

# DURHAM NATURAL FOODS

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

www.durhamnatural.com

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

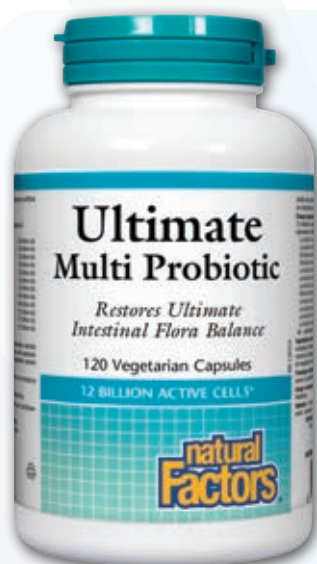
HEALTH  
FIRST



## ARE YOU EATING PESTICIDES?

Did you know that your greatest exposure to pesticides is through your diet? We put organics to the test to find out the truth and the results are astounding.

## THE TRUTH REVEALED INSIDE

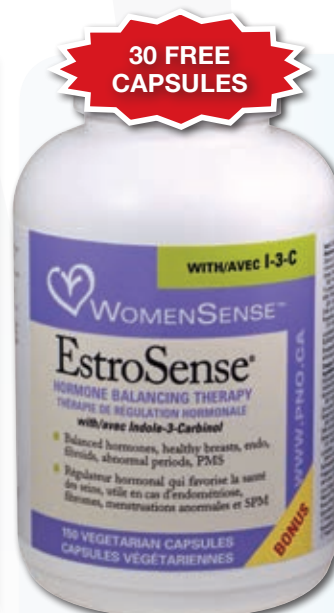


**Restore & maintain healthy intestinal flora**

**Ultimate Multi Probiotic** from **Natural Factors**® is a complete multi-purpose probiotic for men and women, teenagers to seniors.

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

120 veg caps  
NPN 80034018



30 FREE CAPSULES

**No more PMS...**

**WomenSense™ EstroSense®** is recommended by health professionals to help support a healthy liver and reduce the symptoms of hormone imbalance including PMS, breakouts and more... PNO.CA

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

150 veg caps  
NPN 80035630



**Tired of being tired?**

**Floradix®** from **Salus** is an easily absorbed plant-based liquid iron gluconate. Floradix® quickly helps reduce fatigue and restore vitality. Get the iron you need!

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

500 ml  
NPN 02242012



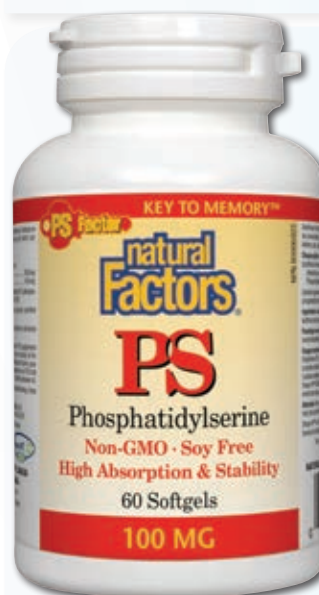
250 ML FREE

**Support cardiovascular health!**

**Health First® Omega-First** fish oil is tested for potency, purity and safety by International Fish Oil Standards (IFOS). ifosprogram.com

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

500 ml + 250 ml FREE  
NPN 80009602



**Key to memory™**

**Natural Factors® PS Phosphatidylserine** helps to support cognitive function. Non-GMO and soy free formula!

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

60 softgels  
NPN 80006923



**Herbal therapies**

**Nature's Way™ Herbal Singles** are made up of pure, potent plant supplements. Fenugreek is traditionally used to increase breast milk production.

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

100 caps each  
NPN 80004007/3081

• ON SALE NOW! AUGUST 9 TO 24, 2013 • HEALTHFIRST.CA •

©+TM+© 2013 Health First Network • All rights reserved • All other trademarks are owned by their respective owners.





