

DURHAM NATURAL FOODS

1191 Montrose Avenue
705-566-3820

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH
FIRST®



ON SALE
24⁹⁹

Kit
EN-171803 /
NPN 80025472

Proven weight loss results

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



Superior bioavailability of CoQ10

Natural Factors® Ubiquinol QH™ Active CoQ10 provides sustained energy to fight age-related fatigue, supports heart health and provides antioxidant protection to cells.

ON SALE
38⁹⁹

60 sftgls



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
19⁹⁹

50 tabs
EN 153378



Delicious protein on the go!

proteins+ and Vegan proteins+ Instant Smoothies are an easy way to increase lean muscle. No blender required – just add to water, shake and enjoy!

ON SALE
21⁹⁹

275 g – 390 g
proteins+
EN 130589



30 FREE
CAPSULES

Attention men over 30!

Brad King's Ultimate Male Energy may help increase testosterone levels, reduce abdominal fat, increase energy and improve libido.
PNO.CA

ON SALE
42⁹⁹

150 caps
EN 151447

BONUS

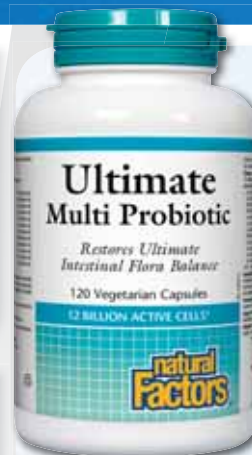


Effective pain relief for joints, muscles and arthritis

A.Vogel Absolut Arnica gel soothes muscle and joint inflammation with the associated pain due to sprains and bruises. avogel.ca

ON SALE
12⁴⁹

50 ml gel
NPN 80000989



ON SALE
31⁹⁹

120 veg caps
EN 120310

Restore & maintain healthy intestinal flora

Ultimate Multi Probiotic from Natural Factors® is a complete multi-purpose probiotic for men and women, teenagers to seniors.



ON SALE
34⁹⁹

30 caps
EN 153334

Travel friendly probiotics

Dr. Ohhira's Probiotics by Botanica uses select strains to help restore the friendly bacteria necessary for optimal health.



ON SALE
14⁹⁹

473 ml

Revive your body

NOW® Chlorophyll with peppermint oil is made from delicious naturally-sourced alfalfa leaf extract. Add to water for extra nutrients throughout the day.



ON SALE
6⁹⁹

100 pkts

Naturally sweet and calorie free!

NOW® Stevia is a plant extract that is 300 times sweeter than sugar but has zero carbohydrates, a zero glycemic index and zero calories.



Improve energy and stamina

Brad King's Ultimate Maca Energy™ is a nutrient-rich superfood that is ideal for busy moms, stressed-out executives, athletes and active individuals. PNO.CA

ON SALE
26⁹⁹

180 veg caps
EN 150209



60 FREE TABLETS

ON SALE
13⁴⁹

120 tabs + 60 FREE
NPN 80000897

Get a good night's sleep!

SleepSense® by Preferred Nutrition helps reduce the time it takes to fall asleep and helps reset your sleep-wake cycle. PNO.CA

BONUS

All Natural Health & Beauty



ON SALE
7⁹⁹

472 ml each

Unlike any soap you've ever used

Dr. Bronner's Magic Soaps have a velvety-lather that leaves the skin silky-smooth and refreshed.



ON SALE
15⁷⁹

87 ml each
NPN 80023545
NPN 80023515

Soothing sun protection

Badger Sunscreens offer both UVA & UVB protection in an all-natural moisturizing base.

Here comes THE SUN!

As summer is now upon us in Canada, we start stressing about new issues, do I look fat in this? How strong of a sunscreen should I be wearing so I don't burn? With summer BBQ's, and gatherings with friends, how do I eat healthy and take care of myself? Some of these questions don't have to be stressful, especially since it's summer time and it's time to have fun!

