

DURHAM NATURAL FOODS

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

www.durhamnatural.com

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH FIRST™



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

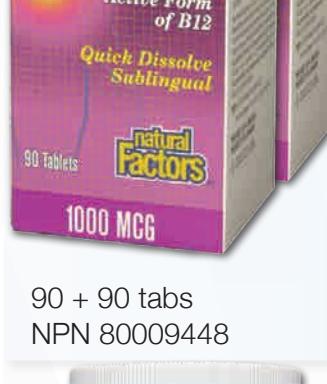


240 caps
NPN 02246884

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



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



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



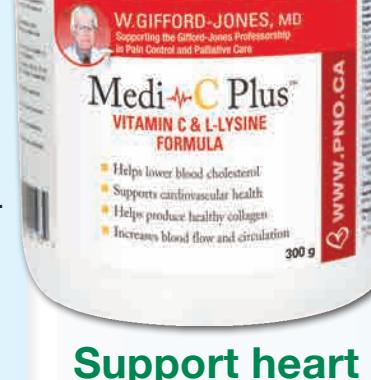
ON SALE
42⁹⁹

500 ml

NPN 80007317

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
22⁴⁹

300 g

NPN 80035260

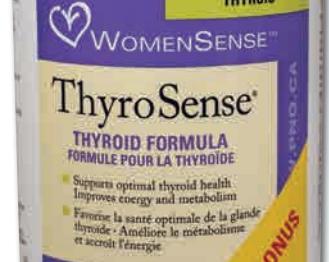
Support heart health

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

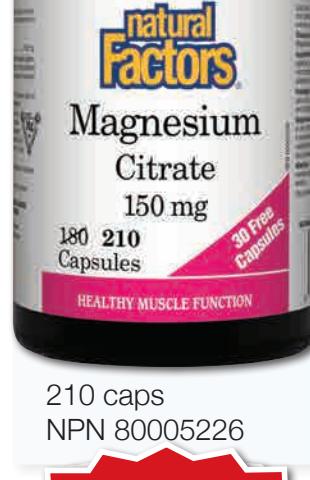
• ON SALE NOW! JULY 5 - 20, 2013 • HEALTHFIRST.CA •

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BIG**SUMMER SALE****30 FREE TABLETS**210 tabs
NPN 80005541**60 FREE CAPSULES**240 veg caps
NPN 80028056**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****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****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**30 veg caps
NPN 8003532160 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**60 caps
NPN 8003950260 caps
NPN 80039502