### Fast-acting sleep formula

**Natural Factors® Tranquil Sleep** contains Suntheanine®, 5-HTP, and melatonin to help you fall asleep, stay asleep, and wake up refreshed. Non habit-forming.

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

60 chew tabs  
NPN 80016397



### Temporarily promotes relaxation

**Natural Factors® Mental Calmness** with Suntheanine® L-Theanine which does not cause daytime drowsiness. Fast acting chewable tablets.

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

60 chew tabs  
NPN 80019119



### Joint pain relief and more

**Health First® Curcumin Supreme** features patented Meriva® curcumin, which has been proven to reduce inflammation & joint pain and increase mobility.

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

60 veg caps  
NPN 80022891



### Prevent urinary tract infections

**Health First® UTI Supreme** contains clinically-studied UTIRose™ hibiscus with antibacterial activity shown to reduce recurrent UTI's by 77%. Also features cranberry and d-mannose.

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

60 veg caps  
NPN 80029355



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

60 gelcaps  
NPN 80028062



### Healthy skin & immune support

**Health First® Zinc Citrate Plus Copper** maintains immune function and healthy skin. Contains copper to prevent deficiency during zinc supplementation.

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

100 caps  
NPN 80022872

## PRODUCT SPOTLIGHT



### Plant-based calcium

**Bone Strength Take Care™** by **New Chapter®** is a whole-food calcium sourced from plants, not limestone. It contains a calcium and magnesium, vitamin D3, and natural vitamin K2 complex. Bone Strength Take Care helps in the development and maintenance of bones and helps in the absorption and use of calcium and phosphorus. Additionally, calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis. And it's gentle on your stomach!

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

120 tabs  
NPN 80030444



### Finally, a 7 day cleanse that works!

**Rapid Cleanse** from **Renew Life** works to cleanse and detoxify your entire body with a particularly strong emphasis on kidneys and liver.

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

kit  
NPN 80028759/8921/8322



# THE TRUTH ABOUT ORGANICS

## WE PUT ORGANICS TO THE TEST

Are organics real? Health First® went in search of the answer. We sent two unmarked pints of strawberries to a university-based food laboratory. One of the unmarked pints was organic strawberries bought at a Health First® member store, and the other was conventional strawberries from the grocery store. The results showed a clear difference: the conventional strawberries contained high levels of a number of pesticides; meanwhile the organic strawberries only contained trace amounts of two pesticides.

## LAB REPORT RESULTS\*

PESTICIDE	CERTIFIED ORGANIC STRAWBERRIES	NON-ORGANIC STRAWBERRIES
Fenhexamid	0.023 ppm	3.5 ppm
Pyraclostrobin	Not detected	0.17 ppm
Myclobutanil	Not detected	0.092 ppm
Carbendazin	Not detected	0.041 ppm
Boscalid	Below measureable limits	0.003 ppm

\*For full laboratory results, please visit [healthfirst.ca](http://healthfirst.ca).

It's true – organic foods contain fewer pesticides, and that's important for your family's health, for the environment and for future generations.

## THE DIRTY DOZEN & THE CLEAN 15

The amount of pesticides required in conventional farming varies from plant to plant. To help consumers learn which produce items are most important to buy organic, and when it is unnecessary, researchers created a list of the foods most contaminated with pesticides, dubbed "The Dirty Dozen," and those found to have little to no traces of pesticides, "The Clean 15."

To view these lists and to read the full article, please visit [healthfirst.ca](http://healthfirst.ca).



