

DURHAM NATURAL FOODS

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

www.durhamnatural.com

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH
FIRST®

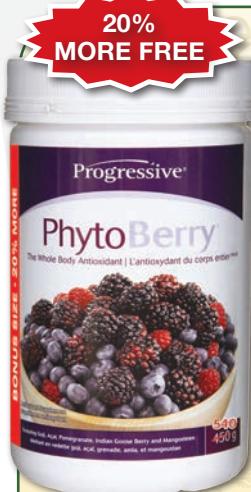


All-in-one nutritional shake

Vega™ One is a plant-based supplement, packed with key nutrients for optimal health including vitamins, protein, fibre, omega-3, probiotics & greens. thriveforward.com

ON SALE
55.99

850 - 876 g
EN 179412



Whole body antioxidant protection™

Progressive® PhytoBerry features a blend of antioxidants to help protect you from head to toe.

ON SALE
33.99

BONUS

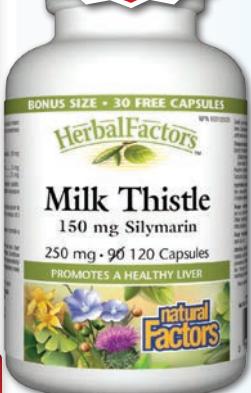
30 FREE CAPSULES

Feeling sluggish?

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

ON SALE
17.49

BONUS



120 caps
NPN 80012020

WHILE SUPPLIES LAST

BONUS

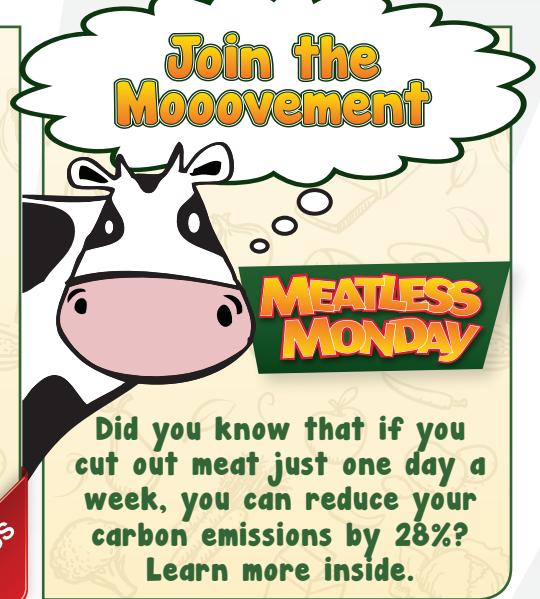
More than just calcium!

Health First® Cal-Mag Supreme features clinically-studied Aquamin®, an easily-absorbed plant source calcium from algae. May reduce the risk of osteoporosis.



60 tabs
NPN 80033613

ON SALE
24.99



Did you know that if you cut out meat just one day a week, you can reduce your carbon emissions by 28%?
Learn more inside.



BUY 1
GET 1 FREE

The better vitamin C™

SISU Ester-C® 600 is a unique, non-acidic form of vitamin C with advanced immune-supporting properties.

MSRP **29.99**
120 veg caps +
120 FREE
NPN 80003726

WHILE SUPPLIES LAST

BONUS

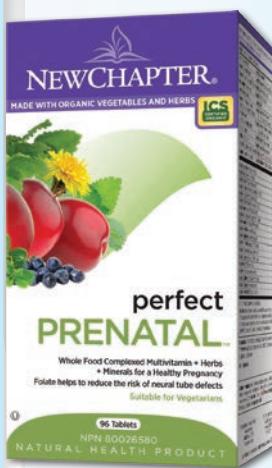


Whole food multivitamins

MegaFood™ One Daily
Women's and Men's multi-vitamins provide your body with whole food nourishment for the maintenance of good health.

