

DURHAM NATURAL FOODS

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

www.durhamnatural.com

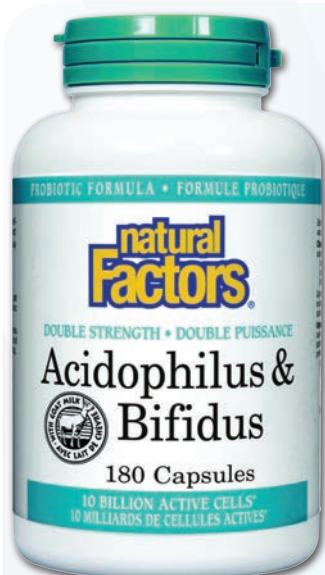
CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH
FIRST



Grab your fork & spoon!

Let's dig into the facts and uncover the best way to embrace the gluten free revolution.



Support for a healthy gut

Natural Factors® Double Strength Acidophilus & Bifidus is a probiotic that delivers live microorganisms to restore & maintain healthy intestinal flora.

ON SALE
18⁹⁹

180 caps
NPN 80034505



Tired of being tired?

Floradix® from Salus is an easily absorbed plant-based liquid iron gluconate. Floradix® quickly helps reduce fatigue and restore vitality. Also available in gluten free Floravit®.

ON SALE
45⁹⁹

500 ml +
250 ml FREE
NPN 02242012

BONUS



Delicious and convenient!

Vega™ One Nutrition Bar is a plant-based supplement, with vitamins and minerals, protein, fibre, omega-3, plus antioxidants, probiotics and greens. MyVega.com

ON SALE 63 g each
2/\$6 select varieties

BOX PRICE 12 x 63 g
36⁰⁰



Supreme cardio support

Health First® Ubiquinol Supreme contains QH™, the active antioxidant form of coenzyme Q10, plus ALA. More easily absorbed by the body vs. regular Q10.

Manufactured with Kaneka QH Ubiquinol®

ON SALE
36⁹⁹

60 gelcaps
NPN 80026922



Collagen loss begins at age 21

BioSil™ with ch-OSA is clinically proven to help promote collagen production for beautiful youthful skin, thicker hair and stronger nails. PNO.CA

ON SALE
31⁹⁹

30 ml
NPN 80005878



Healthy aging

Progressive® MultiVitamins 50+ for Women and Men are designed to support the needs of your body so you can live the healthy, vibrant life you want and let your age be just a number.

ON SALE
29⁹⁹

150 caps each
NPN 80036701 / 514

BONUS

• ON SALE NOW! MAY 3RD TO 18TH, 2013 • HEALTHFIRST.CA •

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WOMEN'S HEALTH



Once a day

Platinum Naturals easymulti® prenatal contains essential nutrients for you & your baby. No artificial colours, preservatives or ingredients; just vitamins, minerals and fish oil.

ON SALE
33⁴⁹

60 liquid capsules
NPN 80017581



Feeling fatigued?

MegaFood™ Blood Builder® provides 100% whole food iron with synergistic nutrients and organic beetroot to maintain healthy levels of iron. Gentle on the stomach.

ON SALE
19⁹⁹

30 tabs
NPN 80018279



Herbal therapies

Nature's Way™ Standardized Extracts contain the guaranteed amounts of active compounds for herbal therapies. Fenugreek is traditionally used to increase breast milk production.

ON SALE
8⁹⁹

100 caps each
NPN 80004007/3081



Are all multi's equal?

New Chapter® Every Woman's One Daily takes a whole-food approach, delivering fermented whole-food nutrients from organic vegetables & herbs for the maintenance of good health.

ON SALE
29⁹⁹

48 tabs
NPN 80030701



ON SALE
14⁹⁹

tube 103 ml
NPN 80024974

ON SALE
21⁹⁹

spray 236 ml
NPN 80028719

Chemical-free natural sunscreen

Goddess Garden's vegan sunscreen with organic ingredients is sheer & easy to apply - perfect for the whole family. Rated by EWG as best sunscreen in 2012 for its effectiveness.



