

# 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



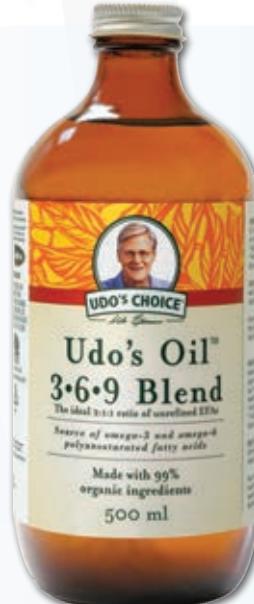
NEW

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  
**42<sup>99</sup>**

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

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  
**12<sup>99</sup>**

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

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](http://PNO.CA)

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

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](http://vegasport.com)

ON SALE  
**2/\$6**

60 g each  
BOX PRICE 12 x 60 g  
**36<sup>00</sup>**



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.

• ON SALE NOW! JUNE 7TH TO 22ND, 2013 • [HEALTHFIRST.CA](http://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](http://avogel.ca)

**ON SALE  
12<sup>49</sup>**



### 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  
34<sup>99</sup>**

50 ml gel each  
NPN 80000989



**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  
17<sup>79</sup>**

Lotion 118 ml  
NPN 80039105

**ON SALE  
15<sup>79</sup>**

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  
29<sup>99</sup>**

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  
29<sup>99</sup>**

60 veg caps  
NPN 80036259



**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  
16<sup>99</sup>**

500 ml + 500 ml

**BONUS**



### 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  
11<sup>99</sup>**

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  
7<sup>99</sup>**

90 veg caps  
NPN 80025920



**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  
42<sup>99</sup>**

210 softgels  
NPN 80025524

**BONUS**



# SUPER FOODS™

## 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	



**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.

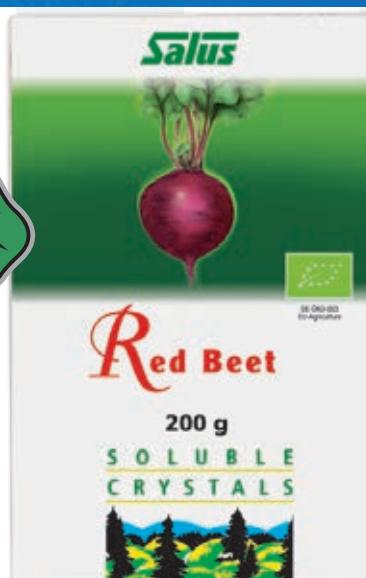
**COCONUT OIL** - Clinical research hasn't clearly defined the exact superfood abilities of coconut oil - it earned its superfood title because it's a healthy alternative to butter. Coconut oil may also raise good cholesterol levels.

**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](http://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  
**18<sup>99</sup>**

200 g



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

30 packets each  
NPN 80026690

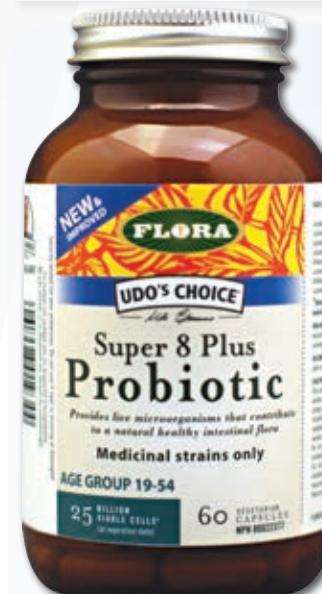


## Natural sugar substitute

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

454 g

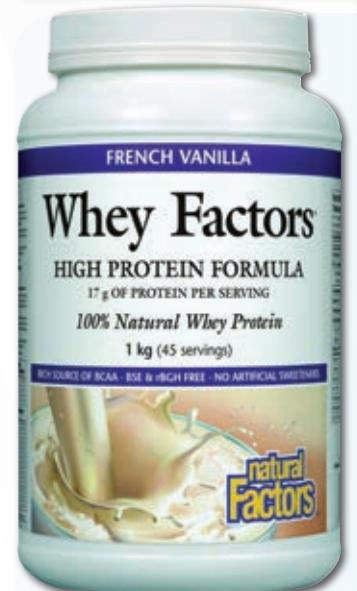


## Why probiotics?

**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  
**34<sup>59</sup>**

60 veg caps  
NPN 80022377



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

1 kg  
NPN 80036925



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

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  
52<sup>99</sup>**

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  
11<sup>49</sup>**

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. [vegasport.com](http://vegasport.com)

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

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  
20<sup>99</sup>**

60 caps  
NPN 80020953

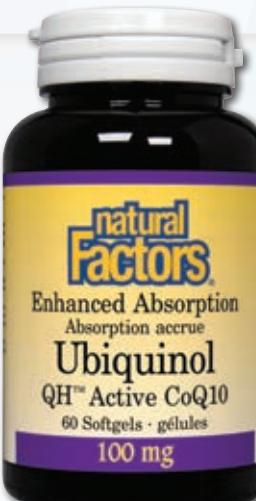


### High potency fish oil with vitamin D!

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  
23<sup>99</sup>**

30 softgels  
NPN 80033237

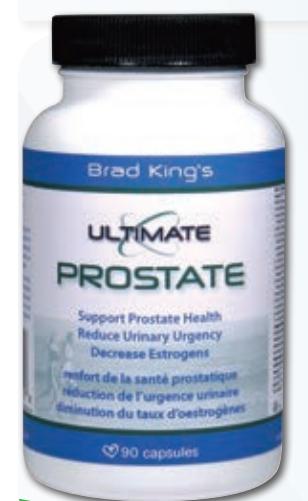


### Superior bioavailability of CoQ10

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

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

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](http://PNO.CA)

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

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  
29<sup>99</sup>**

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  
24<sup>99</sup>**

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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**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)

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.