**ON SALE
46⁹⁹**

60 tabs
NPN 80031904

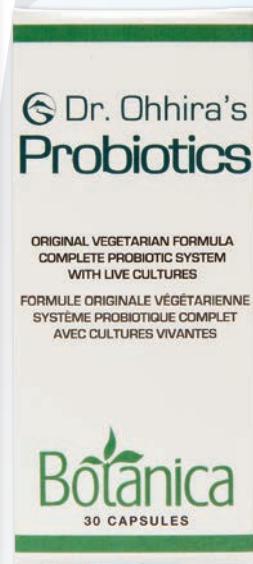


Gentle on an empty stomach

New Chapter® Perfect Prenatal™ provides organic herbs and whole-food complexed vitamins and minerals working together to promote a healthy pregnancy and baby.

**ON SALE
32⁹⁹**

96 tabs
NPN 80026580



Travel friendly probiotics

Dr. Ohhira's Probiotics by Botanica use select strains to help restore the friendly bacteria necessary for optimal health.

**ON SALE
37⁹⁹**

30 caps
NPN 80035598

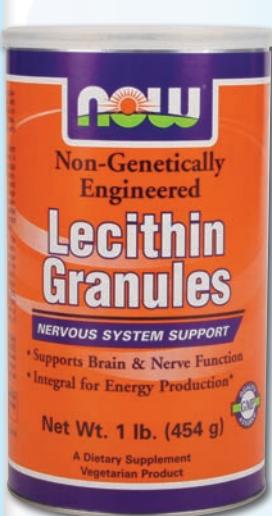


Just one drop!

Platinum® Delicious D drops provide you with 1,000 IU of vitamin D per delicious drop to help in the development and maintenance of bones and teeth.

**ON SALE
14⁴⁹**

15 ml each
NPN 80025545/09

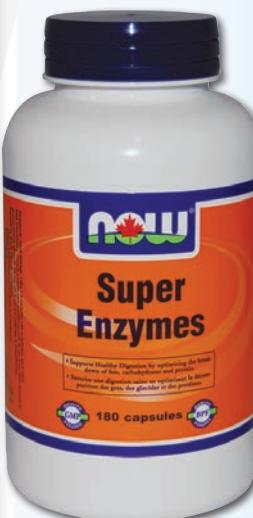


Non-GMO vegetarian sourced

NOW® Lecithin Granules are an easy way to ensure your body gets the optimum level of this important nutrient. Low in fat and delicious sprinkled on cereal.

**ON SALE
13⁷⁹**

454 g



Complete your meal

NOW® Super Enzymes digestive formula includes HCL and ox bile. When taken with meals it is designed to help with the digestion of proteins, fats and carbohydrates.

**ON SALE
25⁹⁹**

180 caps
NPN 80038014

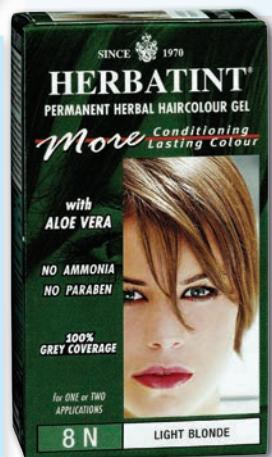


Finally, a 7 day cleanse that works!

Rapid Cleanse from **Renew Life** works to cleanse and detoxify your entire body with a particularly strong emphasis on kidneys and liver.

**ON SALE
24⁹⁹**

kit
NPN 80028759
/8921/8322



**ON SALE
14⁹⁹**

kit
assorted colours

The most natural alternative...

Herbatint® permanent hair colouring made from herbal extracts that covers grey hair, is free of ammonia & harsh chemicals and gentle on the scalp.



**ON SALE
4²⁹**

70 - 170 g
select varieties



Every day natural body care

JĀSÖN® Powersmile® whitens and polishes teeth without harsh abrasives or fluoride. **JĀSÖN® Deodorants** provide long-lasting protection without aluminum chlorohydrate.

Join the Mooovement

It's not about going vegetarian.

It's about healthy, sustainable eating. It's about reducing greenhouse gas emissions. It's about doing what we can to slow down global warming. And it starts with you.

What is Meatless Monday?

An international movement to help people reduce their meat consumption by 15% (one day per week) to improve personal health and the health of the planet.

Why Meatless?

Research has shown that reducing meat intake may reduce your risk of chronic preventable conditions like cancer, cardiovascular disease, diabetes and obesity. The occasional meatless meal can also help cut your carbon footprint and save precious resources like fresh water and fossil fuel.