Nurture your baby from head-to-toe

Weleda Baby products are made with Biodynamic® calendula, organic chamomile and plant-based oils. Calendula is renowned for soothing irritated skin.

ON SALE
12⁹⁹

81 g / 203.6 g
NPN 80005250



It's just juice!

Just Juice 100% Pure Cranberry Juice is just that – 100% all natural juice. Cranberry juice is a source of antioxidants and is commonly used to help with urinary tract infections.

ON SALE
7⁹⁹

1L



Hormonal regulator for both women & men

Maca from Vega™ is certified organic Maca Root Extract produced via a proprietary extraction process for enhanced potency and absorption.

ON SALE
32⁹⁹

120 vegicaps
NPN 80031919



Soothing & relaxing

NOW® 100% Pure Lavender Oil has a calming and balancing effect. Add a few drops to a diffuser or mix with NOW® Jojoba Oil to put in your bath or on your skin.

ON SALE
8⁹⁹

30 ml each



Grab your fork & spoon!

By: ALLISON TANNIS BSc MSc RHN

Let's dig into the facts and uncover the best way to embrace the gluten free revolution.

It's hard to ignore the new anti-wheat sentiment with popular talk show hosts like Dr. Oz and, best-selling books like *Wheat-Belly* promising that ditching wheat from your diet will cure almost everything from weight problems to skin rashes. We've been suspicious of wheat for the last decade since the low-carb days of the Atkins diet. Is gluten bad for you? The short answer is no, however with the case of all food in our culture that short answer is incomplete and you always must do what is right for you.

Embracing a gluten free diet may be a necessity to your health because you have Celiac disease or a wheat sensitivity. Or, it may simply be a way to eat healthier. Let's face it, gluten and the carbs that come with it are hiding in most refined, processed and packaged foods that should be avoided in any healthy diet. No matter your motivation for embracing the gluten free diet, be sure to keep some key facts in mind:

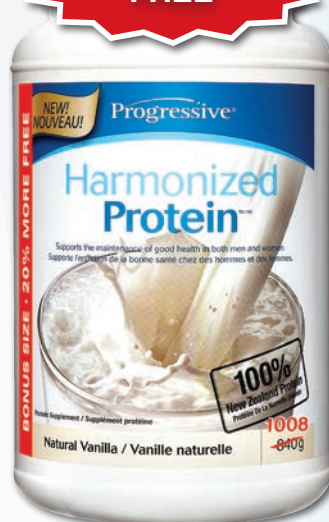
1. To avoid gluten, read food labels carefully. Learn which ingredients may be sources of hidden gluten.
2. Add in natural, whole foods (vegetables, fruits, nuts, seeds, beans) into your diet where gluten-foods were removed.
3. Check out the gluten free section of your Health First store for inspiration – it can help you from feeling your diet is too restrictive.
4. Use supplements (multivitamins, essential fatty acids, probiotics) to fill gaps in any sort of restricted diet.

PLACES GLUTEN MAY BE HIDING

- Barley
- Brewer's Yeast
- Bulgur
- Canned soups
- Couscous
- Durum
- French fried potatoes
- Graham flour/crackers
- Hydrolyzed wheat protein
- Kamut
- Luncheon Meats

To read the full article please visit healthfirst.ca.

20% MORE FREE



The cleanest protein possible®

Progressive® Harmonized Protein® features high quality New Zealand sourced proteins which provide essential amino acids for the maintenance of good health.

ON SALE
49⁹⁹

1008 g
NPN 80038541

BONUS



Best tasting greens formula

Ultimate Vegan Wild Greens™ helps boost energy, nourish and gently detox with a blend of greens and organic medicinal mushrooms with no sweeteners. PNO.CA

ON SALE
32⁹⁹

255 g



NEW

Boost your brain power!

Cerebrum™ by **Renew Life** will temporarily improve cognitive function for 6 hours after taking it! Improve your memory and attention accuracy.

