

DURHAM NATURAL FOODS

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

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH
FIRST™



ON SALE
12⁹⁹

30 packets
NPN 80028231

Support your immune system

Emergen-C® contains 1,000 mg of Vitamin C, electrolytes and other key nutrients to give you a natural kick with no caffeine, artificial sweeteners or flavours. emergenc.ca

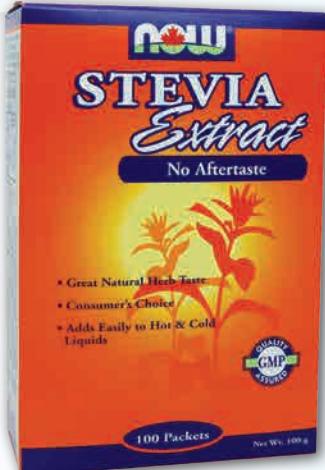


Convenient, on-the-go nutrient boost

Vega™ Energizing Smoothie is equivalent to two servings of veggies & includes 10 g of complete, plant-based protein, 5 g of fibre and 1 g of omega-3. MyVega.com

ON SALE
16⁹⁹

267 – 285 g
NPN 80034879



ON SALE
6⁹⁹

100 packets

Naturally sweet and calorie free!

NOW® Stevia is a plant extract that is 300 times sweeter than sugar but has zero carbohydrates, a zero glycemic index and zero calories.



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 80024826



What's in your kid's lunch box? Is it helping or hindering your child's ability to learn? The right foods can fuel your kid on their way to the top of their class.

READ MORE INSIDE



For growing children

Salus Kindervital is a pleasant tasting liquid supplement for children. It supplies bone and tissue building vitamins and minerals such as calcium and magnesium.

ON SALE
22⁴⁹

250 ml
NPN 80021307



Relieve your cough!

Health First® Orega-Supreme contains thyme and oregano, traditionally used for relieving coughs and bronchitis symptoms.

ON SALE
19⁹⁹

60 gelcaps
NPN 80022667

• ON SALE NOW! SEPTEMBER 6 TO 21, 2013 • HEALTHFIRST.CA •

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Gentle & non-constipating formula

Platinum easyIron® is a therapeutic formula for those that have low iron levels or are anemic. Formulated with B6 and B12 for optimal results.

ON SALE
19⁴⁹

60 Licaps®
NPN 80004932



30 FREE SOFTGELS

Support your heart & circulation

OmegaFactors® Wild Pacific Salmon Oil by Natural Factors® is rich in EFAs with a 1:1 ratio of EPA to DHA. Beneficial for heart health and blood pressure, no acid reflux or aftertaste.

ON SALE
13⁹⁹

210 softgels
NPN 80004547



100% whole food multi-vitamins

MegaFood™ One Daily Multi-vitamins ensure that your body receives concentrated whole food nourishment every day for the maintenance of good health.

Available in women's & men's formulas.

ON SALE
46⁹⁹

60 tabs
NPN 80039320



Relieve joint pain!

Health First® Joints-First is an easy-to-absorb liquid with a double-glucosamine complex and anti-inflammatory herbs to relieve osteoarthritic joint pain.

ON SALE
24⁹⁹

500 ml
NPN 80038894



Kid approved for taste! Parent approved for health!

Health First® kids'-first Multi is a delicious multi-flavoured multivitamin and mineral supplement in fun puppy-shapes for normal growth and development.

ON SALE
16⁹⁹

120 chew tabs
NPN 80007765



Delicious, on-the-go bar

Vega™ One Nutrition Bar is a delicious all-in-one, plant-based supplement, packed with vitamins and minerals, protein, fibre, omega-3, plus antioxidants, probiotics and greens. MyVega.com

ON SALE
2/\$6

BOX PRICE
36⁰⁰

63 g
each

12 x 63 g



Full spectrum healthy fats!

Health First® EFA-First™ contains a blend of omega 3, 6 and 9 essential fatty acids from fish, flax and borage sources for cardiovascular and brain health.

ON SALE
17⁴⁹

120 gelcaps
NPN 80003028



Internal deodorant

Nature's Way® Chlorofresh® Mint is a liquid chlorophyll complex extracted from premium alfalfa leaves that reduces digestive tract odors. Also available in natural flavour.

ON SALE
15⁴⁹

474 ml
NPN 01930648



Metabolism support!

Health First® B-100 Supreme contains 100 mg of the major B vitamins to metabolize carbohydrates, fats and proteins, together with the popular adaptogen Maca root.

ON SALE
14⁹⁹

60 veg caps
NPN 80024167

Healthy Tips for Back to School

Written By: Allison Tannis BSC MSC RHN
(Mother & Nutritionist)

FOOD RECALL

Your child's ability to remember the day's lesson is dependent on their iron and zinc status. Both of these important minerals have been shown to improve memory. Kid-friendly foods rich in zinc and iron include fortified breakfast cereals, chicken, hummus and soymilk.

ONE FISH, TWO FISH

One of the types of fat found in fish, called docosahexaenoic acid (DHA), has been linked to improved brain function and development. In June 2013, researchers from the University of Oxford reported that in school-aged children (ages 7-9) a low blood level of DHA was associated with poorer reading abilities. Can't get a tuna fish wrap into their lunch box without serious drama? Try various kid-friendly fish oil supplements from gummies, to capsules, to liquid smoothies.

LUNCH BOX TIPS

Make it fun – they are kids after all. Make beans a lunch box favourite by sending a fun spoon to eat them with. Make veggies exciting by using different colours, and including a dip, such as hummus. Let them slurp their yogurt – include a straw. Use colourful, small reusable containers to pack finger foods like cherries, wholegrain crackers and cubes of cheese. Let them choose – kids who pick what goes in their lunch are more likely to eat it.

