

DURHAM NATURAL FOODS

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

www.durhamnatural.com

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH FIRST®



150 veg caps
NPN 80003726

ON SALE
21⁴⁹

BONUS

NEW FLAVOUR
All-in-one nutritional shake

Vega™ One is a plant-based supplement, packed with key nutrients for optimal health including vitamins, protein, fibre, omega-3, probiotics & greens.
Myvega.com

ON SALE
56⁹⁹



Immune system support

Natural Factors® Anti-Viral contains clinically tested and patented Echinamide®, plus four additional herbs, which have all demonstrated immune stimulation properties.

ON SALE
10⁴⁹

50 ml

60 FREE CAPSULES



240 veg caps

More energy – less stress!

WomenSense™ AdrenaSense® contains nutrients to support your adrenal glands. Signs of overworked adrenal glands include: fatigue, poor sleep, cravings. PNO.CA

ON SALE
43⁹⁹

BONUS



120 gelcaps
NPN 80004324

PROJET
SANS
OGM
VÉRIFIÉ

GENETICALLY
MODIFIED
ORGANISMS

You have the right
to know what's in
your food.



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 for independent testing results.

ON SALE
24⁹⁹

850 - 876 g



ON SALE
24⁹⁹

28 sachets
NPN 80002107

Iron, as light as water

Spatone® is a naturally occurring iron-rich mineral water straight from the source in the heart of Snowdonia, North Wales. Take for preventing iron deficiency.



NEW

ON SALE
19⁹⁹

60 veg caps

Supreme liver protection

Health First® Liver Supreme features Siliphos®, a milk thistle-sourced silybin Phytosome®, clinically-researched to support and protect liver function.



ON SALE
21⁹⁹

250 ml
NPN 80027506

World's best kept secret!

Bio-Strath® is nature's most complete tonic for the different stages of your life and for the maintenance of good health. Available in tabs, drops and elixir.



ON SALE
45⁹⁹

60 tabs each
EN 156771

Convenient & affordable multi-vitamins

MegaFood™ One Daily Multi-vitamins ensure that your body receives concentrated whole food nourishment every day for the maintenance of good health. Available in women's & men's formulas.



ON SALE
28⁹⁹

500 ml
NPN 80032471

Highly absorbable liquid supplements

Prairie Naturals® B Complex Solution contains optimal levels of the B vitamins, to reduce stress quickly, promote energy and lift mood.



ON SALE
11⁹⁹

180 caps
NPN 80002419

Better quality sleep

NOW® Melatonin is a temporary sleep aid to help re-set the body's sleep-wake cycle aspect of circadian rhythm.



ON SALE
7⁹⁹

142 g each

Nutritious & indulgent

Vega™ SaviSeeds™ are a gently roasted, lightly coated sacha inchi seed snack. Sacha inchi is the richest plant-based source of omega-3 on the planet. Myvega.com



ON SALE
24⁹⁹

500 ml
EN 149990

Be good to yourself, drink Flor-Essence®

Flor-Essence® Herbal Tea Blend contains 8 cleansing and rejuvenating herbs that encourage your body to remove toxins effectively.



ON SALE
20% OFF

Honour your BODY... Nurture your SOUL

Aroma Crystal Therapy all-natural skin care line is formulated with pure essential oils for broad spectrum and award-winning results.

**NON
GMO
Project
VERIFIED**



**PROJET
SANS
OGM
VÉRIFIÉ**

WHAT ARE GMOs?

GENETICALLY MODIFIED ORGANISMS (GMOs) are plants or animals created through the process of genetic engineering. This experimental technology forces DNA from one species into a different species. The resulting GMOs are unstable combinations of plant, animal, bacterial and viral genes that cannot occur in nature or in traditional breeding.



Support cognitive health and brain function

Wholemega® from New Chapter® contains 100% Wild Alaskan Salmon oil delivering 17 omega fatty acids, including omega-3.

**ON SALE
38⁹⁹**

120 sftgls
NPN 80010842



ARE GMOs SAFE TO EAT?

