

DURHAM NATURAL FOODS

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

www.durhamnatural.com

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH
FIRST®



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

30 veg caps
NPN 80015173



An organic
evolution of
greens+™

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

ON SALE
41⁹⁹

228- 263 g
NPN 80033723

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.



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

90 caps
NPN 80036708



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

540 g
NPN 80040255



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

120 gelcaps
NPN 80004324



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

30 FREE
CAPSULES



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

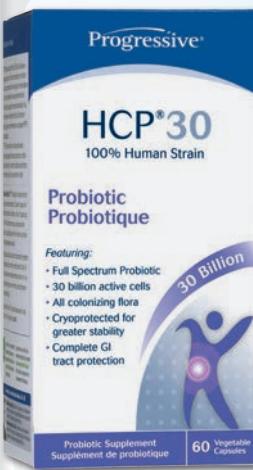
Your inner calm. On call.

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

ON SALE
12⁹⁹

20 ml

NPN 80032780



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

60 veg caps
NPN 80030356



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



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

60 caplets
NPN 80008039



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



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

472 ml 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

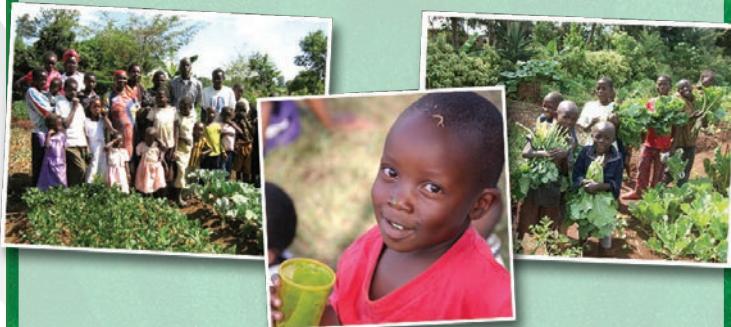
each



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



Healthy weight loss

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

ON SALE
21⁹⁹
BONUS

120 softgels
NPN 80015976

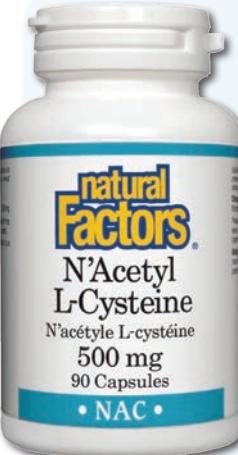


60 chew tabs
NPN 80016397

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



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



ON SALE
24⁹⁹

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.



680 g
NPN 80023552

30 FREE
VEG CAPS



150 veg caps
NPN 80008040

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



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

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.



90 veg caps
NPN 80005847

ON SALE
18⁹⁹



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.

ON SALE
24⁹⁹
BONUS

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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