

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

The better vitamin C™

SISU Ester-C® 600 is a unique, non-acidic form of vitamin C with advanced immune-supporting properties, enhanced with citrus bioflavonoids for superior absorption.

ON SALE
21⁴⁹

BONUS



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

NON
GMO
Project



PROJET
SANS
OGM

VERIFIED

VÉRIFIÉ

GENETICALLY
MODIFIED
ORGANISMS

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



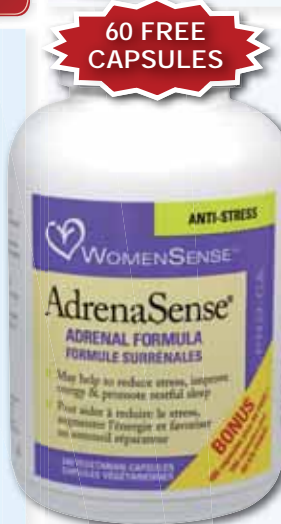
NEW
FLAVOUR

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

850 - 876 g



60 FREE
CAPSULES

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

240 veg caps



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

120 gelcaps
NPN 80004324

• ON SALE NOW! OCTOBER 5TH TO 20TH, 2012 • HEALTHFIRST.CA •



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.



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.*

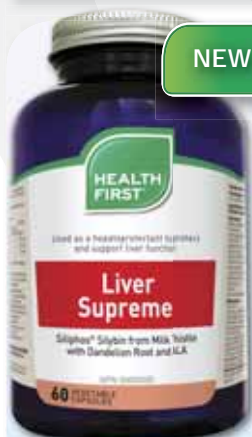


ON SALE
28⁹⁹

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
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
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
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.



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

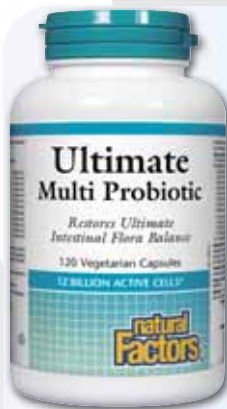
ON SALE
14⁴⁹
50 ml
NPN 00418714



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

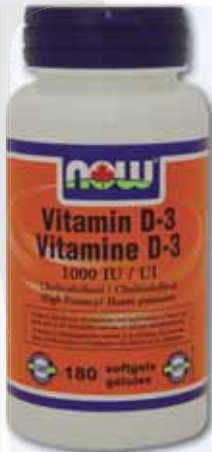


120 veg caps
EN 120310

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



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 sftgls
NPN 80003199



60 veg caps
NPN 80022891

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 V-Capsules
NPN 80032544

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



210 veg caps
NPN 80003342

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



500 ml
NPN 80023758

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



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



439 g

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



510 & 566 g
NPN 80009137

FREE pH PAPER

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

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

DURHAM NATURAL FOODS

1191 Montrose Avenue, Sudbury, ON
• 705-566-3820 • www.durhamnatural.com

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

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.

