

DURHAM NATURAL FOODS

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

www.durhamnatural.com

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH
FIRST®



Back to school essentials

Progressive® MultiVitamins, Ultimate Fish Oil and SunshineBurst Vitamin D for kids offer a comprehensive strategy for supporting the growth, development and cognitive needs of active children with... just for kids formulas!

ON SALE
22⁴⁹

Ultimate Fish Oil
200 ml
NPN 80022320

ON SALE **25⁴⁹**

MultiVitamins - 120 chews NPN 80022343

ON SALE **13⁴⁹**

Vitamin D - 120 chews NPN 80025305



ON SALE
21⁹⁹

30 tabs
EN 150279



30 fish gels
EN 152499

Only 1 tablet a day

A.Vogel Menopause contains organic fresh sage extract clinically proven to significantly reduce the number and intensity of hot flashes and night sweats. avogel.ca

Therapeutic strength fish oil

Renew Life Super Critical Omega contains over 1 g of omega-3 and 1000 IU of vitamin D per capsule, ideal for supporting heart health and brain function.

ON SALE
23⁹⁹



NOW WITH
VITAMIN K2

More than
just calcium!

Health First® Cal-Mag Supreme features clinically-studied Aquamin®, an easily-absorbed plant source calcium from algae. May reduce the risk of osteoporosis.

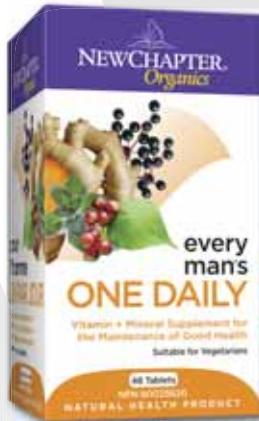
ON SALE
24⁹⁹

60 tabs
NPN 80033613

Back to School with Organics



Let's talk about how
clean our family's
food is.



ON SALE
29⁹⁹

48 tabs
NPN 80025820

Whole-food complexed and gentle on your stomach

New Chapter Every Man's One Daily
convenient multivitamin is formulated with organic vegetables and herbs for the needs of every man.



Omega-3 taste sensation

Barlean's Flax Oil Omega Swirls taste like a fruit smoothie, provide optimal levels of EPA/DHA and are highly absorbable helping to maintain good health.
Product of USA.

ON SALE
24⁹⁹

454 ml
NPN 80006855



ON SALE
41⁹⁹

180 softgels
NPN 80009719

Get radiant glowing skin

Efamol® Evening Primrose Oil is clinically proven to effectively relieve symptoms of atopic eczema using gamma-linolenic acid, an active form of omega-6.



ON SALE
15⁹⁹

71 g

Protect your skin

Weleda Skin Food is an intensively nourishing, deeply hydrating cream. It's a unique, ultra-rich whole-body cream that deeply hydrates, restores and protects your skin.



ON SALE
12⁹⁹

90 chews
NPN 80013299

Just for teens!

SISU Teens Multi has B vitamins to support teens' nervous system & brain function and is a complete multivitamin and mineral for the maintenance of good health.



ON SALE
22⁴⁹

250 ml
NPN 80021307

For growing children

Salus Kindervital is a pleasant tasting liquid supplement for children. It supplies bone and tissue building vitamins and minerals such as calcium and magnesium.



ON SALE
10⁴⁹

135 tabs
DIN 01956485

Drug-free relief of teething pain

Hyland's Teething Tablets are an easy-to-use, no mess, no fuss way to soothe the pain, restlessness and irritability due to infant teething.



ON SALE
13⁹⁹

60 chews
NPN 80020644

Give your child a boost

Renew Life FloraBEAR provides friendly, beneficial bacteria in a great tasting, chewable tablet. These friendly bacteria help balance your child's intestinal flora.



ON SALE
19⁹⁹

Kit

STOP Lice!

Treemenda™ Lice Stop™ Kit is a lice & egg removal system using tea tree and oregano oils, along with a unique metal comb and scalp cap. Suitable for children & adults.

Let's talk about how clean your family's food is...

