

DURHAM NATURAL FOODS

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

www.durhamnatural.com

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH
FIRST™



Everyone has heard of the buzzword **"SUPERFOOD."** But what are they exactly and how can superfoods improve your health? Discover our top 10 superfoods for 2013.



NEW

Potent probiotic power!

Ultimate Flora Ultra Potent Probiotic by **Renew Life** delivers 100 billion beneficial bacteria per capsule to improve digestive health and strengthen immunity.

ON SALE
42⁹⁹

30 veg caps
NPN 80040326



Every meal, every day

Udo's Oil™ 3•6•9 Blend is a source of omega-3, 6 and 9 fatty acids from fresh-pressed, unrefined, organic seed oils: flax, sesame, sunflower & evening primrose.

ON SALE
21⁹⁹

500 ml



Humble seed. Complete nutrition.

NOW® Whole White Chia Seeds contain protein, fibre, omega-3, vitamins, minerals & antioxidants. Add this nutty tasting superfood to any dish. Enjoy!

ON SALE
12⁹⁹

500 g



Take the PrimeZyme digestive challenge!

Health First® PrimeZyme is an effective full-spectrum digestive enzyme formula that will help your digestion or we will give your money-back!

ON SALE
29⁹⁹

180 caps
NPN 80034291

30 FREE
CAPSULES



Increase energy – reduce abdominal fat!

Brad King's Ultimate Male Energy™ helps men over 30 increase testosterone levels, reduce abdominal fat, increase energy and improve libido. *PNO.CA*

ON SALE
41⁹⁹

150 caps
NPN 80035769

BONUS



Delicious, post-workout bar

Vega™ Sport Protein Bar is packed with 15 grams of complete, plant-based protein, formulated to strengthen and regenerate muscles. *vegasport.com*

ON SALE
2/\$6

60 g each
BOX PRICE 12 x 60 g
36⁰⁰

• ON SALE NOW! JUNE 7TH TO 22ND, 2013 • HEALTHFIRST.CA •

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Effective pain relief for joints, muscles & arthritis

A.Vogel Absolut Arnica Gel soothes muscle and joint inflammation with the associated pain due to sprains and bruises. avogel.ca

ON SALE
12⁴⁹

50 ml gel each
NPN 80000989



Energy, performance, recovery

Platinum Naturals® **activ-x™** for active men contains vitamins, minerals, antioxidants, omega oils and adaptogens to maintain good health. Also available in a women's formula.

ON SALE
34⁹⁹

60 softgels each
NPN 80011259 / 109

NEW AND
IMPROVED



Full UVA & UVB protection

Badger Sunscreen is all new for 2013 with their super effective water resistant creams and now a full line of easy to apply lotions. Available for babies, kids & adults.

ON SALE
17⁷⁹

Lotion 118 ml
NPN 80039105

ON SALE
15⁷⁹

Sunscreen 87 ml
NPN 80023545



Everyday wellness support!

Health First® **Multi-First Iron-Free** formula is a complete daily supplement ideal for maintaining everyday wellness. Also available with iron.

ON SALE
29⁹⁹

180 veg caps
NPN 80023409



Supreme liver protection

Health First® **Liver Supreme** capsules feature Siliphos®, a milk thistle-sourced silybin Phytosome®, clinically-researched to support and protect liver function.

ON SALE
29⁹⁹

60 veg caps
NPN 80036259



Boost your iron

Health First® **Iron-First** helps prevent iron deficiency. Formulated with the patented iron Ferrochel® for easy absorption and toleration. Vegetarian suitable.

ON SALE
11⁹⁹

60 veg caps
NPN 80024413



Healthy glucose metabolism

Health First® **GTF Chroma-Cinn™** is a combination of chromium and cinnamon providing support for the healthy metabolism of glucose, carbs and fats.

ON SALE
7⁹⁹

90 veg caps
NPN 80025920

GREAT
VALUE



Beautiful hair

Prairie Naturals® **Big Sky Tea Tree Shampoo & Conditioner** provides deep, gentle cleansing action with relief from itching and dandruff. Herbal extracts leave hair shiny and manageable.

ON SALE
16⁹⁹

500 ml + 500 ml

30 FREE
SOFTGELS



Love your hair!

Prairie Naturals® **Hair-Force** synergistically combines 22 naturally-sourced nutrients recognized for their role in restoring, healing and nourishing hair. Create beautiful, healthy hair from within.

ON SALE
42⁹⁹

210 softgels
NPN 80025524



WHAT IS A SUPERFOOD?

The term 'superfood' has become a kitchen table term - linked to foods like green leafy vegetables, blueberries, hemp and goji. But, what is a superfood? Superfoods lack an official definition; however, it is generally accepted that a superfood is a food with high phytonutrient content that is thought to offer many health benefits.

TOP 10 SUPERFOODS OF 2013

Aloe Vera	Goji	Turmeric
Beets	Greens	Yogurt
Chia	Hemp	
Coconut oil	Raspberries	

SF

CHIA - Chia seeds are packed with nutrients like protein & antioxidants but are best known for their omega-3 content. Omega-3 fatty acids have anti-inflammatory effects, and the ability to promote health in the brain, heart, joints & digestion.

COCONUT OIL - Clinical research hasn't clearly defined the exact superfood abilities of coconut oil - it earned its superfood title because it's a healthy alternative to butter. Coconut oil may also raise good cholesterol levels.

GOJI - Goji berries contain cholesterol lowering phytosterols and, very high amounts of antioxidants. Antioxidants fight free radicals that cause damage and aging.

