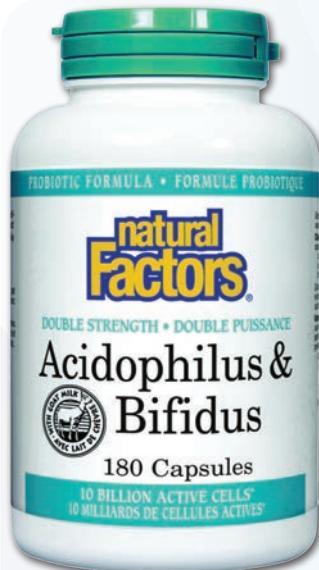


# DURHAM NATURAL FOODS

1191 Montrose Avenue, Sudbury, ON • 705-566-3820  
[www.durhamnatural.com](http://www.durhamnatural.com)

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH FIRST™



**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**  
**18<sup>99</sup>**

180 caps  
NPN 80034505



**GREAT VALUE**

**Salus**  
**Floradix® Formula**

Liquid Iron and Vitamin Formula in a non-medicinal base of herbs, fruits and honey

Helps to prevent iron deficiency and to maintain good health

500 ml

250 ml

**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**  
**45<sup>99</sup>**

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](http://MyVega.com)

**ON SALE**  
**2/\$6**

63 g each  
select varieties

**BOX PRICE**  
**36<sup>00</sup>**

12 x 63 g

**NEW**

**GLUTEN FREE**



**Supreme cardio support**

Health First® Ubiquinol Supreme contains QHT™, 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**  
**36<sup>99</sup>**

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](http://PNO.CA)

**ON SALE**  
**31<sup>99</sup>**

30 mL  
NPN 80005878



**30 CAPSULES FREE**

**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**  
**29<sup>99</sup>**

150 caps each  
NPN 80036701  
/ 514

**1**

• ON SALE NOW! MAY 3RD TO 18TH, 2013 • [HEALTHFIRST.CA](http://HEALTHFIRST.CA) •

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**Grab your fork & spoon!**

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

## 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  
33<sup>49</sup>**

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  
19<sup>99</sup>**

30 tabs  
NPN 80018279

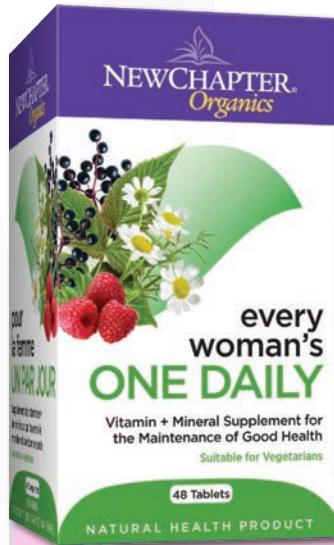


### Herbal therapies

**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  
8<sup>99</sup>**

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  
29<sup>99</sup>**

48 tabs  
NPN 80030701



### 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  
7<sup>99</sup>**

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  
32<sup>99</sup>**

120 vegicaps  
NPN 80031919



**ON SALE  
14<sup>99</sup>**

tube 103 ml  
NPN 80024974

**ON SALE  
21<sup>99</sup>**

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  
12<sup>99</sup>**



### 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  
8<sup>99</sup>**

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:

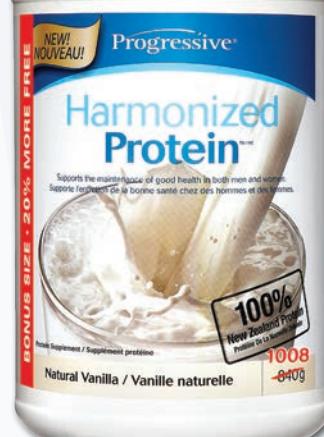
1. To avoid gluten, read food labels carefully. Learn which ingredients may be sources of hidden gluten.
2. Add in natural, whole foods (vegetables, fruits, nuts, seeds, beans) into your diet where gluten-foods were removed.
3. Check out the gluten free section of your Health First store for inspiration – 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](http://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  
**49.99**

1008 g  
NPN 80038541

BONUS

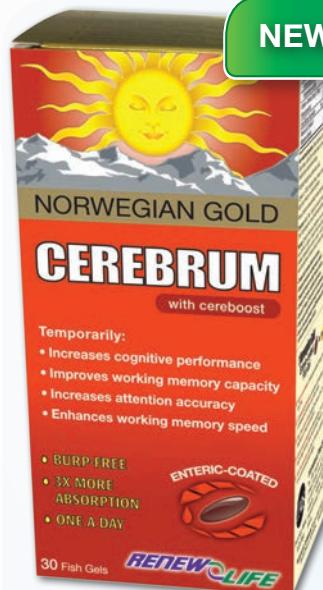


Best tasting greens formula

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  
**32.99**

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  
**25.99**

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  
**19.99**

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  
**26.99**

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  
**34.99**

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  
**17<sup>99</sup>**

150 softgels  
NPN 80004387

BONUS



### 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  
**25<sup>49</sup>**

120 chews  
NPN 80022343



### 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  
**29<sup>99</sup>**

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  
**27<sup>99</sup>**

60 caps  
NPN 80040639



### 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  
**32<sup>99</sup>**

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  
**15<sup>99</sup>**

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  
**14<sup>99</sup>**

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  
**15<sup>99</sup>**

50 tabs  
DIN-HM 80004914

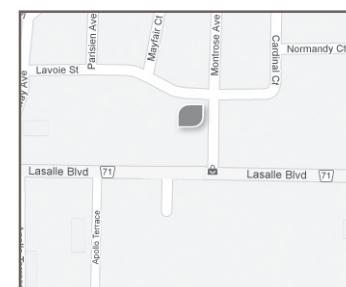


### Only 1 tablet a day

**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  
**21<sup>99</sup>**

### CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS



HEALTH  
FIRST

For a full list of Health First Members, to learn more about Health First and our products visit [www.healthfirst.ca](http://www.healthfirst.ca)

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