

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

Balance your gut!

**Renew Life®
Ultimate Flora
Critical Care** probiotic provides 50 billion cultures per capsule. It works to improve digestive health in a convenient once a day dose.

ON SALE
27⁹⁹



228- 263 g
NPN 80033723

An organic evolution of greens+™

greens+™ from **Genuine Health** contains 75% organic ingredients, is soy, dairy & gluten free, and is 100% vegan. greens+™ increases energy and vitality.

ON SALE
41⁹⁹

ORGANICS 4 ORPHANS

Enter in-store for a chance to
WIN* A TRIP
FOR TWO TO AFRICA
with **ORGANICS 4 ORPHANS**

Take part in a life changing
experience travelling with
representatives of Organics 4 Orphans
for 12 days*, seeing their work in
beautiful Kenya. *See page 3.



90 caps
NPN 80036708

Naturally low in caffeine

**Waist Away
Green Coffee
Bean** provides the recommended purity and potency of Chlorogenic Acid. It also provides antioxidants for the maintenance of good health.

ON SALE
29⁹⁹



540 g
NPN 80040255

Plant-based, all-natural drink mix

**Vega™ Sport
pre-workout
energizer** provides immediate and sustained energy before workouts, while enhancing mental focus and recovery. vegasport.com

ON SALE
41⁹⁹



120 gelcaps
NPN 80004324

Cardiovascular and brain health

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

ON SALE
24⁹⁹

• ON SALE NOW! APRIL 5TH TO 20TH, 2013 • HEALTHFIRST.CA •

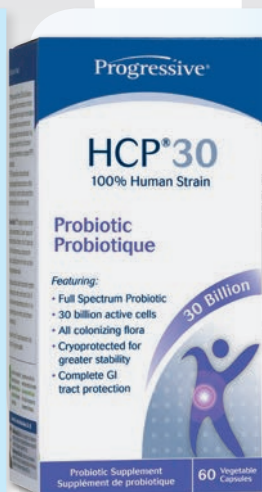


540 g
EN 170625

Post-workout drink mix

Vega™ Sport recovery accelerator is formulated to restore energy, support immune function and reduce both inflammation & recovery time between training. vegasport.com

ON SALE
32⁹⁹



60 veg caps
NPN 80030356

Full spectrum probiotic

Progressive HCP®30 provides 30 billion active cells from only human probiotic strains. They offer complete GI tract protection and contributes to a natural healthy gut flora.

ON SALE
24⁹⁹



150 veg caps
NPN 80022725

25% MORE FREE

Maintain good health

SISU Supreme Multivitamin helps the body to metabolize carbohydrates, fats and proteins. With chelated minerals for maximum absorption. Available with or without iron.

ON SALE
23⁹⁹

BONUS



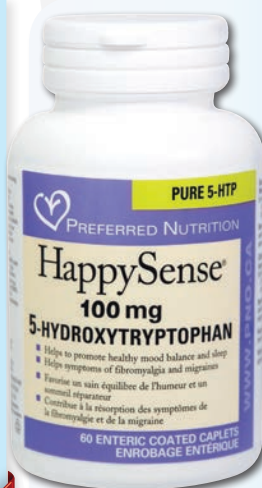
150 veg caps
NPN 80035630

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
52⁹⁹

BONUS



60 caplets
NPN 80008039

Improve mood!

HappySense® from Preferred Nutrition™ supports healthy mood balance, sounder sleep, reduced cravings and a reduction in severity and duration of migraine headaches. pno.ca

ON SALE
20⁹⁹



Time to spring cleanse!

CleanseSMART from **Renew Life®** works to eliminate toxic materials from the whole body improving liver and bowel function.

ON SALE
28⁹⁹

kit
NPN 80017882



20 ml
NPN 80032780

Your inner calm. On call.

Bach® Rescue Remedy™ provides effective stress relief from naturally sourced ingredients for everyday life.

ON SALE
12⁹⁹



472 ml each

Unlike any soap you've ever used

Dr. Bronner's Magic Soaps have a velvety lather that leaves the skin silky-smooth and refreshed.

ON SALE
7⁹⁹



each

Being a woman just got easier!

The DivaCup® period care solution provides 12 hour leak free protection. Reusable, clean/convenient and cost saving! Discover period bliss at divacup.com.

ON SALE
31⁹⁹



WIN* A TRIP FOR TWO TO AFRICA with ORGANICS 4 ORPHANS

See Kenya with a new vision.

Travel from Nairobi through the stunning Rift Valley to Nukura and Kitale. On the journey be a part of the work of Organics 4 Orphans, an organization focused on food security, nutritional training, disease prevention and income generation. See firsthand the low-cost, community-based, sustainable programs and create a brighter future for the orphans in their communities. Watch how organic biointensive agriculture is lifting the extreme poor of Africa to the next rung of development.



