

# DURHAM NATURAL FOODS

1191 Montrose Avenue

705-566-3820

A Bar2 English 13

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS



72 veg caps  
NPN 80015173

The  
ULTIMATE  
in probiotic  
protection!

Renew Life Ultimate Flora Critical Care is for those who suffer from chronic intestinal problems, or want the best probiotic available.

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

BONUS



60 FREE  
GELCAPS

Support  
cardiovascular  
health!

Health First® Omega-First fish oil is tested for potency, purity and safety by International Fish Oil Standards (IFOS). Visit [ifosprogram.com](http://ifosprogram.com) for independent testing results.

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

BONUS

240 glcps + 60 FREE  
NPN 80004324

HOT BUY



Increase circulation

Prairie Naturals® Ginkgo Biloba increases circulation which offers support for: vascular disease, tinnitus and healthy brain function including memory and concentration.

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



20%  
MORE FREE

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

305 – 315 g  
EN 104865

The Ultimate Super Food™

Progressive® VegeGreens® is a comprehensive blend of green foods, plant extracts and over 60 ingredients providing a wide-spectrum of nutrients.

30 FREE  
TABLETS

For healthy  
bones,  
muscles and  
teeth

Natural Factors® Calcium Magnesium Citrate With D has the preferred one-to-one ratio. Helps build strong bones and helps maintain proper muscle function.

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

210 tabs  
NPN 80005541



30 FREE  
CAPSULES

Hormone  
imbalance?

WomenSense™ EstroSense® is recommended by health care professionals to help support a healthy liver and reduce symptoms of hormone imbalance. PNO.CA

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

BONUS



33%  
MORE FREE

Healthy  
weight loss

Natural Factors® Tonalin CLA stimulates muscle metabolism thereby increasing lean muscle mass and decreasing body fat.

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

BONUS

# BIG SUMMER SALE



**Decadent and Delicious**

Vega Whole Food Vibrancy Bars are a unique blend of all-natural, raw, organic and plant based foods. They are rich in omega-3s, antioxidants and phytonutrients plus high in fibre and protein.

**ON SALE**  
**2/\$4**

50 g each



**Cholesterol too high?  
Take control.**

Prairie Naturals® Sytrinol™ is clinically-studied to help reduce total cholesterol and improve LDL : HDL cholesterol ratio with just one capsule-a-day.

**ON SALE**  
**31.99**

60 V-Capsules  
EN 158367



**Everyday cardiovascular support**

Kyolic® Everyday Support contains 300 mg of odourless Aged Garlic Extract™ which studies show may help reduce the risk of cardiovascular disease.

**ON SALE**  
**13.29**

90 caps  
NPN 80003656



**Are you worn out? Candida may be the problem!**

Renew Life CandiGONE is the solution. This powerful cleansing formula is designed to help destroy and remove Candida and yeast from the body.

**ON SALE**  
**29.99**

Kit  
EN 150203/150206



**A convenient way to increase fiber intake and maintain regularity**

NOW® Psyllium Husk is an excellent source of soluble fiber. Its bulking action can play an important role in maintaining regularity and gastrointestinal health.

**ON SALE**  
**9.99**

200 caps  
NPN 80010953



**Support brain & nerve function**

NOW® Lecithin Granules play a major role in almost all biological processes - including nerve transmission, breathing and energy production.

**ON SALE**  
**13.79**

454 g

**Health & Beauty**



**First aid for the whole family**

Treemenda™ Tea Tree Oil has a remarkable ability to disinfect cuts, scrapes and other wounds. Its compact size makes it perfect for travelling.

**ON SALE**  
**9.99**

30 ml  
NPN 02242689

**GREAT VALUE**



**Beautiful hair**

Prairie Naturals® Big Sky Tea Tree Shampoo & Conditioner provides deep, gentle cleansing action with relief from itching and dandruff. Herbal extracts leave hair shiny and manageable.

**ON SALE**  
**14.99**

500 ml + 500 ml



**Non-whitening and natural sun protection!**

ecō Sunscreen uses all natural ingredients, with no artificial preservatives or fragrances. This non-whitening formula is biodegradable and water-resistant.

**ON SALE**  
**19.99**

100 g each  
NPN 80026873



**NEW**

**Perfect for summer**

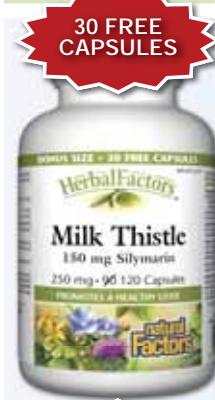
Gardener's Dream Lotion from Aroma Crystal Therapy will soothe your skin this summer! Total body care and moisturizing therapy with wild-crafted essential oils for after the bath or sun!

