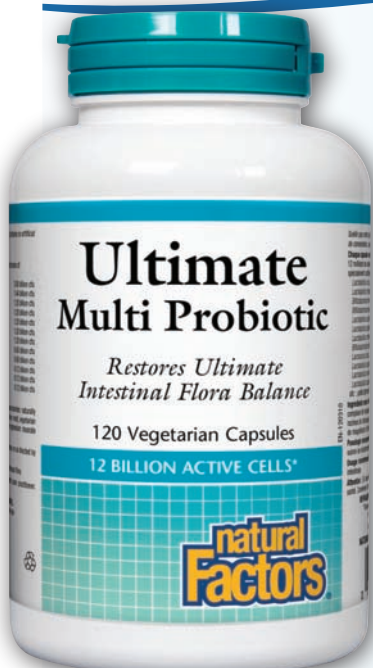


DURHAM NATURAL FOODS

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

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH
FIRST®



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



60 FREE GELCAPS

Support cardiovascular health!

Health First® Omega-First fish oil is tested for potency, purity and safety by International Fish Oil Standards (IFOS).
ifosprogram.com

ON SALE
49⁹⁹

240 gelcaps + 60 FREE
NPN 80004324

BONUS

Talk to us!

Let us guide you to better health and help you find the right natural health practitioner.

YOU HAVE OPTIONS -
look inside for more information.

30 FREE CAPSULES



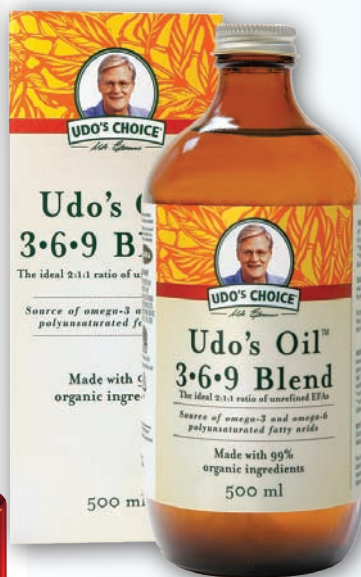
Support for your lifestyle

Progressive® Active MultiVitamins for Women & Men contain higher potencies of the key nutrients to help you stay active and live your life on-the-go.

ON SALE
33⁹⁹

150 veg caps each
NPN 80036059 /
EN 122555

BONUS



Every meal, every day

Udo's Oil™ 3•6•9 Blend is a source of omega 3, 6 and 9 fatty acids from fresh-pressed, unrefined, organic seed oils; flax, sesame, sunflower & evening primrose.

ON SALE
21⁹⁹

500 ml



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



HOT BUY

ON SALE
24⁹⁹

30 caps
NPN 80030841

Get relief + repair in just 7 days!

fast joint care+ from **Genuine Health** contains Natural Eggshell Membrane, providing nutrients to build & repair cartilage while reducing inflammation.

BONUS



Naturally sweet and calorie free!

NOW® Stevia is a plant extract that is 300 times sweeter than sugar but has zero carbohydrates, a zero glycemic index and zero calories.

ON SALE
6⁹⁹

100 pkts



FREE FIBRESMART CAPSULES

ON SALE
28⁹⁹

Kit +
60 caps 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.

BONUS



250 tabs
NPN 80006732

Gentle herbal laxative

Nature's Harmony® Stomach Ease™ is a herbal formula that acts as a gentle laxative to ease intestinal discomfort and bring relief from constipation.

ON SALE
11⁹⁹



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



180 veg caps
NPN 80032503

Improve energy and stamina

Brad King's Ultimate Maca Energy™ is a nutrient-rich superfood that is ideal for busy moms, stressed-out executives, athletes and active individuals. *PNO.CA*

ON SALE
26⁹⁹



60 Vcaps®
NPN 80005425

Winter blues getting you down?

NOW® 5-HTP is an amino acid that helps regulate mood. Supplementing with 5-HTP may reduce headaches and help combat Seasonal Affective Disorder (SAD).

ON SALE
22⁹⁹

WOMEN'S HEALTH



Love your curves

The Waist Away family of products have been designed to offer effective weight loss support for women. Each ingredient has been carefully selected for its ability to provide real and measurable results. It's time to love your curves again!

Green Coffee Bean

ON SALE
29⁹⁹

90 caps
NPN 80036708

Raspberry Ketones

ON SALE
24⁹⁹

90 caps
NPN 80029931

L-Carnitine

ON SALE
23⁹⁹

90 caps
EN 178256



180 veg caps
NPN 02242452

Firm skin, strong nails, lustrous hair

Florasil® from **Flora** provides silica and 30 trace minerals and bioflavonoids to support collagen in your body for healthy skin, nails, and hair.