BEETS - Beets have a deep, ruby red colour thanks to their high content of anthocyanins - potent antioxidants that are fabulous inflammation fighters.

TURMERIC - You may already be using this superfood in your diet - turmeric is a common ingredient in curries. Turmeric is rich in antioxidants and has proven to have anti-inflammatory effects.

To learn more about superfoods, please visit healthfirst.ca.



Naturally sweet tasting

Salus® Red Beet Crystals is from the juice of freshly pressed certified organic beets. Blends well with fruit smoothies, juices, soups, cereals and other dishes.

ON SALE
18⁹⁹

200 g

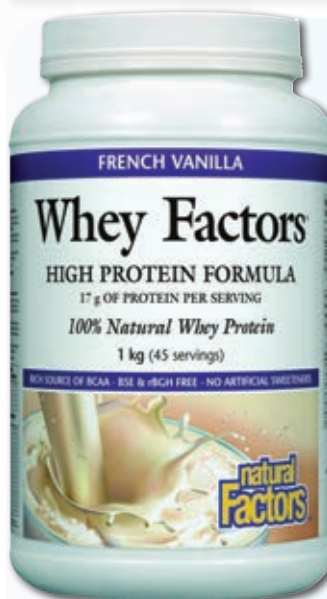


Natural sugar substitute

NOW® Xylitol is derived from non-GMO corn. It resembles sugar in consistency and taste, but has a third fewer calories and can be used as a sugar substitute.

ON SALE
7⁹⁹

454 g



Mixes easily & tastes great

Natural Factors® Whey Factors® is ideal for people of all ages & activity levels to help maintain existing lean muscle mass and help build & repair body tissue.

ON SALE
29⁹⁹

1 kg
NPN 80036925



Daily vitamin drink mix

SISU Ester-C® Energy Boost is a daily multi-vitamin and mineral drink mix powder with 1,000 mg of vitamin C plus, B vitamins, and electrolytes.

ON SALE
14⁹⁹

30 packets each
NPN 80026690



Why probiotics?

Udo's Choice® Super 8 Plus Probiotic helps to relieve gas, bloating, constipation and improves intestinal health. Friendly bacteria help to maintain good health.

ON SALE
34⁵⁹

60 veg caps
NPN 80022377

30 FREE
SOFTGELS



Protect your cells

Natural Factors® Mixed Vitamin E has guaranteed levels of "tocopherols" in a naturally-sourced mixed E. Ideal for overall health support and antioxidant protection.

ON SALE
18⁹⁹

240 softgels
NPN 80013025

BONUS



Boost your energy naturally!

greens+™ extra energy provides all of the benefits of greens+™ with naturally occurring caffeine for immediate, long-lasting energy without the "crash!"

ON SALE
52⁹⁹

409 - 445g
NPN 80010572



Healthy fat

Heartland Gold® Organic Coconut Oil is non-GMO and has been expeller pressed without any harmful chemicals. Coconut oil is a dairy-free alternative to butter and shortening.

ON SALE
11⁴⁹

454 g



Complete plant-based protein

Vega™ Sport Performance Protein features BCAAs and glutamine to improve strength build & repair muscles & reduce recovery time post-workout. vegaspport.com

ON SALE
52⁹⁹

810 - 947 g
NPN 80032788



Joint support from nature

New Chapter® Turmeric Force® delivers full spectrum turmeric traditionally used in herbal medicine as an anti-inflammatory to help relieve joint pain.

ON SALE
20⁹⁹

60 caps
NPN 80020953

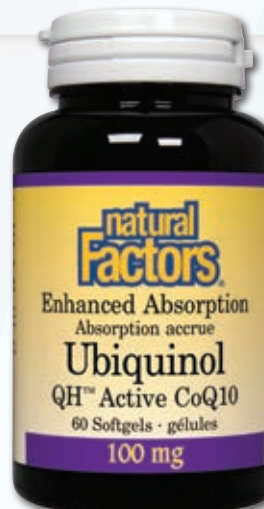


High potency fish oil with vitamin D!

Super Critical Omega by **Renew Life** is ideal for supporting cardiovascular health and brain function in as little as one capsule per day.

ON SALE
23⁹⁹

30 softgels
NPN 80033237



Superior bioavailability of CoQ10

Natural Factors® Ubiquinol QH™ Active CoQ10 helps fight age-related fatigue, supports heart health and provides antioxidant protection to cells.

ON SALE
33⁹⁹

60 softgels
NPN 80028985



Support prostate health!

Brad King's Ultimate Prostate helps reduce difficulty in urination associated with the early symptoms of BPH and supports overall prostate health. PNO.CA

ON SALE
29⁹⁹

90 caps
NPN 80038374



Highly absorbable liquid supplements

Prairie Naturals® B Complex Solution contains optimal levels of the B vitamins to help the body to metabolize carbohydrates, fats, and proteins.

ON SALE
29⁹⁹

500 ml
NPN 80032471



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

60 tabs
NPN 80033613

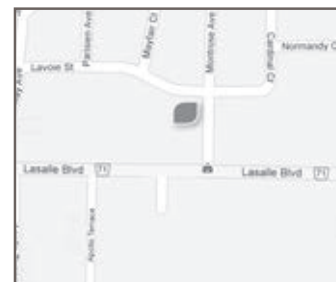
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	Open	Close
Monday	9:00	6:00
Tuesday	9:00	6:00
Wednesday	9:00	6:00
Thursday	9:00	8:00
Friday	9:00	8:00
Saturday	9:00	5:00
Sunday	12:00	5:00



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