

# DURHAM NATURAL FOODS

1191 Montrose Avenue  
705-566-3820



GREAT  
VALUE

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

500 ml + 250 ml  
NPN 02242012



HEALTH  
FIRST®

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  
**19<sup>99</sup>**

60 vegetable capsules  
NPN 80029355

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

utirose™

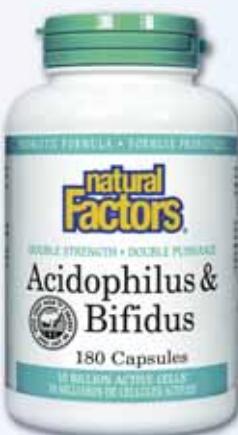
UTIROSE™ is a trademark  
of Naturex Inc.



**\$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  
**18<sup>99</sup>**

180 capsules  
EN 100731



BUY ONE  
GET ONE  
FREE

Vega™  
Shake & Go  
Smoothie

WHILE  
SUPPLIES  
LAST

BONUS

MSRP 24<sup>99</sup> 300 g each

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



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

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  
**27<sup>99</sup>**

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  
**11<sup>99</sup>**

60 capsules  
EN 135284



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

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.

### 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!

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

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](http://healthfirst.ca) for details.

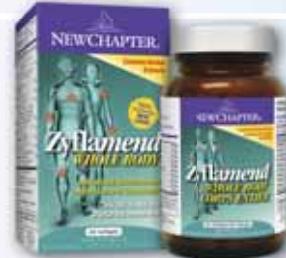


### All-in-one nutritional shake

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](http://myvega.com)

850 – 876 g

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



### 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.

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

60 softgels  
NPN 80028375

**B12**  
Methylcobalamin  
Biologically Active Form of B12  
Quick Dissolve Sublingual  
Natural Factors  
1000 MCG

**GREAT VALUE**

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

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  
11<sup>99</sup>**

100 veg caps +  
25 FREE  
NPN 80008848

**BONUS**



### 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  
41<sup>99</sup>**

OmegEssential™  
500 ml  
NPN 80023945

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

OmegEssential™ + D  
500 ml  
NPN 80025232



First Cleanse  
EN 142541/42

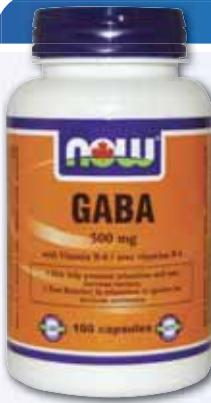
CleanseSmart  
NPN 80017882

### 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



## 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  
13<sup>99</sup>**

100 capsules  
EN 145926



## 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  
9<sup>99</sup>**

946 ml each  
NPN 80020838



## 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  
24<sup>99</sup>**

DietSTART - Kit  
EN 171803  
NPN 80025472

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

Simply Trim  
60 capsules  
EN 171803



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

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.



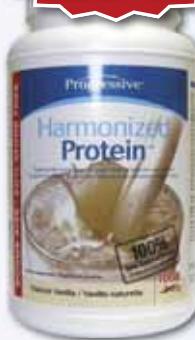
## The next step in the evolution of greens+™...

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  
41<sup>99</sup>**

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  
**49<sup>99</sup>**

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  
**39<sup>99</sup>**

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  
**19<sup>99</sup>**

Traumeel® S  
50 g  
DIN-HM 80007675

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

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  
**14<sup>99</sup>**

Nervoheel®  
50 tablets  
DIN-HM 80007796

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

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  
**22<sup>99</sup>**

Bone Solution 2:1  
500 ml / NPN 80023795

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

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**  
**8<sup>99</sup>**

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**  
**24<sup>99</sup>**

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**  
**31<sup>99</sup>**

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**  
**29<sup>99</sup>**

30 vegetable capsules  
NPN 80021000



## 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**  
**7<sup>99</sup>**

1L



## As individual as you are

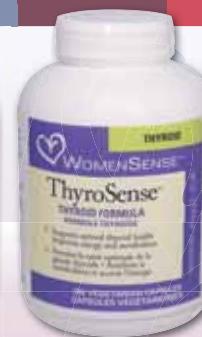
**Progressive® MultiVitamins for Women** have been designed with women in mind. They are age, gender and activity level specific so your body gets more of what it needs for the maintenance of good health. Each formula contains select ingredients from nature that have been tested and balanced by a naturopathic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

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

Women 50+  
120 capsules  
EN 122561

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

Active women / Prenatal  
120 capsules each  
EN 122556 /  
NPN 80027300



## 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**  
**39<sup>99</sup>**

AdrenaSense®  
180 vegetarian capsules

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

EstroSense®  
120 vegetarian capsules  
EN 133658

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

MenoSense®  
180 vegetarian capsules  
NPN 80006131

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

ThryoSense®  
180 vegetarian capsules  
NPN 80028056

## All Natural Health & Beauty



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

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](http://divacup.com)



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

30 ml



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

### 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.

**ON SALE**  
**11<sup>99</sup>**  
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  
35<sup>99</sup>**

**NEW LOOK**



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  
14<sup>99</sup>**

**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.

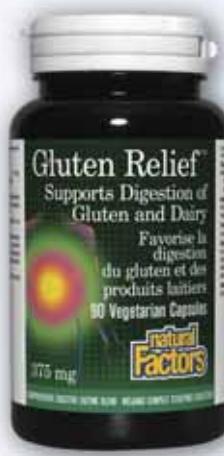
**ON SALE  
22<sup>99</sup>**

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  
17<sup>99</sup>**

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](http://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](http://avogel.ca)

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

Menopause  
30 tablets  
EN 150279

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

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](http://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.

This flyer has been printed with vegetable (soy) based inks. All printing metal plates are recycled & this product is recyclable too.