About Organics 4 Orphans:

Organics 4 Orphans was founded by Dale and Linda Bolton of Natural Calm Canada®. Organics 4 Orphans' goal is to eliminate extreme poverty and build the capacity of African communities to help themselves so they can care for the orphans in their midst. There are over 120 projects in 5 African countries. Their strategies centre on rural farming communities, because they believe Africa's future depends on its ability to transform agriculture. Because organic agriculture projects are central to their strategy, they're also ensuring that the children inherit a greener environment.

*Sweepstakes runs from April 5th – 30th, 2013. No purchase necessary.

Correct answer required to a skill testing question. See complete prize, eligibility, entry and Sweepstakes details in the Official Rules available starting April 5th, 2013 at your participating Health First® retailer or at healthfirst.ca.

Prize provided by Health First® & Natural Calm Canada®



Are you getting enough magnesium?

Natural Calm® is a highly absorbable, fast-acting, effective magnesium citrate dissolvable powder that may relieve symptoms of magnesium deficiency.

ON SALE
26⁹⁹

226 g each
NPN 80013188



Eat a more plant-based diet!

Prairie Naturals® HempProtein and RiceProtein are raw, organic, 100% vegan. Plant-sourced complete proteins with all the essential amino acids. Gluten & dairy free. Hemp Protein contains omega-3 fats and is grown in Canada.

ON SALE
17⁴⁹

Hemp Protein
400 g

ON SALE
20⁹⁹

Rice Protein
360 g



Relieve joint pain!

Health First® Joints-First is an easy-to-absorb liquid with a double-glucosamine complex and anti-inflammatory herbs to relieve osteoarthritic joint pain.

ON SALE
24⁹⁹

500 ml each
NPN 80038894

**33%
MORE FREE**



120 softgels
NPN 80015976

Healthy weight loss

Natural Factors® CLA stimulates muscle metabolism thereby increasing lean muscle mass and decreasing body fat.

**ON SALE
21⁹⁹**

BONUS



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.

**ON SALE
24⁹⁹**

30 caps
NPN 80030841



50 tabs
NPN 80038311

Preserve your eyesight

Health First® Vision Supreme is an antioxidant formula that helps delay the onset of age-related macular degeneration - the #1 cause of blindness in Canada.

**ON SALE
19⁹⁹**



60 chew tabs
NPN 80016397

Fast-acting sleep formula

Natural Factors® Tranquil Sleep contains Suntheanine®, 5-HTP, and melatonin to help you fall asleep, stay asleep, and wake up refreshed. Non habit-forming.

**ON SALE
16⁹⁹**



680 g
NPN 80023552

100% organic protein

Progressive® Organics Whey Protein is made with organically farmed, GMO ingredients including the flavours & sweeteners. Gluten and lactose free.

**ON SALE
59⁹⁹**

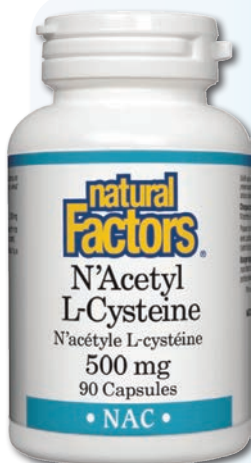


90 veg caps
NPN 80005847

The key to good health is good digestion!

DigestMORE by **Renew Life®** is a powerful blend of digestive enzymes that aid the digestion of food so it can be utilized by the body.

**ON SALE
18⁹⁹**



90 caps
NPN 80034798

Super antioxidant!

Natural Factors® N'Acetyl L-Cysteine is a critical antioxidant, having the ability to maintain healthy lung tissue and support the body's natural defences.

**ON SALE
18⁹⁹**



150 veg caps
NPN 80008040

**30 FREE
VEG CAPS**

Are you constipated?

CleanseMORE by **Renew Life®** is a colon cleansing product that works without the use of harsh, purgative type laxatives. It is effective for relieving occasional constipation.

**ON SALE
24⁹⁹**

BONUS



**ON SALE
31⁴⁹**

200 g
NPN 80038282

Green food made simple

Prairie Naturals® Chlorella is simply organic, broken-cell wall chlorella – nothing else! Chlorella helps improve fat metabolism and balance the immune system.

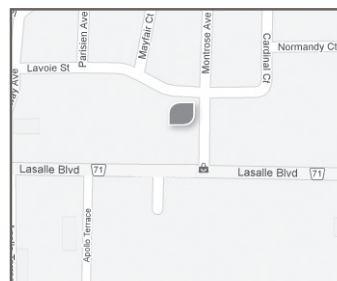
CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

**HEALTH
FIRST®**

DURHAM NATURAL FOODS

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

Monday 9-6pm
Tuesday 9-6pm
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

Please see your health care professional before beginning any type of therapy. Information published in this flyer is not intended to replace medical advice. Products and pricing may vary by store. Some quantities of specially offered sizes or offers may be limited.

This flyer has been printed with vegetable (soy) based inks. All printing metal plates are recycled & this product is recyclable too.

