artificial ingredients.

ON SALE
49⁹⁹

BONUS



Find joy, naturally!

o3mega+™ joy from **Genuine Health** contains the proven dose of EPA from premium, wild fish oil to assist in regulating mood, and improving well-being.

ON SALE
39⁹⁹

120 softgels
NPN 80013141



Pain and inflammation relief

Traumeel® S from **Heel** is scientifically proven to relieve muscle and joint pain, bruising and inflammation associated with injuries such as sprains, contusions, as well as accelerating the healing process.

Zeel® from **Heel** addresses joint pain and stiffness associated with arthritis. Long-term use can significantly reduce the intensity and frequency of pain.

ON SALE
19⁹⁹

Traumeel® S
50 g
DIN-HM 80007675

ON SALE
18⁹⁹

Zeel®
50 tablets
DIN-HM 80007363



Stress and sleep

Nervoheel® from **Heel** helps ease nervousness, anxiety and mood swings. It is clinically proven to be as effective as conventional medications, without the side effects.

Neurexan® from **Heel** restores the body's natural readiness for sleep to ensure restful and deep-sleep cycles. It is non-addictive and does not cause grogginess.

ON SALE
14⁹⁹

Nervoheel®
50 tablets
DIN-HM 80007796

ON SALE
15⁹⁹

Neurexan®
50 tablets
DIN-HM 80004914



Highly absorbable liquid supplements

Prairie Naturals® Solutions provide a highly absorbable liquid alternative to pills and powders. **Bone Solution 2:1** features calcium, magnesium and vitamin D bound to water to help maximize absorption. Bone Solution 2:1 may reduce the risk of developing osteoporosis and regulates muscle & nerve function. **B Complex Solution** contains optimal levels of the B vitamins, to reduce stress quickly, promote energy and lift mood.

ON SALE
22⁹⁹

Bone Solution 2:1
500 ml / NPN 80023795

ON SALE
28⁹⁹

B Complex Solution
500 ml / EN 158418

Celebrating Women's Health



Canada's most popular premium herbs

Nature's Way™ Standardized Extracts are guaranteed to contain the amount of active compound for targeted herbal therapies. Made with potent plant supplements, Nature's Way Herbal Formulas are used to target specific health concerns. **Fenugreek** is traditionally used to increase breast milk production, while **Blessed Thistle** increases appetite and aids in digestion.

ON SALE
8⁹⁹

100 capsules each
NPN 80004007
NPN 80003081



Omega-3 taste sensation

Barlean's Flax Omega Swirls taste like a fruit smoothie, provide optimal levels of EPA/DHA and are highly absorbable helping to maintain good health. *Product of USA.*

ON SALE
24⁹⁹
454 ml
NPN 80006855



Regenerate collagen with BioSil®

BioSil® provides support for fewer lines and wrinkles, thicker hair, stronger nails and denser bones with clinically proven ch-OSA®. Ask for BioSil®.

ON SALE
31⁹⁹
30 ml
NPN 80005878



When your yeast infection won't go away...

Ultimate Flora VS from **Renew Life** to the rescue! This 50 billion culture, 9 strain formula supports healthy bacteria in the vagina and urinary tract. Just one capsule a day!

ON SALE
29⁹⁹

30 vegetable capsules
NPN 80021000



As individual as you are

Progressive® MultiVitamins for Women have been designed with women in mind. They are age, gender and activity level specific so your body gets more of what it needs for the maintenance of good health. Each formula contains select ingredients from nature that have been tested and balanced by a naturopathic doctor so you don't need to leave anything to chance.

ON SALE
29⁹⁹
Women 50+
120 capsules
EN 122561

ON SALE
32⁹⁹
Active women / Prenatal
120 capsules each
EN 122556 /
NPN 80027300



It's just juice!

Just Juice 100% Pure Cranberry Juice is just that – 100% all natural juice. Cranberry juice is a source of antioxidants and is commonly used to help with urinary tract infections.

