

# 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

22<sup>49</sup>

Ultimate Fish Oil  
200 ml  
NPN 80022320

ON SALE 25<sup>49</sup>

MultiVitamins - 120 chews NPN 80022343

ON SALE 13<sup>49</sup>

Vitamin D - 120 chews NPN 80025305



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



ON SALE  
21<sup>99</sup>

30 tabs  
EN 150279

## 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](http://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  
23<sup>99</sup>

30 fish gels  
EN 152499

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  
24<sup>99</sup>

60 tabs  
NPN 80033613



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

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.



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

180 sftgls  
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  
**15<sup>99</sup>**

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.



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

454 ml  
NPN 80006855



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

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  
**22<sup>49</sup>**

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  
**10<sup>49</sup>**

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  
**13<sup>99</sup>**

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

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.



# Back to School with Organics



For more information and to see how we put organics to the test visit [healthfirst.ca](http://healthfirst.ca).

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

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

54<sup>99</sup>

Whey Protein  
680 g  
NPN 80023552

ON SALE 39<sup>99</sup>

Hemp Protein 800 g

ON SALE 31<sup>99</sup>

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

20<sup>99</sup>

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

29<sup>99</sup>

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](http://MyVega.com)

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

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  
**28<sup>99</sup>**

BONUS

NEW  
LOOK



180 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  
**26<sup>99</sup>**



### 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  
**26<sup>99</sup>**

228- 263g  
NPN 80013188



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

60 liquid capsules  
NPN 80017581



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

475 ml  
NPN 80006648



### 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  
**41<sup>99</sup>**

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  
**4<sup>99</sup>**

10 caps  
EN 406157



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

60 caps  
EN 160493

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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](http://www.healthfirst.ca)

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