

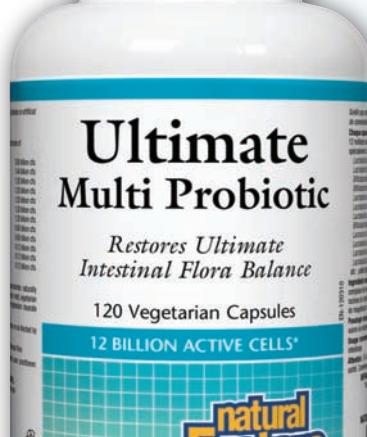
DURHAM NATURAL FOODS

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

www.durhamnatural.com

A Base2 English 13

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS



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
31.99

120 veg caps
EN 120310

60 FREE GELCAPS



240 gelcaps + 60 FREE

NPN 80004324

HEALTH FIRST®

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

49.99

BONUS

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



150 veg caps each

NPN 80036059 /

EN 122555

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
33.99

BONUS



500 ml

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

21.99



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
56.99



HOT BUY

ON SALE

24.99

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



100 pkts

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
6.99



FREE FIBRESMART CAPSULES

ON SALE

28.99

Kit +

60 caps FREE

NPN 80017882 /

80029290

BONUS

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

A Base2 English 13

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.

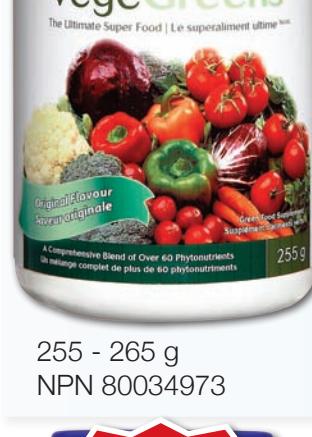
HOMEOPATH ...

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**

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

Omega-3 taste sensation

Barlean's Fish Oil

Omega Swirl taste like a fruit smoothie, provide optimal levels of EPA/DHA, and are highly absorbable, helping to maintain good health.

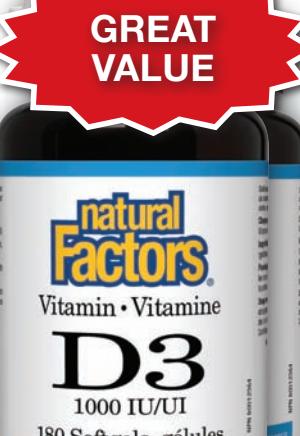


454 g each

NPN 80021352

**ON SALE
31⁹⁹**

GREAT VALUE



180 + 180 softgels

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.



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**



ON SALE
11 49

454 g

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.

BUY 2 &

SAVE



60 + 60 veg caps

NPN 80030770

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
33 99

BONUS



840 g

EN 100567

All-natural, great taste

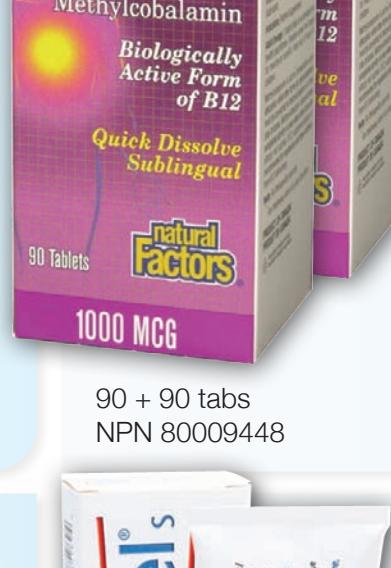
proteins+ from
Genuine Health

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

ON SALE

56 99

GREAT
VALUE



90 + 90 tabs

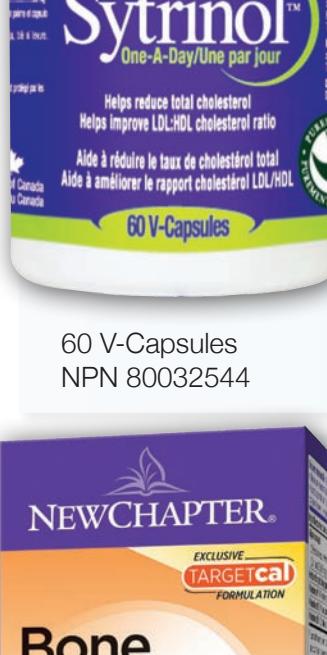
NPN 80009448

**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
14 99

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

31 99



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

33 99



120 slim tabs

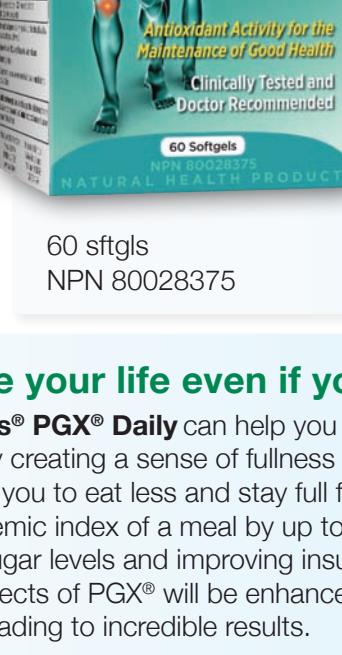
NPN 80030444

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

39 99



60 softgels

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
25 99



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

49 99

240 softgels

NPN 80017389

ON SALE

26 99

120 softgels

NPN 80017389

**HEALTH
FIRST®**

For a full list of Health First
Members, and learn more about
Health First, and our products
please see www.healthfirst.ca

This flyer has been printed with
vegetable (soy) based inks. All printing
is recyclable.