

# DURHAM NATURAL FOODS

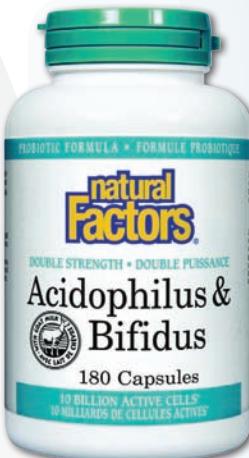
1191 Montrose Avenue, Sudbury, ON • 705-566-3820

[www.durhamnatural.com](http://www.durhamnatural.com)

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH FIRST®

A Base2 English 13



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  
**18<sup>99</sup>**

180 caps  
EN 100731



30 FREE CAPSULES

**Progressive® MultiVitamins for Women 50+** Women 50+ • Contains Vitamins A, C, D, E, Zinc & Beta Carotene • Vision & Bone Health • Immune Support • Dantex & Green Tea • Antioxidants.

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  
**29<sup>99</sup>**

BONUS



## Holiday Health & Beauty Tips

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



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

409 - 445 g  
NPN 80010572



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](http://MyVega.com)

BUY 2 & SAVE



180+180 tabs  
NPN 80030915

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

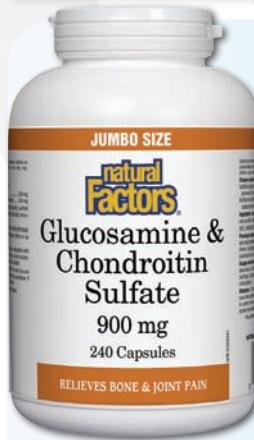
BONUS

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!"

**NEW****ON SALE  
22<sup>49</sup>**300 g  
NPN 80035260**Support heart health**

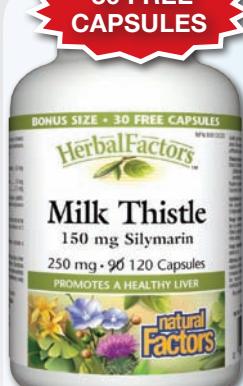
**Medi-C Plus™** from **W. Gifford-Jones, MD** with vitamin C & L-Lysine helps build collagen, strengthen coronary cells and dissolve cholesterol to reduce cardiovascular disease.

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

**Feel the good®**

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

**ON SALE  
14<sup>99</sup>**30 pkts  
NPN 80028231**30 FREE CAPSULES****ON SALE  
17<sup>49</sup>**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  
41<sup>99</sup>**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  
19<sup>99</sup>**60 gelcaps  
NPN 80022667**Relieve your cough!**

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

**ON SALE  
13<sup>99</sup>**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  
11<sup>99</sup>**

500 ml

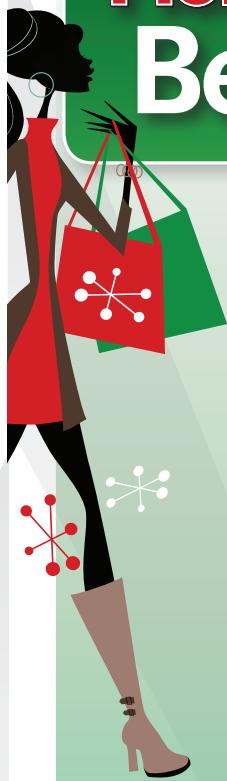
**Excellent source of omega-3**

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

**ON SALE  
25<sup>49</sup>**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](http://healthfirst.ca).



## 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  
**8.99**

30 ml each



## 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  
**19.49**

60 Licaps® each  
NPN 80004932

30 FREE TABLETS



## For healthy bones, muscles and teeth

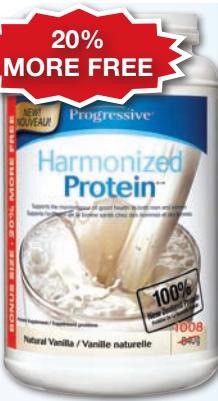
**Natural Factors® Calcium & Magnesium Citrate with D** has the preferred one-to-one ratio. Helps build strong bones and helps maintain proper muscle function.

ON SALE  
**13.99**

210 tabs  
NPN 80005541

BONUS

20%  
MORE FREE

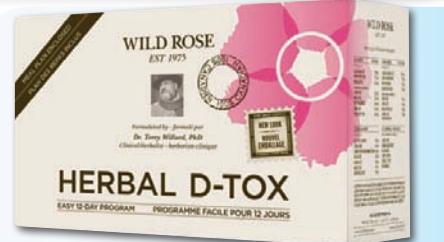


1008 g  
EN 128814

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  
**49.99**  
BONUS



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.

FREE  
DIGESTMORE



30 softgels +  
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  
**23.99**  
BONUS



ON SALE  
**52.99**  
507 - 546g  
NPN 80011817

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.



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  
**29.99**



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  
**31.99**

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  
**19.99**

BONUS



60 chews  
NPN 80016397

Calming solution  
to insomnia

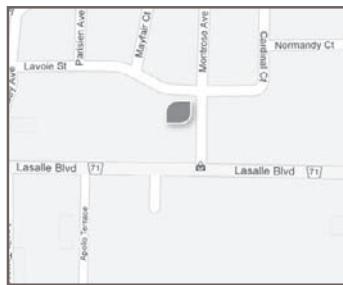
**Natural Factors®**  
Tranquil Sleep is fast  
acting and can help you  
fall asleep more quickly,  
stay asleep, sleep more  
soundly, and wake up  
feeling refreshed.

ON SALE  
**16.99**

HEALTH  
FIRST

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



**DURHAM NATURAL FOODS**

1191 Montrose Avenue, Sudbury, ON  
• 705-566-3820 • [www.durhamnatural.com](http://www.durhamnatural.com)

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)

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.