SUNSCREEN TIP: High SPFs do not necessarily protect you better, since the SPF scale is not linear. For example, SPF 30 blocks 97% of UVB rays and SPF 50 blocks 98% - not a significant increase. Dermatologists recommend an SPF of 15 - 30.

WEIGHT LOSS/EATING HEALTHY TIP: Don't "diet" - 95% of all diets fail. Why? When you go on a low-calorie diet, your body thinks it is being starved, so it slows down your metabolism. Dieting can actually train your body to store fat more efficiently! Rather than a specific diet, reduce portions, eat more fresh and green foods and make food and lifestyle changes you can stick with.

GET OUT AND ACTIVE THIS SUMMER AND LEAVE YOUR WORRIES BEHIND.



NEW
LOOK

Everyday wellness support!

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

ON SALE
29⁹⁹

180 veg caps
NPN 80023409



Easy to take omega 3

NutraSea® Original by Ascenta® is a balanced EPA + DHA formula for optimal wellness. Easy to taste natural lemon flavour. Also available in softgels.

ON SALE
41⁹⁹

500 ml
NPN 80007217

ON SALE
20⁹⁹

200 ml
NPN 80007217



First complete, natural, plant-based sport nutrition system

Vega Sport is specifically developed to help athletes perform at their best - before, during and after training and competition.

For a holistic approach to sport fueling and recovery, the Vega Sport performance system was formulated in three stages:

PREPARE

SUSTAIN

RECOVER

Formulated by Brendan Brazier, professional Ironman triathlete and bestselling author on performance nutrition. vegasport.com

ON SALE
15% OFF

FREE KATHY SMITH DVD



Will change your life even if you don't

Natural Factors® PGX® Daily can help you lose weight effectively and gradually by creating a sense of fullness and slowing the digestion of food allowing you to eat less and stay full for longer. Naturally, the beneficial effects of PGX will be enhanced by a healthy diet and exercise plan.

ON SALE
26⁹⁹

120 sftgls
NPN 80017389

ON SALE
49⁹⁹

240 sftgls
NPN 80017389

BONUS

Joint pain relief

Health First® Curcumin Supreme features patented Meriva® curcumin, which has been proven to reduce inflammation & joint pain and increase mobility.



ON SALE
21⁹⁹

60 veg caps
NPN 80022891

Feel the difference in 21 days!

greens+™ daily detox from **Genuine Health** is for effective full-body cleansing. Available in natural tea or green apple flavours.



ON SALE
51⁹⁹

380 – 414 g
EN 161986

20% MORE FREE

Whole Body Antioxidant Protection™

Progressive® PhytoBerry features a blend of antioxidants to help protect you from head to toe.



ON SALE
33⁹⁹

540 g
EN 122228

BONUS

30 FREE SOFTGELS

Prostate health starts here!

Prairie Naturals® PROST-FORCE™ is an evidence-based formulation that combines key ingredients recommended for maintaining prostate health.



ON SALE
36⁹⁹

150 sftgls
EN 158414

BONUS

Powerful antioxidant

NOW® Astaxanthin is a naturally occurring carotenoid that plays a key role in protecting against UV rays & oxidative damage and supporting eye health.



ON SALE
20⁹⁹

60 Veggie Softgels

Garlic is good, Kyolic is BEST!

Kyolic® Cholesterol Control with Lecithin combines Aged Garlic Extract™ and lecithin to promote heart health through cholesterol reduction.



ON SALE
14⁴⁹

90 caps
NPN 80007295

Healthy bones without that chalky taste

LifeTime® Calcium Magnesium Citrate with Vitamin D is easily assimilated and contains no milk or phosphorus. Essential dosage for complete bone support.



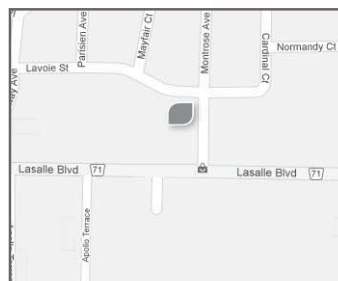
ON SALE
17⁹⁹

475 ml
NPN 80006648

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