**ON SALE**  
**29.99**

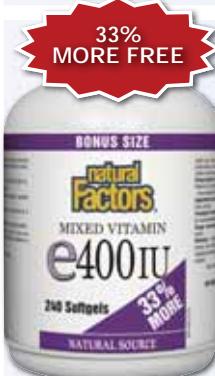
240 ml each

**BIG****Summer Health First Sale**Summertime  
stress supportHealth First® B-50 Complex  
contains 50 mg/mcg of the major  
B vitamins to help metabolize  
carbohydrates, fats and proteins.**ON SALE  
23<sup>99</sup>**240 caps  
NPN 2246884Kid approved for  
taste!  
Parent approved for  
health!Health First® kids'-first Multi  
is a delicious multi-flavoured  
multivitamin and mineral  
supplement in fun puppy-  
shapes for normal growth and  
development.**ON SALE  
16<sup>99</sup>**120 chews  
NPN 80007765It's your body and your workout, fuel it  
your wayactivfuel+ from **Genuine Health** is specially formulated for use before and during exercise of all intensities. activfuel+ helps you to build & prepare, fuel strength & endurance and hydrate & replenish for your best performance. Available in delicious black raspberry lemonade flavour, with or without caffeine.**ON SALE  
44<sup>99</sup>**439 g +  
50 g protein+ bar FREE

BONUS

**30 FREE  
CAPSULES**Feeling sluggish?  
Natural Factors® Milk Thistle  
with added dandelion and  
turmeric, provides superior  
herbal help for the liver and  
gallbladder.**ON SALE  
17<sup>49</sup>**120 caps  
NPN 80012020

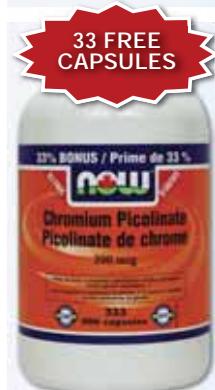
BONUS

**33%  
MORE FREE**

Protect your cells

Natural Factors® Vitamin E  
has guaranteed levels of  
"tocopherols" in a natural  
source mixed E. Ideal for  
overall health support and  
anti-oxidant protection.**ON SALE  
15<sup>99</sup>**240 softgls  
NPN 80013025

BONUS

**33 FREE  
CAPSULES**Support healthy blood  
sugarNOW® Chromium Picolinate  
is an essential trace mineral that  
helps the body metabolize carbs  
and fats and supports healthy  
glucose metabolism.**ON SALE  
13<sup>49</sup>**333 caps  
NPN 80015690

BONUS

**30 FREE  
SOFTGELS**Support your heart  
& circulationNatural Factors® Wild  
Pacific Salmon Oil is rich in  
EFAs with a 1:1 ratio of EPA  
to DHA. Beneficial for heart  
disease, blood pressure, and  
rheumatoid arthritis. No acid  
reflux or aftertaste.**ON SALE  
13<sup>99</sup>**210 softgls  
NPN 80004547

BONUS

**FREE  
PROBIOTICS**

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  
31<sup>99</sup>**500 ml + 10 caps FREE  
EN 159350

BONUS

**FREE KATHY  
SMITH DVD**

NPN 80017389

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. PGX can also reduce the glycemic index of a meal  
by up to 50% contributing to healthy blood sugar levels and  
improving insulin sensitivity. Naturally, the beneficial effects of PGX  
will be enhanced by a healthy diet and exercise plan.**30 FREE  
SOFTGELS**

Love your hair!

Prairie Naturals® Hair-Force  
synergistically combines 22  
naturally-sourced nutrients  
recognized for their role in  
restoring, healing and nourishing  
hair. Create beautiful, healthy hair  
from within.**ON SALE  
42<sup>99</sup>**210 softgls  
NPN 80025524

BONUS

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

120 softgls

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

240 softgls



**BUY ONE GET ONE FREE**

**Vega™ Shake & Go Smoothie**  
WHILE SUPPLIES LAST

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

**BONUS**

**Take the PrimeZyme digestive challenge!**

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

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

180 caps  
EN 135284



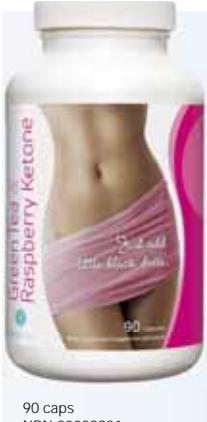
**NEW LOOK**

**Feel the good!**

**Emergen-C®** is an electrolyte-enhanced formula which can replenish critical fluids and minerals lost through perspiration. When the summer temperatures rise, Emergen-C® is the perfect antidote to leave you feeling refreshed and hydrated.

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

30 pkts  
NPN 80028231



**Support weight loss**

**Waist Away Green Tea & Raspberry Ketone** is an effective combination of Green Tea Extract, a proven weight loss ingredient and Raspberry Ketone a new discovery in weight loss.

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

90 caps  
NPN 80029931



**Every meal, every day**

**Udo's Oil™ 3-6-9 Blend** is a source of omega-3, -6 and -9 fatty acids from fresh-pressed, unrefined seed oils, including organically grown flax, sesame, and sunflower.

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

500 ml



**Support your active lifestyle**

**Progressive® Active MultiVitamins** are designed for adults on-the-go, containing higher potencies of the key nutrients responsible for supporting a more active lifestyle. Available in men's and women's formulas.

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

120 caps each  
EN 12555 / EN 12556



**The health science of pain relief**

**Traumeel® S** from **Heel** is scientifically proven to regulate inflammation, relieve pain and accelerate healing.

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

100 g  
DIN-HM 80007675



**Get fast relief + repair for sore joints - naturally!**

**fast arthritis relief+, fast back care+ and fast joint care+** from **Genuine Health** contain the patented ingredient Natural Eggshell Membrane providing essential nutrients, including collagen, to build and repair cartilage, while significantly reducing inflammation.

**ON SALE 38<sup>99</sup>**

each  
arthritis relief+ 60 caps  
EN 172754

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

back care+ 90 caps  
EN 172744

**DURHAM NATURAL FOODS**

1191 Montrose Avenue  
705-566-3820

4



**CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS**

**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)

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 across the country. 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!