

DURHAM NATURAL FOODS

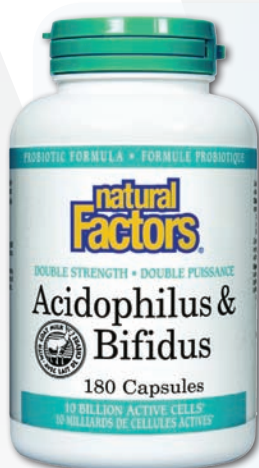
1191 Montrose Avenue, Sudbury, ON • 705-566-3820

www.durhamnatural.com

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH
FIRST®

A Base2 English 13



180 caps
EN 100731

Support for a healthy gut

Natural Factors® Double Strength Acidophilus & Bifidus is a probiotic that delivers live microorganisms to restore & maintain healthy intestinal flora.

ON SALE
18⁹⁹



150 caps each
EN 122561 / 5

Healthy aging

Progressive® MultiVitamins for Women & Men 50+ are designed to support the needs of your body so you can live the healthy, vibrant life you want and let your age be just a number.

ON SALE
29⁹⁹

BONUS

Holiday Health & Beauty Tips

Look inside and online for winter skin maintenance tips and festive essential oil ideas.



ON SALE
52⁹⁹

409 - 445 g
NPN 80010572

Boost your energy - naturally!

greens+™ extra energy provides all of the benefits of greens+™, with naturally occurring caffeine for immediate, long-lasting energy without the "crash!"



850 - 876 g

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



180+180 tabs
NPN 80030915

BUY 2 &
SAVE

Prevent vitamin D deficiency

Health First® Vitamin D Supreme uses Bioperine® for increased vitamin D absorption. Studies show Canadians should take vitamin D from October to April.

ON SALE
17⁹⁹

BONUS

• ON SALE NOW! DECEMBER 7TH TO 22ND, 2012 • HEALTHFIRST.CA •

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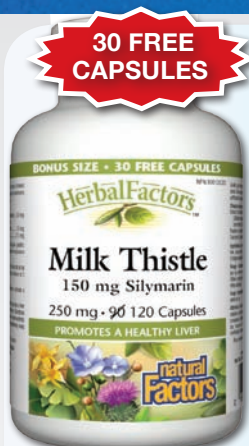
NEW

ON SALE
22⁴⁹

300 g
NPN 80035260

Support heart health

Medi-C Plus™ from **W. Gifford-Jones, MD** with vitamin C & L-Lysine helps build collagen, strengthen coronary cells and dissolve cholesterol to reduce cardiovascular disease.



30 FREE CAPSULES

ON SALE
17⁴⁹

120 caps
NPN 80012020

Feeling sluggish?

Natural Factors® Milk Thistle with added dandelion and turmeric, provides superior herbal help for the liver and gallbladder.

BONUS



ON SALE
13⁹⁹

100 caps
NPN 80027170

Maintain good health

NOW® B-6 plus GABA contains 2 mg of B6 and 500 mg of GABA per capsule. GABA is a neurotransmitter distributed throughout the central nervous system.



ON SALE
29⁹⁹

240 caps
NPN 80008481

Relieve joint pain

Natural Factors® Glucosamine & Chondroitin Sulfate is a combination of nutrients which helps repair & lubricate joints, rebuild damaged cartilage and relieve arthritis pain.



ON SALE
41⁹⁹

500 ml
NPN 80007217

Easy to take omega-3

NutraSea® Original by **Ascenta®** is a balanced EPA + DHA formula for optimal wellness. Easy to taste natural lemon flavour. Also available in softgels.



ON SALE
11⁹⁹

500 ml

Excellent source of omega-3

Flora™ Flax Oil is made from certified organic, non-GMO Canadian flaxseed. An excellent source of vegetarian omega-3 essential fatty acids. Gluten-Free.



Feel the good®

Emergen-C® contains vitamins, electrolytes and antioxidants to help boost your immune system this winter.

ON SALE
14⁹⁹

30 pkts
NPN 80028231



ON SALE
19⁹⁹

60 gelscaps
NPN 80022667

Relieve your cough!

Health First® Orega-Supreme contains thyme and oregano, traditionally used for relieving coughs and bronchitis symptoms.



ON SALE
25⁴⁹

227 g
EN 151443

Super antioxidant solution

Barlean's Olive Leaf Complex helps promote a healthy immune system and seasonal wellness. Fresh-picked & pressed to capture full-spectrum nutritional potency.

Holiday Health & Beauty Tips



Winter Skin Maintenance

This winter look and feel your best by nourishing your skin from head to toe. Follow these simple winter skin maintenance tips and have glowing skin all winter long.