ON SALE
7⁹⁹
1L



Support your hormone health & the Canadian Women's Foundation

The **WomenSense™** line from **Preferred Nutrition** provides specialized, well-researched formulas that can help balance hormones by supporting adrenal

glands to reduce the side-effects of stress, addressing estrogen dominance, reducing menopause symptoms like hot flashes and night sweats, and supporting thyroid glands to reduce the symptoms of low thyroid.

Right now when you purchase any of these products, Preferred Nutrition will donate \$1 to the Canadian Women's Foundation, investing in moving women and girls out of violence & poverty and into confidence.

ON SALE
39⁹⁹

AdrenaSense®
180 vegetarian capsules

ON SALE
47⁹⁹

EstroSense®
120 vegetarian capsules
EN 133658

ON SALE
34⁹⁹

MenoSense®
180 vegetarian capsules
NPN 80006131

ON SALE
33⁹⁹

ThyroSense®
180 vegetarian capsules
NPN 80028056

All Natural Health & Beauty



ON SALE
29⁹⁹

250 ml
NPN 80025370



The cream for all you can dream of!

Gardener's Dream Cream from **Aroma Crystal Therapy** is a natural cream containing pure essential oils that temporarily relieves pains of muscles and joints.

Revolutionize your monthly cycle

The DivaCup® provides ultimate freedom during your period, even overnight! The DivaCup® is eco-friendly, saves you money and is perfect for your busy lifestyle! divacup.com



ON SALE
31⁹⁹

each



Soothing & relaxing

NOW® 100% Pure Lavender Oil has a calming and balancing effect. Add a few drops to a diffuser or mix with **NOW® Jojoba Oil** to put in your bath or on your skin.

ON SALE
8⁹⁹

30 ml



Nurture your baby from head-to-toe

Weleda Baby products are made with Biodynamic® calendula, organic chamomile and plant-based oils which support your baby's healthy development.

Diaper care
81 g - NPN 80005250
Shampoo & body wash
203.6 g

ON SALE
11⁹⁹

each

Celebrating Women's Health



60 vegetarian capsules
EN 155727

Lower your cholesterol

Preferred Nutrition Sytrinol® improves cholesterol levels with one capsule per day and no diet changes. Studies show total cholesterol improvement up to 30% in 30 days!

ON SALE
35⁹⁹



60 vegetable capsules
NPN 80024167

Spring-time metabolism support!

Health First® B-100 Supreme contains 100 mg of the major B vitamins to metabolize carbohydrates, fats and proteins, together with the popular adaptogen Maca root.

ON SALE
14⁹⁹



30 FREE CAPLETS

One size does not fit all

Progressive® Complete Calcium for Women 50+ is designed specifically for mature women. This comprehensive formula aggressively defends against all forms of calcium depletion.

ON SALE
22⁹⁹

120 caplets +
30 FREE
NPN 80016066

BONUS



Are you gluten intolerant?

Natural Factors® Gluten Relief™ supports the digestion of foods containing gluten, casein and lactose. Reduces the symptoms of digestive irritation such as bloating, cramping and gas.

ON SALE
17⁹⁹

90 vegetarian capsules



The best combo for a harmonious menopause

A.Vogel Menopause contains organic fresh sage extract clinically proven to significantly reduce the number and intensity of hot flashes and night sweats. Only 1 tablet daily. avogel.ca

A.Vogel Vital Energy contains magnesium, flowering oats and rhodiola to increase the body's resistance to stress and to keep the nervous system healthy during menopause. avogel.ca

ON SALE
21⁹⁹

Menopause
30 tablets
EN 150279

ON SALE
23⁴⁹

Vital Energy
60 tablets
EN 143006

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

Please see your health care professional before beginning any type of therapy. Information published in this flyer is not intended to replace medical advice. Products and pricing may vary by store. Some quantities of specially offered sizes or offers may be limited.

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