### Plant-based, all-natural drink mix

Vega™ Sport pre-workout energizer provides immediate and sustained energy before workouts, while enhancing mental focus and recovery. [vegasport.com](http://vegasport.com)

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

540 g  
NPN 80040255

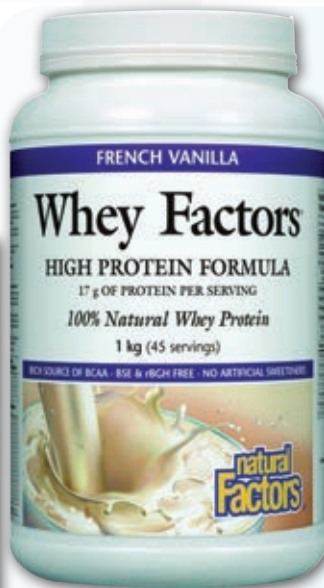


### Post-workout drink mix

Vega™ Sport recovery accelerator is formulated to restore energy, support immune function and reduce both inflammation & recovery time between training. [vegasport.com](http://vegasport.com)

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

540 g  
NPN 80042229



### Mixes easily and 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



### World's best kept secret!

Bio-Strath® is nature's most complete tonic for the different stages of your life and for the maintenance of good health. Available in tabs, drops and elixir.

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

250 ml  
NPN 80027506



### 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>99</sup>**

60 softgels  
NPN 80017581



### Back to school essentials

Progressive® MultiVitamins for kids offers a comprehensive strategy for supporting the growth, development and cognitive needs of active children with ... just for kids formulas!

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

120 chews  
NPN 80022343





### Delicious, post-workout bar

**Vega™ Sport Protein Bar** is packed with 15 grams of complete, plant-based protein, formulated to strengthen and regenerate muscles. [vegaspport.com](http://vegaspport.com)

**ON SALE** 60 g each

**2/\$6**

**BOX PRICE** 12 x 60 g

**36<sup>00</sup>**



### Increase circulation

**Prairie Naturals® Ginkgo Biloba** increases circulation which offers support for: vascular disease, tinnitus and healthy brain function including memory and concentration.

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

120 V-Capsules  
NPN 80029783



**FREE pH  
PAPER**

### Boost your energy and vitality

**greens+™** from **Genuine Health** is a research-proven super-food formula! Highly alkaline-forming, greens+™, nourishes your body, increases energy and promotes overall good health.

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

510 - 566 g  
NPN 80009137

**BONUS**



**30 FREE  
CAPSULES**

### Ensure you have your Bs

**Natural Factors® Hi Potency B Complex** is a complete combination of B vitamins that help convert protein, carbohydrates and fats into energy.

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

210 caps  
NPN 00624969

**BONUS**



### Fibromyalgia & migraine help

**NOW® 5-HTP** helps relieve fibromyalgia symptoms and reduces the severity & duration of migraines when taken preventatively. Results may occur in 2 weeks.

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

60 Vcaps®  
NPN 80005425



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

30 caps  
NPN 80030841

### Get relief + repair in just 7 days!

**fast joint care+** from **Genuine Health** contains Natural Eggshell Membrane, providing nutrients to build & repair cartilage while reducing inflammation.



### Garlic is good, Kyolic is BEST!

**Kyolic® Cholesterol Control with Lecithin** combines Aged Garlic Extract™ and lecithin to promote heart health through cholesterol reduction.

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

360 caps  
NPN 80007295



### Unique protective antioxidant

**NOW® Astaxanthin** veggie softgel is a potent antioxidant with a unique structure that provides a wide range of benefits for the maintenance of good health.

**ON SALE** 60 Veggie Softgels  
**20<sup>99</sup>** NPN 80023504



### Healthy heart support

**Health First® CoQ10 Supreme** uses premium Kaneka Q10™ together with the "red wine antioxidant" resveratrol for supreme cardiovascular support.

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

60 gelpcaps  
NPN 02244583

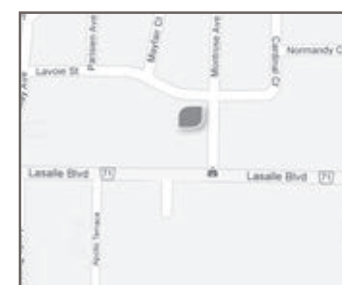
**HEALTH  
FIRST**

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

**DURHAM NATURAL FOODS**

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

	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



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.

