

DURHAM NATURAL FOODS

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

www.durhamnatural.com

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH
FIRST®

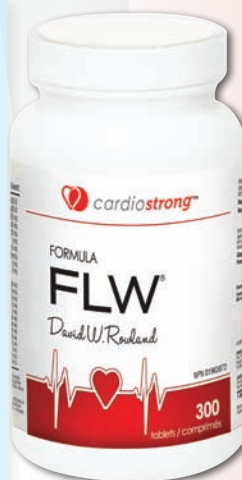


30 veg caps
NPN 80015173

ULTIMATE probiotic protection!

Renew Life Ultimate Flora Critical Care is the one product to take if you suffer from chronic intestinal problems, or just want the best probiotic product available.

ON SALE
27⁹⁹



300 tabs
NPN 01963872

Maintain good health

cardiostrong™ Formula FLW® is designed to help support cardiovascular health with protective antioxidants. Going strong for over 20 years with an original formula for optimum digestion and nutrient utilization.

ON SALE
59⁹⁹



This Valentine's Day protect your heart & lower your risk of cardiovascular disease. Look inside for five steps towards better heart health.

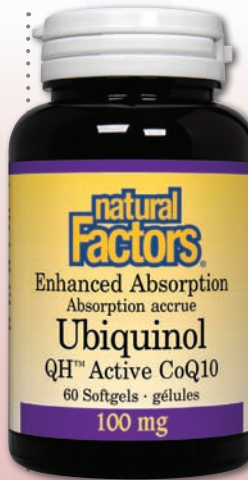


120 vegicaps
NPN 80031919

Balance. Invigorate. Energize.

Maca from Vega™ is a certified organic extract which regulates and restores ideal hormonal balance in both women & men.

ON SALE
32⁹⁹



60 sftgls
NPN 80028985

Superior bioavailability of CoQ10

Natural Factors® Ubiquinol QH™ Active CoQ10 helps fight age-related fatigue, supports heart health and provides antioxidant protection to cells.

ON SALE
38⁹⁹



500 ml
NPN 80009602

Cardiovascular and brain health

Health First® Omega-First liquid is omega-3 rich from cold-water fish. Quality-verified by International Fish Oil Standards. ifosprogram.com

ON SALE
32⁹⁹



Complete plant-based protein

Vega™ Sport Performance Protein is formulated to improve strength, build and repair muscles and reduce recovery time post-workout.

ON SALE
52⁹⁹

810 - 947 g
NPN 80032788



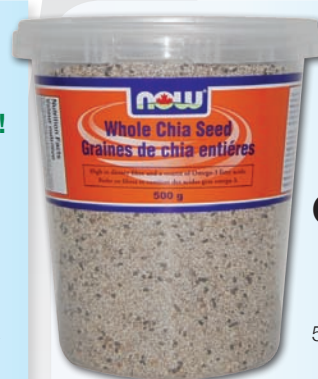
30 FREE CAPSULES

Increase energy – reduce abdominal fat!

Brad King's Ultimate Male Energy™ helps men over 30 increase testosterone levels, reduce abdominal fat, increase energy and improve libido.

ON SALE
42⁹⁹

150 caps
NPN 80035769



ON SALE
12⁹⁹

500 g

Whole food goodness

NOW® Whole White Chia Seeds are a whole food source for omega-3 fatty acids, antioxidants, protein and are naturally high in dietary fibre.



Strengthen your immune system

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

ON SALE
22⁹⁹

50 ml
NPN 00418714



60 FREE SOFTGELS

Protect your cells

Natural Factors® Mixed Vitamin E has guaranteed levels of "tocopherols" in a natural source mixed E. Ideal for overall health and antioxidant support.

ON SALE
15⁹⁹

240 sftgls
NPN 80013025



Promotes relaxation & rest

Natural Factors® GABA has demonstrated an impressive ability to improve sleep quality and promote relaxation. Also available in chewable tablets.

ON SALE
23⁴⁹

90 veg caps
NPN 80029045



Omegas and immune support

Health First® Cod Liver Oil Supreme is lemon-flavoured and rich in omega-3s. Also contains vitamins A & D, making it the ideal winter-time immune supplement.

ON SALE
19⁹⁹

250 ml
NPN 80027034



Luxurious body wash

Jāson Satin Soaps feature rich plant botanicals and extracts to soothe skin while gently cleansing. Leaves face, hands and body soft and moisturized.

ON SALE
9⁹⁹

887 ml



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.

ON SALE
20% OFF



5 Steps to a Healthier Heart

By: Allison Tannis
BSc MSc RHN

Go on and love your heart this February. It never stops; your heart beats every minute of every day. It's a hard worker that deserves a little appreciation. But, you can't give your heart flowers, or buy it jewellery for Valentine's Day. So, instead why not try giving your heart a little love with these five heart healthy gifts.

1 Get Movin'

Exercise really does prevent heart disease. There is scientific evidence linking regular physical activity with many measures of "heart" health. Research studies have shown that exercise can also reduce "bad" (LDL cholesterol) and total cholesterol levels, as well as elevate "good" (HDL cholesterol) cholesterol levels. Exercise also helps reduce blood pressure and encourages the body to shed excess weight.

2 Dial Down

Feeling a little 'stressed-out'? Mental stress can affect your heart. Even acute mental stress impairs the ability of blood vessels to function, and long-term stress causes blood vessels to weaken. Take some steps towards reducing stress in your life: breathe deeply, meditate, try yoga or tai chi.

