

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



Superior
bioavailability
of CoQ10

Natural Factors®
Ubiquinol QH™
Active CoQ10
90 Softgels • gélules
100 mg

ON SALE
38⁹⁹
60 softgls

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.

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

Here comes
THE SUN!

See inside for some
great tips about staying
active this summer!

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



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

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

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 softgels
NPN 80017389

ON SALE
49⁹⁹

240 softgels
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

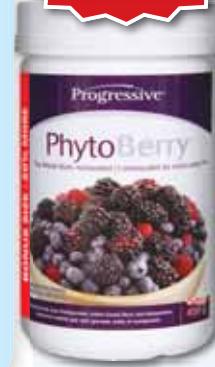
Feel the difference
in 21 days!

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 softgels
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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FIRST®

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