ON SALE
31⁹⁹



500 ml
NPN 02242012

Tired of being tired?

Floradix® from **Salus** is an easily absorbed plant-based liquid iron gluconate. Floradix® quickly helps reduce fatigue and restore vitality. Get the iron you need!

ON SALE
36⁹⁹

60 FREE CAPSULES

Improve energy and help low thyroid!

WomenSense™ ThyroSense® supports thyroid health. Low thyroid symptoms include: weight gain, low energy, thinning hair or cold hands & feet. *PNO.CA*

ON SALE
38⁹⁹

BONUS

60 FREE CAPSULES

Reduce hot flashes and night sweats!

WomenSense™ MenoSense® is recommended by health professionals to reduce hot flashes, night sweats and the symptoms of menopause. *PNO.CA*

ON SALE
37⁹⁹

BONUS



30 veg caps
NPN 80021000

When your yeast infection won't go away...

Ultimate Flora VS from **Renew Life** is a 50 billion culture formula which supports healthy bacteria in the vagina and urinary tract. Just one a day!

ON SALE
29⁹⁹



475 ml
NPN 80006648

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
17⁹⁹

Talk to us!



Talk to us about your health and let us guide you to making the right choices. We are here to help and listen to your health needs. We may not have all the answers but can easily guide you to the right natural health practitioner.

Wondering which natural health practitioner is right for you? Read below to learn about which natural health practitioners are available to you and how they can help you achieve optimum health and well-being.

NATUROPATH ...

Naturopathic Doctors (NDs) use a variety of natural health areas of care to support the body's ability to heal itself (dietary lifestyle changes, herbal remedies, massage & joint manipulation).

OSTEOPATH ...

Focus on a "whole body" approach, with special attention to the musculoskeletal system (muscles and bones).

CHIROPRACTOR ...

Manipulate and adjust the body's structures. It's not just about a 'crack' - the aim is to correct a lack of normal nerve function to optimize health.

MASSAGE THERAPIST ...

Registered Massage Therapists (RMTs) are artists at relieving pain, rehabilitating sports or physical injuries and reducing stress or anxiety.

ACUPUNCTURIST ...

The only needle you'll want to get! Acupuncture is not just therapeutic but very relaxing. Research shows it encourages endorphin release in the body.

SHIATSU THERAPIST ...

This Japanese technique is similar in principle to acupuncture, where pressure applied to the body is thought to benefit health, yet shiatsu uses finger pressure.

REFLEXOLOGIST ...

Involves massage of the feet or using pressure to specific points on these extremities to benefit other parts of the body.

NUTRITIONIST ...

Nutritional experts come in many forms all seeking to help you learn which foods can help fuel your body so it functions optimally.

HOMEOPATH ...

Stimulate the body's ability to heal itself by using small dosages of highly diluted substances that in larger dosages would be toxic.

AROMATHERAPIST ...

Use essential oils to improve physical, emotional, and spiritual well-being.

Need more guidance? Have questions? Come in today and talk to us about your health. You have options; let us guide you to making the right choices for your health.



255 - 265 g
NPN 80034973

Green food for great health

Progressive® VegeGreens contains over 60 nutritious ingredients, ranging from land, sea and cruciferous vegetables, probiotics, EFAs and more!

ON SALE
32⁹⁹



454 g each
NPN 80021352

Omega-3 taste sensation

Barlean's Fish Oil Omega Swirls taste like a fruit smoothie, provide optimal levels of EPA/DHA, and are highly absorbable, helping to maintain good health.

ON SALE
31⁹⁹

**30 FREE
SOFTGELS**



150 sftgls
NPN 80006266

For your cardiovascular health

SISU CoQ10 is a powerful antioxidant recognized for its ability to improve energy production in the cell and increase muscle and heart strength.

ON SALE
22⁹⁹

BONUS

**GREAT
VALUE**



180 + 180 sftgls
NPN 80012364

Helps keep your bones strong!

Natural Factors® Vitamin D3 supports bone development, helps the absorption of calcium and vitamin C, and supports nervous system health.

ON SALE
12⁹⁹

BONUS



50 ml
NPN 80003324

Stormy digestion?

A.Vogel Milk Thistle acts at the enzymatic level to detoxify the liver and regenerate liver cells. It treats disorders of the liver, spleen and gall bladder.

ON SALE
14⁴⁹



ON SALE
17⁹⁹

kit
EN 160789

Effective 7-day whole body detox

ReCleanse® Herbal Cleanse gently supports your body's natural detoxifying and elimination process. Supported by over 60 years of clinical use.

