

# DURHAM NATURAL FOODS

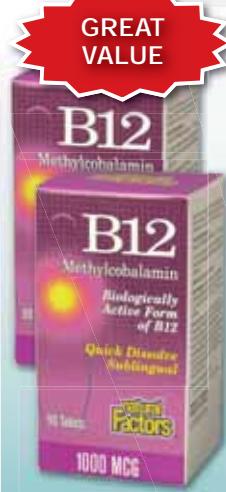
1191 Montrose Avenue, Sudbury, ON • 705-566-3820

[www.durhamnatural.com](http://www.durhamnatural.com)

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH  
FIRST®

GREAT  
VALUE



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

BONUS

90 + 90 tabs  
NPN 80009448

20%  
MORE FREE



The cleanest  
protein  
possible®

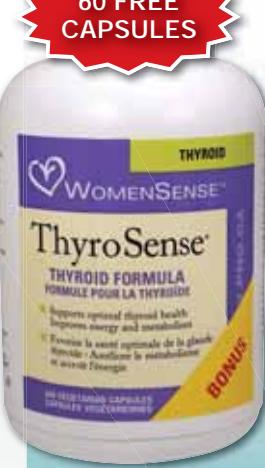
Progressive® Harmonized Protein® features high quality New Zealand sourced proteins which provide essential amino acids for the maintenance of good health.

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

BONUS

1008 g  
EN 128814

60 FREE  
CAPSULES



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  
**35<sup>99</sup>**

BONUS

240 veg caps  
NPN 80028056



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

BONUS



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  
**15<sup>99</sup>**

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  
**32<sup>99</sup>**

120 vegicaps  
EN 150978

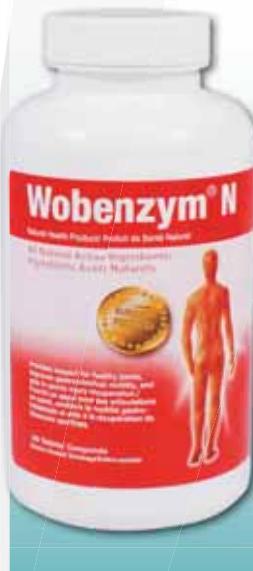


Daytime  
rejuvenation –  
sounder sleep  
at night

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  
**23<sup>99</sup>**

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  
**32<sup>99</sup>**

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](http://avogel.ca)

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

30 caps  
NPN 80007195



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

60 veg caps  
NPN 80024413



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

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.



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

60 softgels  
NPN 80007361



GREAT  
VALUE

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

500 + 250 ml  
NPN 80019057



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

70 - 170 g  
select varieties

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

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

Everyday natural body care

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



# 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](http://healthfirst.ca)

20%  
MORE FREE

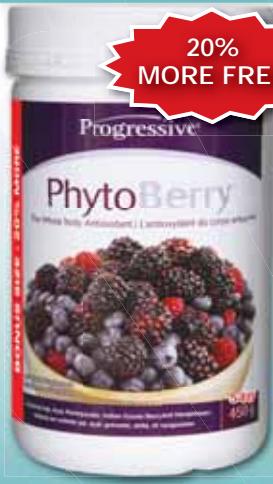
### Whole body antioxidant protection™

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

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

540 g  
EN 122228

BONUS



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

450 ml each  
NPN 80030973

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!



### 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  
**11<sup>49</sup>**

454 g

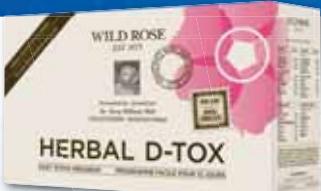


### More than just fibre

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

454 g  
NPN 80029289

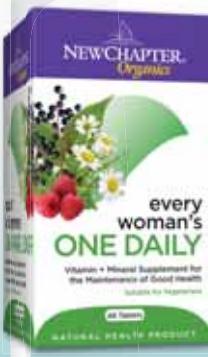


### Lose weight & feel great

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  
34<sup>99</sup>**

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  
28<sup>99</sup>**

48 tabs  
NPN 80030701



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

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  
19<sup>99</sup>**

**BONUS**

210 caps  
NPN 00624969

**GREAT  
VALUE**



90 + 90 tabs  
NPN 80000909

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

**BONUS**



**30 FREE  
SOFTGELS**

150 softgels  
NPN 80004387

### 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  
17<sup>99</sup>**

**BONUS**



NPN 80033578

### 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  
12<sup>99</sup>**

60 chews



60 veg caps  
NPN 80030153

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



255 g  
NPN 80019137

### 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  
33<sup>99</sup>**

**HEALTH  
FIRST®**

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



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