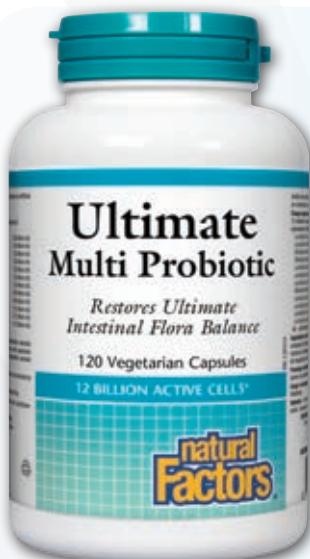


DURHAM NATURAL FOODS

1191 Montrose Avenue, Sudbury, ON • 705-566-3820
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CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH
FIRST™



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
31⁹⁹

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
53⁹⁹

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
35⁹⁹

500 ml
NPN 02242012



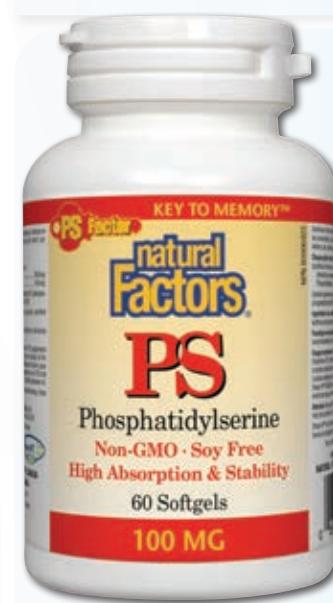
250 ML
FREE

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
39⁹⁹

BONUS



Key to memory™

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

ON SALE
27⁹⁹

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
8⁹⁹

100 caps each
NPN 80004007/3081



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



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

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PRODUCT SPOTLIGHT

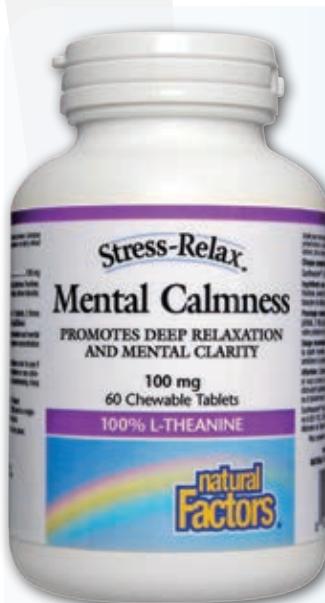


Fast-acting sleep formula

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
16⁹⁹

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
15⁹⁹

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
19⁹⁹

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
19⁹⁹

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 (BPH).

ON SALE
34⁹⁹

60 gelcaps
NPN 80028062

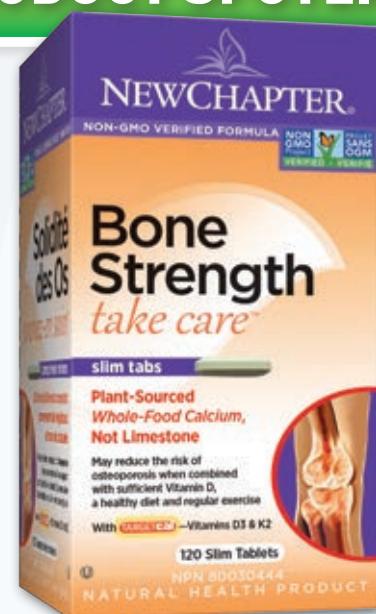


Healthy skin & immune support

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

ON SALE
6⁹⁹

100 caps
NPN 80022872

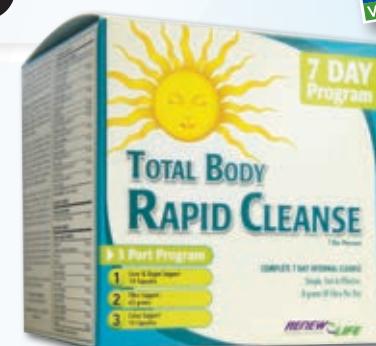


Plant-based calcium

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
39⁹⁹

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
24⁹⁹

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.

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.



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

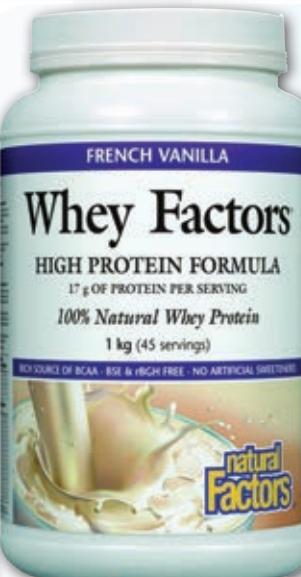
ON SALE
41.99

540 g
NPN 80040255



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
29.99

1 kg
NPN 80036925



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

ON SALE
32.99

540 g
NPN 80042229



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
33.99

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
25.49

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. vegasport.com

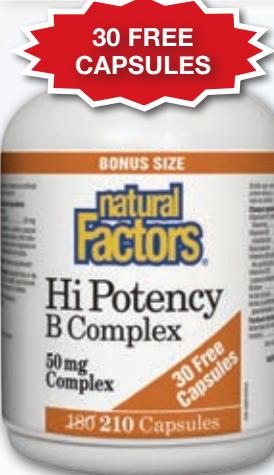
ON SALE 60 g each

2/\$6

BOX PRICE

36.00

12 x 60 g



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
18.99

210 caps
NPN 00624969

BONUS

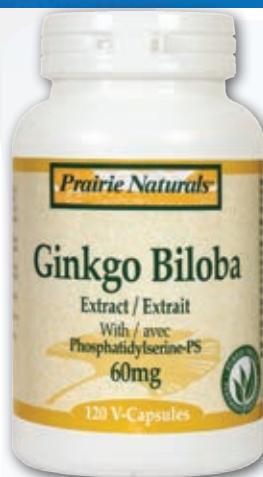


Garlic is good, Kyolic is BEST!

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

ON SALE
44.99

360 caps
NPN 80007295



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

9.99

120 V-Capsules
NPN 80029783



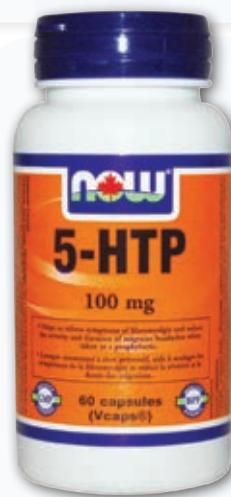
Boost your energy and vitality

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
62.99

510 - 566 g
NPN 80009137

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
22.99

60 Vcaps®
NPN 80005425



ON SALE
24.99

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.



Healthy heart support

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

ON SALE
17.99

60 gelcaps
NPN 02244583

HEALTH FIRST

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| | Open | Close |
|-----------|-------|-------|
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| 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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