

DURHAM NATURAL FOODS

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

www.durhamnatural.com

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH
FIRST®

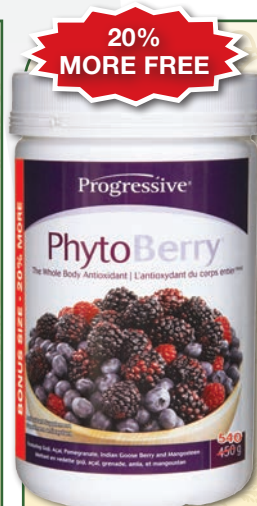


850 - 876 g
EN 179412

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
55⁹⁹



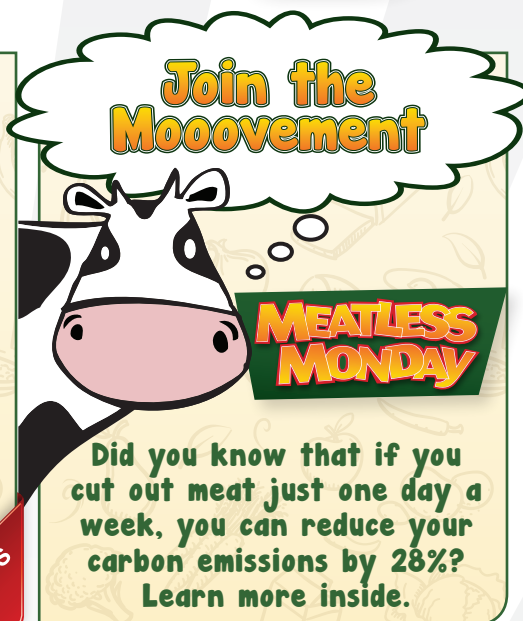
20%
MORE FREE

Whole body antioxidant protection™

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

ON SALE
33⁹⁹

BONUS



BUY 1
GET 1 FREE

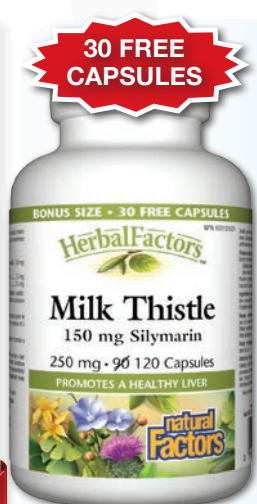
The better vitamin C™

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

MSRP **29⁹⁹**
120 veg caps +
120 FREE
NPN 80003726

WHILE SUPPLIES LAST

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
17⁴⁹

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.

ON SALE
24⁹⁹

• ON SALE NOW! MARCH 1ST TO 16TH, 2013 • HEALTHFIRST.CA •

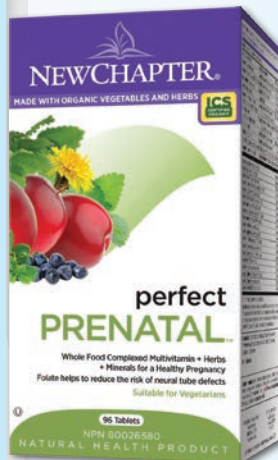


Whole food multivitamins

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

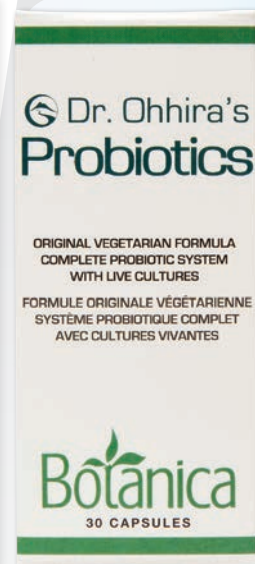


Gentle on an empty stomach

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



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
14⁹⁹

kit
assorted colours



ON SALE
4²⁹

70 - 170 g
select varieties

Every day natural body care

Jāson® Powersmile® whitens and polishes teeth without harsh abrasives or fluoride. **Jāson® 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

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 sustainably.

thrive forward



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
39⁹⁹

Hemp Protein
800 g

ON SALE
31⁹⁹

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
11⁹⁹

500 ml each



Relieve your cough!

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

ON SALE
19⁹⁹

60 gelcaps each
NPN 80022667



120 sftgls
NPN 80017389

**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 sftgls
NPN 80017060

**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**

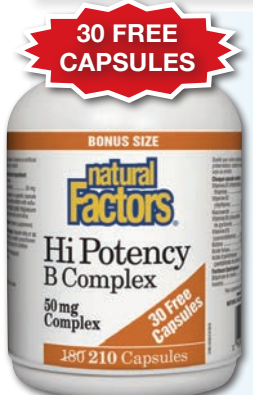


60 veg caps
NPN 80022891

**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**



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
19⁹⁹**



**ON SALE
45⁹⁹**

60 sftgls 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.



255 - 265 g
NPN 80034973

**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**



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



60 veg caps
NPN 80022377

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**



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

**ON SALE
22⁹⁹**

30 caps
NPN 80007195

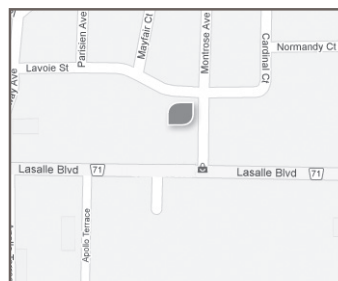
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Monday 9-6pm
Tuesday 9-6pm
Wednesday 9-6pm
Thursday 9-8pm
Friday 9-8pm
Saturday 9-5pm
Sunday 12-5pm



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Health First and our products
visit www.healthfirst.ca

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professional before beginning any
type of therapy. Information published
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medical advice. Products and pricing
may vary by store. Some quantities of
specially offered sizes or offers may be
limited.

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metal plates are recycled & this
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