NEW



60 veg caps
NPN 80036259

Supreme liver protection

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

ON SALE
29⁹⁹



180 veg caps
NPN 80036310

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
26⁹⁹



Healthy fat

Heartland Gold® Organic Coconut Oil is NON-GMO and has been expeller pressed without any harmful chemicals. Coconut oil is a dairy-free alternative to butter and shortening.

ON SALE
11⁴⁹

454 g



BUY 2 & SAVE

Cold-Defense works or your money back!

Health First® Cold-Defense's main ingredient, the Indian herb andrographis, has shown to reduce common cold symptoms in clinical tests.

ON SALE
33⁹⁹

60 + 60 veg caps
NPN 80030770

BONUS

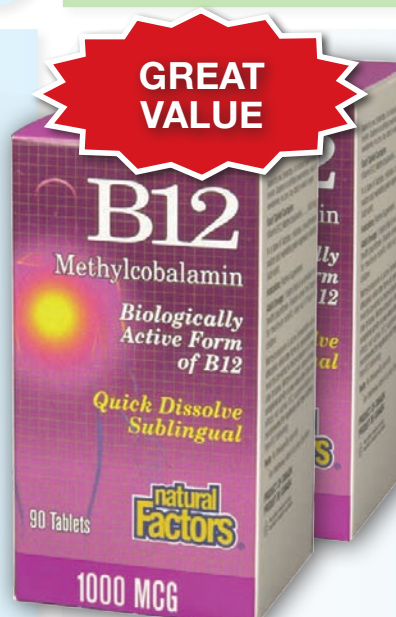


840 g
EN 100567

All-natural, great taste

proteins+ from Genuine Health helps increase energy, metabolism & lean muscle! Contains bio-available alpha+™ whey protein isolate, and no artificial ingredients!

ON SALE
56⁹⁹



GREAT VALUE

90 + 90 tabs
NPN 80009448

Most biologically available B12

Natural Factors® B12 (Methyl) is essential for healthy red blood cell production to maximize oxygen transport in the body and maintain good health.

ON SALE
14⁹⁹

BONUS



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 with just one capsule-a-day.

ON SALE
31⁹⁹



100 g
DIN-HM 80007675

The health science of pain relief

Traumeel® S is scientifically proven to regulate inflammation, relieve pain and accelerate healing.

ON SALE
33⁹⁹

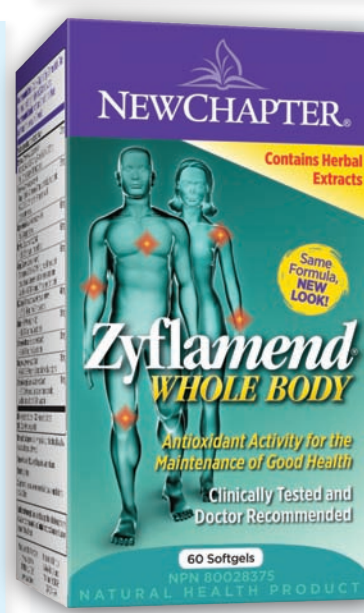


120 slim tabs
NPN 80030444

Plant-based calcium

Bone Strength take care from New Chapter® may reduce the risk of osteoporosis, when combined with sufficient vitamin D, a healthy diet, and regular exercise.

ON SALE
39⁹⁹



60 sftgls
NPN 80028375

Antioxidant activity for the maintenance of good health

New Chapter® Zyflamend® includes turmeric with recent studies suggesting this may promote healthy joint function.

ON SALE
25⁹⁹



Will change your life even if you don't

Natural Factors® PGX® Daily can help you lose weight effectively and gradually by creating a sense of fullness and slowing the digestion of food allowing you to eat less and stay full for longer. PGX® can also reduce the glycemic index of a meal by up to 50% contributing to healthy blood sugar levels and improving insulin sensitivity. Naturally, the beneficial effects of PGX® will be enhanced by a healthy diet and exercise plan, leading to incredible results.

ON SALE
49⁹⁹

240 sftgls
NPN 80017389

ON SALE
26⁹⁹

120 sftgls
NPN 80017389

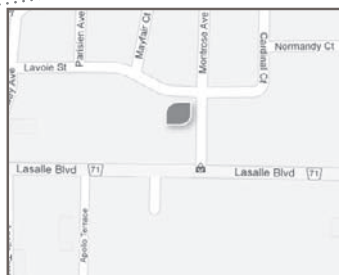
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HEALTH FIRST®

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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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