Most developed nations do not consider GMOs to be safe. In nearly 50 countries around the world there are significant restrictions or outright bans on the production and sale of GMOs. In Canada, the government has approved GMOs based on studies conducted by the same corporations that created them and profit from their sale.

HOW CAN YOU AVOID GMOs?

At this time, products containing GMOs are not labeled. With GMOs now present in more than 75% of conventional processed food, choosing Non-GMO Project Verified is the most reliable way for your family to avoid GMOs.

THE NON-GMO PROJECT:

The Non-GMO Project is North America's ONLY third party verification for products produced according to rigorous best practices for GMO avoidance.

For more information visit healthfirst.ca or nongmoproject.org.



Guaranteed potency

Nature's Way™ Oregano Oil contains 50 mg of oregano oil with 75-85% carvacrol. Helps reduce gastro-intestinal upsets caused by parasites, bacteria, fungi or yeast.

**ON SALE
21⁹⁹**

60 LIQUID Vcaps™

Strengthen your immune system

A.Vogel Echinaforce® Cold and Flu Rhume et Grippe

A.Vogel Echinaforce® is clinically proven for its antibacterial, antiviral and anti-inflammatory effects. Helps relieve cold & flu symptoms. avogel.ca

**ON SALE
14⁴⁹**

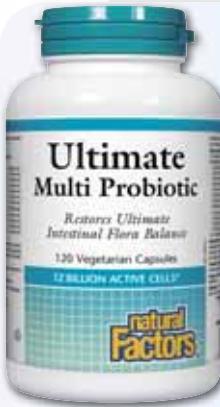
50 ml
NPN 00418714

Award winning cold relief

Sambu®Guard is made with elderberries, elder blossoms, echinacea and vitamin C to help fight off infections, especially of the upper respiratory tract.

**ON SALE
21⁹⁹**

175 ml
NPN 80023801

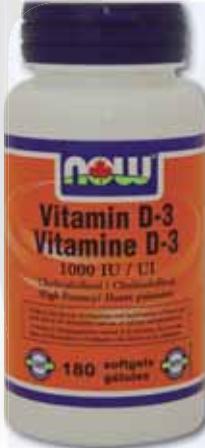


Restore & maintain healthy intestinal flora

Ultimate Multi Probiotic from Natural Factors® is a complete multi-purpose probiotic for men and women, teenagers to seniors.

**ON SALE
31⁹⁹**

120 veg caps
EN 120310



Helps maintain strong bones

NOW® Vitamin D-3 supplies recommended levels of this key vitamin in a highly-absorbable liquid softgel form.

**ON SALE
7⁹⁹**

180 softgels
NPN 80003199



Joint pain relief and more

Health First® Curcumin Supreme features patented Meriva® curcumin, which has been proven to reduce inflammation & joint pain and increase mobility.

**ON SALE
21⁹⁹**

60 veg caps
NPN 80022891



Cholesterol too high? Take control

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

**ON SALE
31⁹⁹**

60 V-Capsules
NPN 80032544



Get ready for cold & flu season

Nature's Harmony® Moducare® is a patented blend of plant sterols and sterolins that restore, strengthen and balance the immune system.

**ON SALE
47⁹⁹**

210 veg caps
NPN 80003342



Easy to take omega 3

NutraSea®+D by Ascenta® is a balanced EPA + DHA formula with 1000 IU of Vitamin D for optimal wellness. In green apple flavour. Also available in softgels.

**ON SALE
45⁹⁹**

500 ml
NPN 80023758



Boost your immune system

Emergen-C® contains 1000 mg vitamin C combined with B vitamins, electrolytes and antioxidants to help you really Feel The Good™ this winter.

**ON SALE
14⁹⁹**

30 packets
NPN 80028231



NEW

Fuel your workout

activfuel+ from Genuine Health is for pre and during exercise to prepare, fuel, and replenish you for your best performance. Available with or without caffeine.

**ON SALE
44⁹⁹**

439 g



510 & 566 g
NPN 80009137

Happy 20th anniversary greens+™!

greens+™ from Genuine Health is Canada's favourite green food supplement for naturally increasing energy.

**ON SALE
62⁹⁹**

BONUS

HEALTH FIRST®

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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



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