Back to School with Organics



For more information and to see how we put organics to the test visit healthfirst.ca.

It's that time again... the kids are going back to school which means getting back into that familiar routine. When packing your child's lunch this school year, stop and think about how "clean" your food is. An apple a day is a great idea, but what if it is full of hidden pesticides?

In order to avoid those nasty pesticides you may want to think about going organic. If you can't eat organic all the time, consider growing your own produce, or pick the produce your family eats most and buy it organically. You can also follow "The Dirty Dozen" list which will help you determine which fruits and vegetables have the most pesticide residues and are the best to buy organic.

THE DIRTY DOZEN: © 2012, ENVIRONMENTAL WORKING GROUP

1. Apples	5. Strawberries	9. Lettuce
2. Celery	6. Nectarines	10. Cucumbers
3. Bell Peppers	7. Grapes	11. Blueberries
4. Peaches	8. Spinach	12. Potatoes



100% organic protein

Progressive® Organics Proteins are made with organically farmed, non-GMO ingredients – including the flavours & sweeteners – and contain the full spectrum of amino acids which are essential to maintain good health.

ON SALE
54⁹⁹

Whey Protein
680 g
NPN 80023552

ON SALE **39⁹⁹** Hemp Protein 800 g
ON SALE **31⁹⁹** Rice Protein 800 g



Organic, fair-trade green food

Prairie Naturals® Spirulina fresh-water micro algae contains 60% protein! Spirulina is a source of vitamin A to help maintain eyesight, skin and immune function.

ON SALE
20⁹⁹
200 g



Green food made simple

Prairie Naturals® Chlorella is simply organic, fair-trade, broken-cell wall chlorella – nothing else! Chlorella helps improve fat metabolism and balance the immune system.

ON SALE
29⁹⁹
200 g
EN 157062

NEW**Energize your day!**

Vega™ Energizing Smoothie contains: 10 g protein, 5 g fibre and 1 g omega-3 in each serving. Just add water, shake and go! MyVega.com

**ON SALE
16⁹⁹**

267 - 285 g

**FREE
FIBRESMART
CAPSULES AND
BOOKLET**



Kit + 60 caps & booklet FREE
NPN 80017882 / 80029290

Total body cleansing

Renew Life CleanseSMART is a 30 day, total body cleanse that works to eliminate toxic materials from the body and improve liver and bowel function.

**ON SALE
28⁹⁹**

BONUS180 veg caps
EN 127340

The "berry" best vitamin C

Health First® Berry-C Supreme features non-acidic vitamin C enhanced with organic red bioflavonoids for the maintenance of good health and antioxidant support.

**ON SALE
26⁹⁹**

**Are you getting enough magnesium?**

Natural Calm is a highly absorbable, fast-acting, effective magnesium citrate dissolvable powder that may relieve symptoms of magnesium deficiency.

**ON SALE
26⁹⁹**

228- 263g
NPN 8001318860 liquid capsules
NPN 80017581**Once a day**

Platinum Naturals easymulti® prenatal contains essential nutrients for you & your baby. No artificial colours, preservatives or ingredients; just vitamins, minerals and fish oil.

**ON SALE
32⁹⁹**

475 ml
NPN 80006648**Have 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**

**An organic evolution of greens+™**

greens+™O from Genuine Health contains 75% organic ingredients, is soy, dairy & gluten free, and Vegan. greens+™O increases energy and vitality.

**ON SALE
41⁹⁹**

228- 263g

**Fall asleep faster, stay asleep longer!**

sleep+ time release from Genuine Health helps you get restorative sleep – awakening refreshed, with improved mood & energy levels for the day!

**ON SALE
4⁹⁹**

10 caps
EN 40615760 caps
EN 160493**Is pain a problem?**

Terry Naturally® Curamin® may be the answer. Contains clinically proven BCM-95® bioavailable curcumin, providing fast and effective relief for pain and inflammation.

**ON SALE
31⁹⁹**

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

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

**HEALTH FIRST®**

For a full list of Health First Members, to learn more about Health First and our products visit 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 by store. Some 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.

