

DURHAM NATURAL FOODS

1191 Montrose Avenue, Sudbury, ON • 705-566-3820
www.durhamnatural.com

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH
FIRST™

20%
MORE FREE



72 veg caps
NPN 80015173

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
52⁹⁹

BONUS



240 caps
NPN 02246884

Summertime stress support

Health First® Vitamin B-50 Complex contains 50 mg/mcg of the major B vitamins to help metabolize carbohydrates, fats and proteins.

ON SALE
23⁹⁹

BIG SUMMER SALE

GREAT
VALUE



90 + 90 tabs
NPN 80009448

Most biologically available B12

Natural Factors® B12 (Methyl) is essential for healthy red blood cell production to maximize oxygen transport in the body and maintain good health.

ON SALE
14⁹⁹

BONUS

30 FREE
CAPSULES



150 veg caps each
NPN 80036059 / 40606

Support for your lifestyle

Progressive® Active MultiVitamins for Women and Men contain higher potencies of the key nutrients to help you stay active and live your life on-the-go.

ON SALE
33⁹⁹

BONUS



90 caps
NPN 80036708

Natural and effective

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



100 g
DIN-HM 80007675

When you have overdone it

Traumeel® S is an effective treatment designed to relieve muscle pain, bruising and inflammation.

ON SALE
33⁹⁹

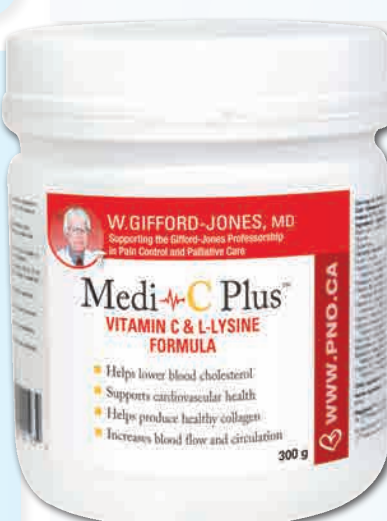


Easy to take omega 3

NutraSea® Original by **Ascenta®** is a balanced EPA + DHA formula for optimal wellness. Easy to taste natural lemon flavour. Also available in softgels.

ON SALE
42⁹⁹

500 ml
NPN 80007217



ON SALE
22⁴⁹

300 g
NPN 80035260

Support heart health

Medi-C Plus™ from **W. Gifford-Jones, MD** with vitamin C & L-lysine helps build collagen, strengthen coronary cells and dissolve cholesterol to reduce cardiovascular disease.

• ON SALE NOW! JULY 5 - 20, 2013 • HEALTHFIRST.CA •

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30 FREE TABLETS



210 tabs
NPN 80005541

For healthy bones, muscles & teeth

Natural Factors® Calcium & Magnesium Citrate with D has the preferred one-to-one ratio. Helps build strong bones and helps maintain proper muscle function.

ON SALE
13⁹⁹

30 FREE CAPSULES



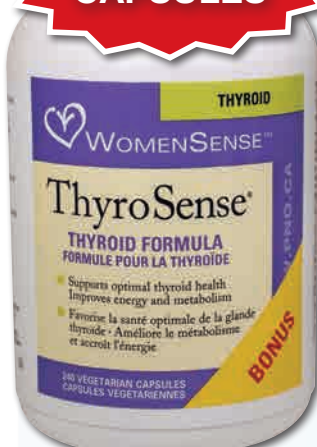
210 caps
NPN 80005226

Aids the body in times of excessive stress

Natural Factors® Magnesium Citrate is an important electrolyte that helps maintain proper muscle function and good health.

ON SALE
14⁴⁹

60 FREE CAPSULES



240 veg caps
NPN 80028056

Improve energy and help low thyroid!

WomenSense™ ThyroSense® supports thyroid health. Low thyroid symptoms include: weight gain, low energy, thinning hair or cold hands & feet. PNO.CA

ON SALE
38⁹⁹

30 FREE SOFTGELS

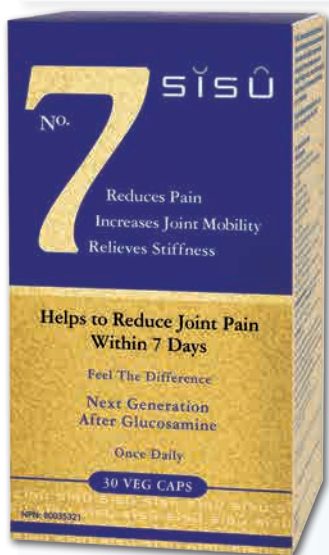


150 softgels
NPN 80031447

Prostate health starts here!