- To hydrate your skin, use creams and lotions to moisturize, and carrier oils to lock in moisture.
- Apply carrier oils such as almond or avocado to damp hydrated skin after showering to lock in moisture.
- When taking a bath, soak in your tub and after 10 minutes, add carrier oil when the skin is hydrated, so the oil coats your skin when exiting bath. Pat dry.
- Dry brush before your shower in circular motions towards the heart to increase circulation and remove toxins.
- Use a fine salt or sugar scrub to exfoliate weekly.
- To fight off the "winter blues" massage the adrenal area (just above the kidney) with rosemary or spruce essential oils to boost mood, energy and adrenal function.

Spice up your Festive Season

- Place a few drops of pine essential oil on an artificial tree, to fool your friends.
- Swags or wreaths can be scented with 4 drops pine, 2 drops mandarin or orange and 2 drops cinnamon essential oil.
- Candles can be scented while burning with a couple of drops of your favourite essential oils.
- Pine cones or wood can be scented with cotton balls infused with essential oils, then placed in a plastic bag.
- Ribbons can be scented by placing essential oils into water, swishing your ribbons, then drying.

Natural Health & Beauty Gift Idea

Bath Bombs

- 4 cups baking soda
- 1 cup citric acid
- Witch hazel in spray bottle
- 5-10 drops essential oils of your choice - Peppermint and rosemary to refresh and stimulate or Ylang Ylang and lavender for relaxation
- Optional: dried flowers

Sift baking soda and citric acid together, add optional ingredients, spray in witch hazel, very slowly, in small amounts so mixture does not fizz, and mix, shape or press into molds. Let dry overnight and package.

For recipes and more health & beauty tips, please visit healthfirst.ca.



The cream for all you can dream of!

Gardener's Dream Cream from **Aroma Crystal Therapy** is a natural cream containing pure essential oils that temporarily relieves pains of muscles and joints.

ON SALE
29⁹⁹

250 ml
NPN 80025370



Soothing & relaxing

NOW® 100% Pure Lavender Oil has a calming and balancing effect. Add a few drops to a diffuser or mix with NOW® Jojoba Oil to put in your bath or on your skin.

ON SALE
8⁹⁹

30 ml each



For healthy bones, muscles and teeth

Natural Factors® Calcium & Magnesium Citrate with D has the preferred one-to-one ratio. Helps build strong bones and helps maintain proper muscle function.

ON SALE
13⁹⁹

210 tabs
NPN 80005541

BONUS



Gentle and non-constipating formula

Platinum easyIron® is a therapeutic formula for those that have low iron levels or are anemic. Formulated with B6 and B12 for optimal results.

ON SALE
19⁴⁹

60 Lcaps® each
NPN 80004932



**20%
MORE FREE**

1008 g
EN 128814

**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
49⁹⁹**

BONUS



Protect your health

greens+™ multi+ is a high potency, complete
multi-vitamin plus a full serving of greens+™!
Powerful, proven and essential for research-
proven increased energy.

**ON SALE
52⁹⁹**

507 - 546g
NPN 80011817



180 caps
NPN 80034291

**Take the
PrimeZyme
digestive challenge!**

**Health First®
PrimeZyme** is an effective
full-spectrum digestive
enzyme formula that will
help your digestion or
you'll receive your
money-back!

**ON SALE
29⁹⁹**



Easy to use

**Wild Rose Herbal
D-tox** is an effective
12-day program that helps
support the cleansing and
elimination of wastes from
the human body.

**ON SALE
34⁹⁹**

Kit
see box for NPNs



30 ml
NPN 80005878

**Regenerate
collagen with
BioSil®**

BioSil® provides support
for fewer lines and
wrinkles, thicker hair,
stronger nails and
denser bones with
clinically proven
ch-OSA®. Ask for BioSil®.

**ON SALE
31⁹⁹**

**30 FREE
CAPSULES**



210 caps
NPN 00624969

**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
19⁹⁹**

BONUS



**FREE
DIGESTMORE**

30 sftgls +
30 caps FREE
NPN 80033237 /
05847

**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**

BONUS



20 ml
EN 157400

**Your inner calm.
On call.**

**Bach® Rescue
Remedy™** provides
effective stress relief
from naturally sourced
ingredients for
everyday life.

**ON SALE
12⁹⁹**



60 chews
NPN 80016397

**Calming solution
to insomnia**

**Natural Factors®
Tranquil Sleep** is fast
acting and can help you
fall asleep more quickly,
stay asleep, sleep more
soundly, and wake up
feeling refreshed.

**ON SALE
16⁹⁹**

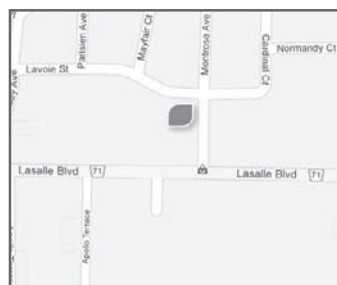
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Thursday 9-8pm
Friday 9-8pm
Saturday 9-5pm
Sunday 12-5pm



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