3 Tighten Up a Notch

Clothes a little tight? Is your belt only closing on a bigger notch? It's long been accepted that obesity is linked to heart problems. Just this past year, research out of the Netherlands confirmed that extra body weight contributes to high blood pressure, and an unhealthy heart. Being overweight or obese causes inflammation in blood vessels, oxidative stress and elevated blood pressure.

4 Cut Cholesterol

High cholesterol levels are considered a risk factor for heart disease. Eating fibre to help reduce cholesterol levels in your body is not news. Studies have found that people who consume 48-80 grams of whole grains per day had a 21% lower risk of cardiovascular disease and lower cholesterol.

5 Nourish Your Heart

What would be the healthy equivalent of a box of chocolates for your heart? Perhaps a box filled with olive oil, whole grains, fruits, vegetables and fish. Scientists have been noting for decades how such 'heart-healthy' foods in certain traditional diets are linked with lower rates of heart disease.

Five Major Risk Factors for Heart Disease:

1. Sedentary lifestyle
2. High blood pressure
3. Smoking
4. Obesity
5. Abnormal valves/blood lipids

To read the full article, please visit healthfirst.ca.



Support heart health

Medi-C Plus™ from **W.Gifford-Jones, MD** combines Vitamin C & L-Lysine to build collagen. Collagen strengthens coronary cells to support cardiovascular health.

ON SALE
22⁴⁹

300 g
NPN 80035260



Love your heart

Natural Factors® RxOmega-3 Factors® is a highly concentrated form of omega-3 from pharmaceutical grade marine lipid concentrate which supports cardiovascular health.

ON SALE
17⁹⁹

150 sftgls each
NPN 80004387

BONUS



Promote cardiovascular health

Natural Factors® Vitamin K2 is a fat-soluble vitamin and new research shows that vitamin K deficiency may increase risk of bone loss and arterial calcification.

ON SALE
11⁹⁹

60 veg caps each
NPN 80030153



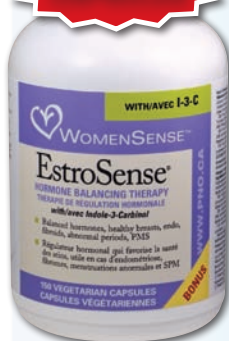
Much MORE than just fibre!

FibreSMART from **Renew Life** is the perfect everyday fibre supplement to help maintain good health and ease constipation.

ON SALE
24⁹⁹

454 g each
NPN 80029289

30 FREE CAPSULES



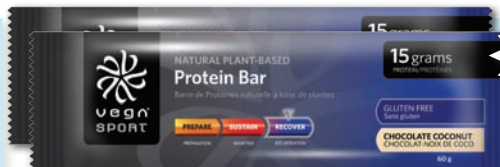
150 veg caps
NPN 80035630

Hormone imbalance?

WomenSense™ EstroSense® is recommended by health care professionals to help support a healthy liver and reduce symptoms of hormone imbalance. PNO.CA

ON SALE
53⁹⁹

BONUS



Delicious, post-workout bar

Vega™ Sport Protein Bar is packed with 15 grams of complete, plant-based protein formulated to strengthen and regenerate muscles.

ON SALE
2/\$6

60 g each
BOX PRICE
36⁰⁰
12 x 60 g

BUY 2 & SAVE



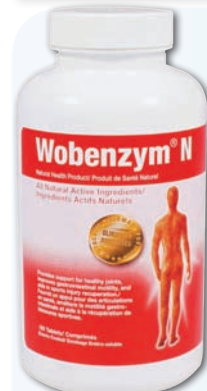
180+180 tabs
NPN 80030915

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
17⁹⁹

BONUS



100 tablets
NPN 02136740

Keeping you active & mobile

Wobenzym®N helps to control and remove compounds that have been shown to produce inflammation and contribute to poor overall health.

ON SALE
32⁹⁹



360 caps
NPN 80007295

Garlic is good, Kyolic is BEST!

Kyolic® Cholesterol Control with Lecithin combines Aged Garlic Extract™ and lecithin to promote heart health through cholesterol reduction.

ON SALE
44⁹⁹



180 veg caps
NPN 80023409

Everyday wellness support!

Health First® Multi-First Iron-Free formula is a complete daily supplement ideal for maintaining everyday wellness.

ON SALE
29⁹⁹



60 caps
EN 171803

Weight loss... simplified!

Renew Life Simply Trim contains Green Coffee Bean Extract, to help you burn fat, balance blood sugar and increase lean muscle mass with just 2 capsules a day.

ON SALE
28⁹⁹



60 veggie softgels
NPN 80023504

Powerful antioxidant

NOW® Astaxanthin is a naturally occurring carotenoid that plays a key role in protecting against UV rays & oxidative damage and supporting eye health.

ON SALE
20⁹⁹



ON SALE
62⁹⁹

510 g
NPN 80009137

Increase energy & vitality

greens+™ from **Genuine Health** contains 23 plant-based ingredients, essential nutrients, antioxidants and is the only research-proven formula of its kind!

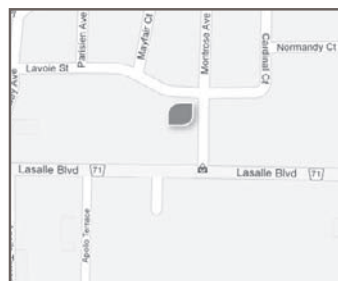
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Monday 9-6pm
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Wednesday 9-6pm
Thursday 9-8pm
Friday 9-8pm
Saturday 9-5pm
Sunday 12-5pm



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

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