ON SALE
25⁹⁹

30 softgels
EN 512753



Prevent urinary tract infections

Health First® UTI Supreme contains clinically-studied UTIRose™ hibiscus with antibacterial activity shown to reduce recurrent UTIs by 77%. Also features cranberry and d-mannose.

ON SALE
19⁹⁹

60 veg caps
NPN 80029355



The "berry" best vitamin C

Health First® Berry-C Supreme features non-acidic vitamin C enhanced with organic red bioflavonoids for the maintenance of good health and antioxidant support.

ON SALE
26⁹⁹

180 veg caps
NPN 80036310



Relieve BPH urinary symptoms

Health First® Prostate Protect delivers an optimal dose of phytosterols, plant oils & herbs for relieving symptoms of benign prostatic hyperplasia.

ON SALE
34⁹⁹

60 gelcaps
NPN 80028062

**30 SOFTGELS
FREE**



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 softgels
NPN 80004387

BONUS



Yeast and UTI relief!

Ultimate Flora Vaginal Support from Renew Life contains 50 billion beneficial bacteria in each capsule to help balance the vaginal and urinary tracts.

ON SALE
29⁹⁹

30 veg caps
NPN 80021000

**GREEN
COFFEE BEAN
EXTRACT**



Weight loss... simplified!

Renew Life SimplyTrim helps you manage your weight delivering a therapeutic dosage of Svetol™, the most researched green coffee bean extract in the world.

ON SALE
27⁹⁹

60 caps
NPN 80040639

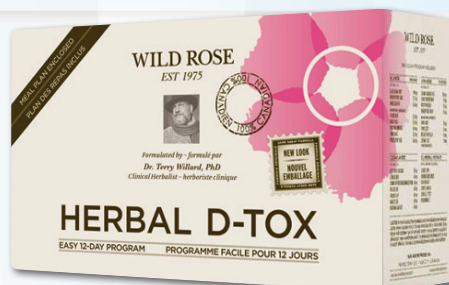


Great health for kids

Progressive® Multivitamins for kids offers support in the maintenance of good health for children. 100% natural with an orange flavour that kids LOVE!

ON SALE
25⁴⁹

120 chews
NPN 80022343



Lose weight & feel great!

Wild Rose Herbal D-tox is an effective 12-day program that helps support the cleansing and elimination of toxins from the body.

ON SALE
32⁹⁹

Kit
see box for NPNs



Strong bones and more...

Vitamin K2 from Preferred Nutrition™ is recommended by health professionals to help support strong bones and a healthy heart from MK-7 (natto bean) for high absorption. PNO.CA

ON SALE
15⁹⁹

60 veg caps
NPN 80014401



Spring-time metabolism support!

Health First® B-100 Supreme contains 100 mg of the major B vitamins to metabolize carbohydrates, fats and proteins, together with the popular adaptogen Maca root.

ON SALE
14⁹⁹

60 veg caps
NPN 80024167



Restore your inner balance

Neurexan® from Heel is a treatment for sleeping problems and nervous restlessness. Its calming and relaxing properties improve sleep duration and reduce daytime fatigue.

ON SALE
15⁹⁹

50 tabs
DIN-HM 80004914



Only 1 tablet a day

A.Vogel Menopause contains organic fresh sage extract clinically proven to significantly reduce the number and intensity of hot flashes and night sweats. avogel.ca

ON SALE
21⁹⁹

30 tablets
NPN 80034857

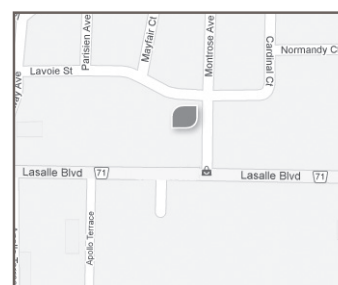
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	Open	Close
Monday	9:00	6:00
Tuesday	9:00	6:00
Wednesday	9:00	6:00
Thursday	9:00	8:00
Friday	9:00	8:00
Saturday	9:00	5:00
Sunday	12:00	5:00



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.

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