If you eat meat on a regular basis, going meatless on Monday would reduce your carbon emissions by approximately 28.5% for the week. It's that easy.

Why is Meatless Monday so important?

Animal agriculture is responsible for a whopping 18% of the world's greenhouse gas emissions that contribute to global warming. That's more than all forms of transportation combined – on the entire planet!

The emissions come from methane in animal manure, nitrous oxide from fertilizer used to grow animal feed, and the cutting down of forests for grazing land.

“More greenhouse gasses can be prevented by going meatless one day a week than by eating locally seven days a week.”

Nancy Callan, member, Board of Directors of Earthsave

JOIN US!

**MEATLESS
MONDAY**

**thrive
forward**

Visit meatlessmonday.com and take our pledge, and then tell your friends, family, co-workers and community leaders how they can improve their health and the health of the planet by cutting meat one Monday at a time!

Also visit thriveforward.com to learn about the importance of plant-based nutrition and how to eat more sustainable.



100% organic and non-GMO proteins

Progressive® Organics Hemp Protein and Sprouted Brown Rice Protein are made entirely from certified organic, non-GMO ingredients that have been grown without the use of pesticides, herbicides or chemical fertilizers.

**ON SALE
39.99**

Hemp Protein
800 g

**ON SALE
31.99**

Brown Rice Protein
800 g



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
11.99**

500 ml each



Relieve your cough!

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

**ON SALE
19.99**

60 gelcaps each
NPN 80022667



**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 keeping you full longer.

**ON SALE
26⁹⁹**

120 softgels
NPN 80017389

**30 FREE
CAPSULES**



**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

210 caps
NPN 00624969



**High-potency
for fast results!**

SISU Tonalin® CLA supports fat loss and lean muscle gain. Helps raise metabolism by increasing the rate the body burns energy.

**ON SALE
32⁹⁹**

120 softgels
NPN 80017060



**Joint pain
relief and more**

Health First® Curcumin Supreme features patented Meriva® curcumin, which has been proven to reduce inflammation & joint pain and increase mobility.

**ON SALE
19⁹⁹**

60 veg caps
NPN 80022891



**ON SALE
45⁹⁹**

60 softgels each
NPN 80031864/
28728

You are what you absorb!

Platinum Super EasyMulti® 45+ is designed to fight against internal and external signs of aging through its unique formulation of vitamins, minerals & nutrients.



**Green food
for great
health**

Progressive® VegeGreens includes land, sea & cruciferous vegetables, probiotics & EFAs and is a source of antioxidants for the maintenance of good health.

**ON SALE
32⁹⁹**

255 - 265 g
NPN 80034973

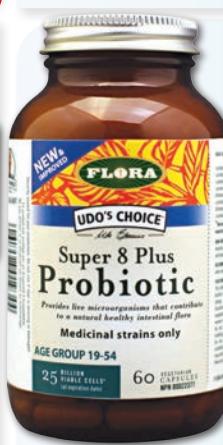


Cleanse deeply

Detox-Kit® from Heel stimulates the body's cleansing processes, supports detoxification organs to eliminate toxins and restores balance to the body.

**ON SALE
59⁹⁹**

kit
DIN-HM 80032153



Why probiotics?

Udo's Choice® Super 8 Plus Probiotic

helps to relieve gas, bloating, constipation; and improves intestinal health naturally. Friendly bacteria help to maintain good health.

**ON SALE
34⁵⁹**

60 veg caps
NPN 80022377



**ON SALE
22⁹⁹**

30 caps
NPN 80007195

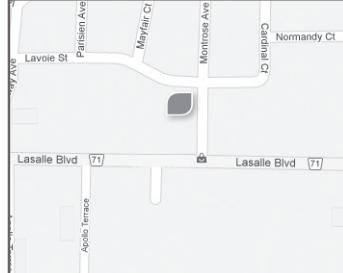
Can't stop the flow?

A.Vogel Sabalasan® Prostate 1 is proven to relieve symptoms associated with BPH, frequent urination & urgencies and help achieve complete voiding. avogel.ca



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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



**HEALTH
FIRST®**

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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