

DURHAM NATURAL FOODS

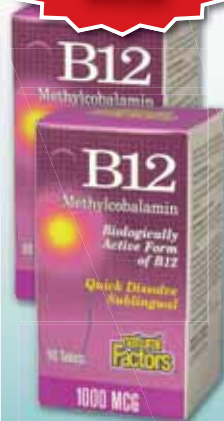
1191 Montrose Avenue, Sudbury, ON • 705-566-3820

www.durhamnatural.com

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH
FIRST®

**GREAT
VALUE**



90 + 90 tabs
NPN 80009448

**Most
biologically
available B12**

Natural Factors® B12 (Methyl) is essential for healthy red blood cell production to maximize oxygen transport in the body and maintain good health.

**ON SALE
14⁹⁹**

BONUS

**20%
MORE FREE**



1008 g
EN 128814

**The cleanest
protein
possible®**

Progressive® Harmonized Protein® features high quality New Zealand sourced proteins which provide essential amino acids for the maintenance of good health.

**ON SALE
49⁹⁹**

BONUS

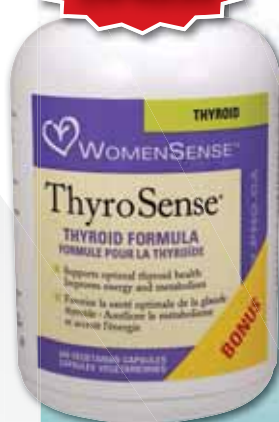


Stay cool and healthy this summer with great smoothie recipes.

**It's time
for summertime
smoothies!**

What better time of year to enjoy a healthy, cool, and refreshing smoothie.

**60 FREE
CAPSULES**



240 veg caps
NPN 80028056

**Help your
underactive
thyroid!**

WomenSense™ ThyroSense® supports optimal thyroid health. Signs of a low thyroid may include: weight gain, low energy, thinning hair or cold hands & feet. *PNO.CA*

**ON SALE
35⁹⁹**

BONUS



30 veg caps
NPN 80015173

**ULTIMATE
probiotic
protection!**

Renew Life Ultimate Flora Critical Care's 50 Billion culture formula contains therapeutic amounts of key probiotics creating a balanced intestinal environment.

**ON SALE
27⁹⁹**



180 caps
NPN 80008912

**Support bone
health**

Health First® Magnesium Citrate is easy-to-absorb and supports bone health. Magnesium also maintains proper muscle functions which may assist with leg cramps.

**ON SALE
15⁹⁹**

NEW
LOOK

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.

ON SALE
32⁹⁹

120 vegicaps
EN 150978



Daytime rejuvenation – sounder sleep at night

Brad King's Ultimate Anti-Stress™ supports the adrenal system and helps your body's ability to deal with stress in a healthy manner.

PNO.CA

ON SALE
23⁹⁹
120 caps



Keeping you active & mobile

Wobenzym®N helps to control and remove compounds that have been shown to produce inflammation and contribute to poor overall health.

ON SALE
32⁹⁹

100 tabs
NPN 02136740

Making too many pit stops?

A.Vogel Sabalasan® Prostate 1 is proven to relieve symptoms associated with BPH, frequent urination & urgencies and help achieve complete voiding.

avogel.ca

ON SALE
22⁹⁹

30 caps
NPN 80007195



ON SALE
18⁴⁹

30 pearls
NPN 80015212

The smarter probiotic

Enzymatic Therapy Acidophilus Pearls™ guarantees active cultures: survive stomach acids, arrive in your intestines, and thrive to provide exceptional support for a healthy gut.



Boost your iron levels

Health First® Iron-First helps prevent iron deficiency. Formulated with the patented iron Ferrochel® for easy absorption and toleration. Vegetarian suitable.

ON SALE
11⁹⁹

60 veg caps
NPN 80024413



Get clear, blemish-free skin

perfect skin™ from Genuine Health contains all-natural, proven ingredients based on leading research. It works from the inside out! Also available in men's formula

ON SALE
21⁹⁹

60 sftgls
NPN 80007361



GREAT
VALUE

ON SALE
45⁹⁹

500 + 250 ml
NPN 80019057

Bone loss begins in your 30s

Salus Calcium Magnesium, when combined with vitamin D, plus a healthy diet & exercise, may reduce the risk of developing osteoporosis.

BONUS



ON SALE
4²⁹

70 - 170 g
select varieties



Everyday natural body care

Jāson Powersmile™ whitens and polishes teeth without harsh abrasives or fluoride. Jāson Deodorants provide long-lasting protection without aluminum chlorohydrate.

Summertime smoothie

Stay cool and healthy this summer with great smoothie recipes.

It's time for summertime smoothies!

What better time of year to enjoy a healthy, cool, and refreshing smoothie.

Summer is here in full force! The days are warm, everyone is active and moving around from outings to sporting events. Between the BBQs and vacations, it is easy to struggle to get all the important nutrients you need in your daily diet. We have a great solution that everyone in your family will appreciate.

Summertime SMOOTHIES!

More great smoothie recipes at healthfirst.ca

1.