Prairie Naturals® PROST-FORCE™ is an evidence-based formulation that combines the key ingredients recommended for maintaining prostate health.

ON SALE
38⁹⁹



30 veg caps
NPN 80035321

Helps reduce joint pain in 7 days

SISU No.7 helps relieve joint pain and stiffness, and increases mobility in as little as 7 days, including in people with osteoarthritis.

ON SALE
19⁹⁹



60 caps
NPN 80039502

Natural herbal formula

Nature's Harmony® Relora® helps to temporarily promote relaxation and feelings of calm. Temporarily reduce symptoms of perceived stress.

ON SALE
16⁴⁹



Designed by nature. Proven by science.

A.Vogel Herbal Tinctures are an effective way to fight common health concerns like digestive troubles, insomnia or circulation problems. We take pride in products that are made from fresh, whole plants and subject to rigorous clinical tests, so that you get maximum results without serious side effects.

ON SALE
14⁹⁹

50 ml each
NPN 80003324 / 27352 / 30239



90 veg caps
EN 178124

Our science. Your liver.

Himalaya LiverCare® supports daily detoxification, nourishes liver cells and balances liver enzymes. Validated through double-blind, placebo controlled human trials. Does not contain milk thistle.

ON SALE
21⁹⁹



ON SALE
27⁹⁹

kit
NPN 80038968

Are you worn out? Candida may be the problem!

Renew Life CandiGONE is the solution. This powerful cleansing formula is designed to help destroy and remove Candida and yeast from the body.



120 tabs
NPN 80002670

Promote muscle strength

NOW® L-Arginine 1000 mg aids protein & creatine synthesis, plus nitric oxide production and ammonia detoxification needed for muscle strength and performance.

ON SALE
20⁹⁹



473 ml

Green and clean

Triple-strength NOW® Liquid Chlorophyll from alfalfa is nutrient-rich with added natural mint flavour for a fresh taste. Known as an internal deodorizer from nature.

ON SALE
14⁹⁹

BIG SUMMER SALE



237 g

Powerful food fortifier

NOW Foods® Rawsome boosts foods nutrient value from a blend of sprouted seeds, fruits and vegetables. Perfect for kids too. Easy to use, just add to foods.

ON SALE
17⁹⁹

Rawsomolé

GREAT RECIPE

INGREDIENTS:

3	Avocados	1/4	Red onion, diced
1	Lime, juiced	2	Roma tomatoes diced
1/2 tsp	Salt & Pepper	3 tbsp	Chopped Cilantro
2 tbsp	NOW® Rawsome	1	Clove garlic, minced
1/4 tsp	Cayenne		

DIRECTIONS:

In a large bowl place the scooped avocado and lime juice, toss to coat. Using a potato masher add the salt, pepper, Rawsome, cayenne and mash. Then, fold in the onions, tomatoes, cilantro and garlic. Place plastic wrap directly on top to prevent browning. Let sit at room temperature for 1 hour and then serve.



840 g
NPN 80036134

Delicious vegan protein

Progressive® Harmonized Vegan Protein® is a blend of 5 plant-based proteins with essential and non-essential amino acids for the maintenance of good health.

ON SALE
39⁹⁹



800 g

100% organic and non-GMO protein

Progressive® Organics Hemp Protein is made with non-GMO ingredients and contains the full spectrum of amino acids which are essential to maintain good health.

ON SALE
39⁹⁹

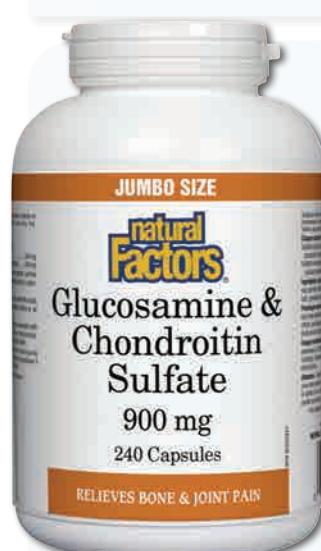


800 g

Organically grown and sprouted

Progressive® Organics Brown Rice Protein is made from certified organic whole grain sprouted brown rice and provides the full spectrum of essential amino acids.

ON SALE
31⁹⁹



240 caps
NPN 80008481

Relieve joint pain

Natural Factors® Glucosamine & Chondroitin Sulfate is a combination of nutrients which helps repair & lubricate joints, rebuild damaged cartilage and relieve arthritis pain.

ON SALE
29⁹⁹



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



60 FREE GELCAPS

120 + 60 FREE
chewable gelcaps
NPN 80003875

Supports your child's brain development

Health First® kids'-first Omega are orange-flavoured chewable gelcaps rich in omega-3 DHA for cognitive functioning and eye development in children.

ON SALE
27⁹⁹

BONUS

Health & Beauty



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. Made in Colorado.

ON SALE
14⁹⁹

sunscreen 103 ml
NPN 80024974

ON SALE
21⁹⁹

spray 236 ml
NPN 80028719



30 ml
NPN 02242689

First aid for the whole family

Treemenda™ Tea Tree Oil has a remarkable ability to disinfect cuts, scrapes and other wounds. Its compact size makes it perfect for travelling.

ON SALE
9⁹⁹



180 ml
NPN 80025370

Honour your BODY... Nurture your SOUL

Gardener's Dream nurtures your body inside and out. Our formulas contain 100% natural essential oils to heal your skin and maintain your radiance.

ON SALE
23⁹⁹

20% MORE
FREE



305 g
NPN 80034973

Green food for great health

Progressive® VegeGreens includes land, sea & cruciferous vegetables, probiotics & EFAs and is a source of antioxidants for the maintenance of good health.

ON SALE
32⁹⁹

BONUS



180 gelcaps
NPN 80039635

Nature's answer for women

Health First® Evening Primrose Oil is a source of GLA for health. GLA has been studied for relief of PMS symptoms. New higher potency, soy-free formula.

ON SALE
23⁹⁹



267 - 285 g
NPN 80034879

Energize your day!

Vega™ Energizing Smoothie contains: 10 g protein, 5 g fibre and 1 g omega-3 in each serving. Just add water, shake and go! MyVega.com

ON SALE
16⁹⁹



120 softgels
NPN 80017389

Will change your life even if you don't

Natural Factors® PGX® Daily can help you lose weight effectively and gradually by creating a sense of fullness and keeping you full longer.

ON SALE
26⁹⁹



60 V-Capsules
NPN 80032544

Cholesterol too high? Take control.

Prairie Naturals® Sytrinol™ is clinically-studied to help reduce total cholesterol and improve LDL:HDL cholesterol ratio with just one capsule-a-day.

ON SALE
31⁹⁹



ON SALE
34⁹⁹
150 g each

Whole plant powder

Prairie Naturals® Fermented Barley Greens and **Wheat Grass** are pure and simple fermented green-food powders for the whole family. 100% vegan.

Prepare. Perform. Rebuild.



428 - 439 g
NPN 80035884

Fuel your workout

activfuel+ from Genuine Health is for pre and during exercise to prepare, fuel, and replenish you for your best performance. Available in whey and in plant based form.

ON SALE
43⁹⁹



720 - 722 g

Re-energize and restore

activrecover+ from Genuine Health provides all the nutrients the body needs to recover and repair from any workout. Available in whey and in plant based formulas.

ON SALE
43⁹⁹



30 softgels

Inflammation doesn't stand a chance!

Norwegian Gold Ultra EPA by Renew Life delivers 1000mg of EPA in each capsule to reduce inflammation and support cardiovascular health.

ON SALE
25⁹⁹



ON SALE
18⁴⁹

The smarter probiotic

Enzymatic Therapy Acidophilus Pearls™ guarantees active cultures: survive stomach acids, arrive in your intestines, and thrive to provide exceptional support for a healthy gut.

30 pearls
NPN 80015212

HEALTH
FIRST

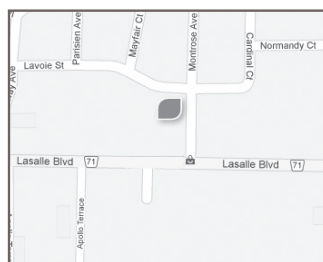
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9:00 8:00
9:00 5:00
12:00 5:00



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