**For the fresh berry lover in the family!
Very Black Berry**

- 1 tbsp greens+
- 1 scoop Progressive Harmonized Protein - unflavoured
- 1 tbsp Renew Life FibreSMART
- 1/3 cup cranberry juice
- 1/3 cup blueberry juice
- 1 cup fresh or frozen blackberries
- 1 tsp agave nectar
- Ice

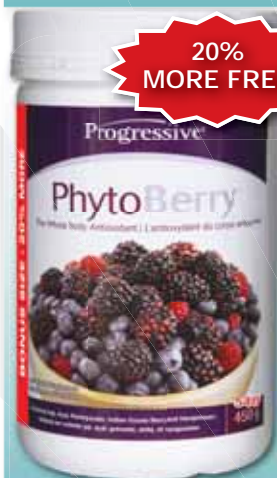
**Place all the above ingredients in your blender.
Blend and enjoy!**

2.

**For the group on the go!
Feelin' Fuzzy**

- 1 tsp greens+
- 1 scoop Progressive Harmonized Protein - unflavoured
- 2 tbsp Renew Life FibreSMART
- 1/3 cup orange juice
- 1/3 cup peach juice
- 1/2 cup chopped cantaloupe melon
- 1/4 cup Almond Breeze
- 2 tbsp plain yogurt
- Ice

**Place all the above ingredients in your blender.
Blend and enjoy!**



**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



Friendly fat

Heartland Gold® Organic Coconut Oil is certified organic, non-GMO and gently processed to maintain its quality. Coconut oil is an ideal alternative to butter.

**ON SALE
11⁴⁹**

454 g



Great tasting!

ReBody® SafSlim™ is clinically researched high-linoleic safflower oil that has been shown to increase adiponectin, an important belly fat hormone.

**ON SALE
31⁹⁹**

450 ml each
NPN 80030973



More than just fibre

Renew Life FibreSMART is a fibre supplement containing 50% soluble, 50% insoluble fibre. A ratio recognized as most effective for ensuring good digestive health.

**ON SALE
24⁹⁹**

454 g
NPN 80029289



Lose weight & feel great

Wild Rose Herbal D-Tox is an effective and easy-to-use 12 day program that helps support the cleansing and elimination of wastes from the human body.

ON SALE
34⁹⁹

Kit
NPN 00664316 /
80020067 / 2849 /
00773581



Whole-food complexed and gentle on your stomach

Every Woman's One Daily from New Chapter® is a convenient whole-food complexed multivitamin, made to help every woman maintain good health.

ON SALE
28⁹⁹

48 tabs
NPN 80030701



NEW

Prevent urinary tract infections

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

ON SALE
19⁹⁹

60 veg caps
NPN 80029355



30 FREE CAPSULES

Ensure you have your Bs

Natural Factors® Hi Potency B Complex is a complete combination of B vitamins that help convert protein, carbohydrates and fats into energy.

ON SALE
19⁹⁹

210 caps
NPN 00624969

BONUS



GREAT VALUE

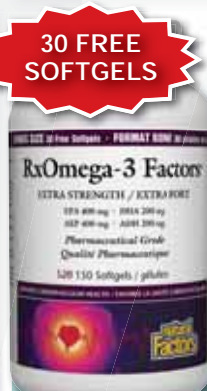
Promotes better sleep

Natural Factors® Melatonin is a hormone that can improve sleep problems caused by stress, jet lag, or shift work. Melatonin production declines with age.

ON SALE
14⁹⁹

90 + 90 tabs
NPN 80000909

BONUS



30 FREE SOFTGELS

Love your heart

Natural Factors® RxOmega-3 Factors® is a highly concentrated form of omega-3 fatty acids from pharmaceutical grade marine lipid concentrate which supports cardiovascular health.

ON SALE
17⁹⁹

150 sftgls
NPN 80004387

BONUS



Unleash your child's potential

Renew Life Norwegian Gold Kids DHA offers a great tasting, chewable softgel with Omega 3 fatty acid DHA & 375 IU vitamin D3 per capsule, for support of cognitive health and brain function.

ON SALE
12⁹⁹

NPN 80033578

60 chews



Supports healthy bones

Natural Factors® Vitamin K2 is a fat-soluble vitamin and new research shows that vitamin K deficiency may increase risk of bone loss and arterial calcification.

ON SALE
11⁹⁹

60 veg caps
NPN 80030153



Boost your energy!

greens+™ from Genuine Health has been making Canadians healthy for 20 years! Contains 23 plant-based ingredients research proven to improve health and vitality.

ON SALE
33⁹⁹

255 g
NPN 80019137

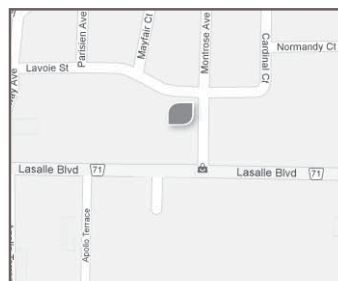
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Monday 9-6pm
Tuesday 9-6pm
Wednesday 9-6pm
Thursday 9-8pm
Friday 9-8pm
Saturday 9-5pm
Sunday 12-5pm



For a full list of Health First Members, to learn more about Health First and our products visit www.healthfirst.ca

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