START:

- Eating a green food everyday
- A daily multivitamin (and fish oil)
- Using probiotics to boost immunity



STOP:

- Drinking sugar-filled juice
- Buying processed snacks
- Using white bread, try wholegrain instead

For more great healthy back to school tips and recipes please visit healthfirst.ca.

CHILDREN'S HEALTH

STOP Lice!

Treemenda™ Lice Stop™ Kit is a lice & egg removal system using tea tree and oregano oils, along with a unique metal comb and scalp cap. Suitable for children & adults.



ON SALE
19⁹⁹

kit



25% MORE
FREE

Kids need probiotics too!

Renew Life FloraBEAR provides daily probiotic protection for your children in a delicious chewable tablet. Suitable for children 4 years and older.

ON SALE
13⁹⁹

75 chews
NPN 80020644

BONUS

NEW



Get ready for cold & flu season

Nature's Harmony® Kids Grape Chewable Moducare® is a patented blend of plant sterols and sterolins that restore, strengthen and balance the immune system.

ON SALE
21⁹⁹

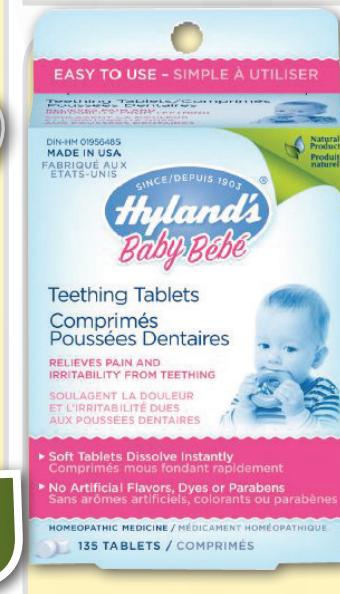
60 chew tabs
NPN 80007670

Multi-Vitamin for children

Nature's Way® Alive!® Gummies are packed with 14 vitamins and minerals and 26 fruits and vegetables in a pectin based gluten free formula. Also available in adult formulas.

ON SALE
16⁹⁹

90 gummies
NPN 80031350



Drug-free relief of teething pain

Hyland's Teething Tablets for the relief of symptoms of simple restlessness and wakeful irritability due to infant teething. Helps reduce redness and inflammation of gums.

ON SALE
10⁴⁹

135 tabs
DIN 01956485

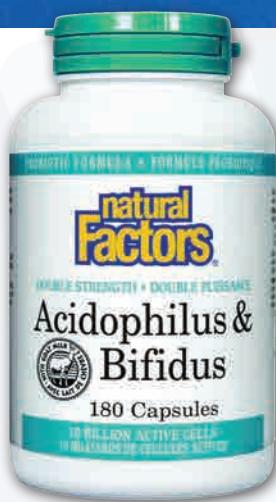


Omega-3 taste sensation

Barlean's Fish Oil Omega Swirls taste like a fruit smoothie, provide optimal levels of EPA/DHA, and are highly absorbable, helping to maintain good health.

ON SALE
32⁹⁹

454 g each
NPN 80021352

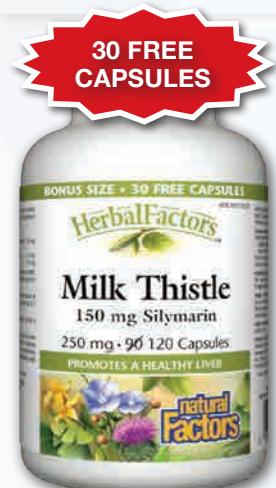


Support for a healthy gut

Natural Factors® Double Strength Acidophilus & Bifidus is a probiotic that delivers live microorganisms to restore & maintain healthy intestinal flora.

ON SALE
18⁹⁹

180 caps
NPN 80034505



30 FREE CAPSULES

Feeling sluggish?

Herbal Factors™ Milk Thistle by Natural Factors® with added dandelion and turmeric, provides superior herbal help for the liver and gallbladder.

ON SALE
17⁴⁹

120 caps
NPN 80012020

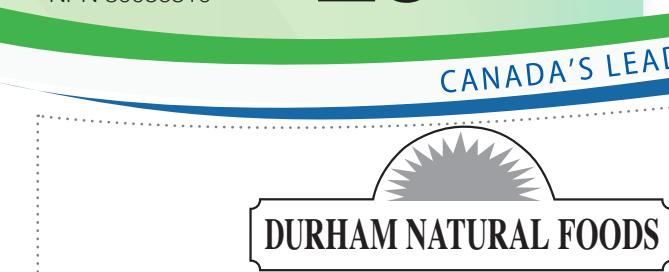


The "berry" best Vitamin C

Health First® Berry-C Supreme features non-acidic vitamin C enhanced with organic red bioflavonoids for the maintenance of good health and antioxidant support.

ON SALE
26⁹⁹

180 veg caps
NPN 80036310



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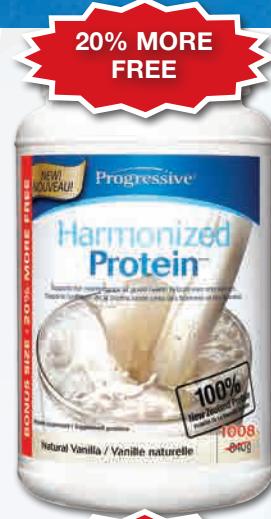


Highly absorbable liquid supplements

Prairie Naturals® B Complex Solution contains optimal levels of the B vitamins to help the body to metabolize carbohydrates, fats, and proteins.

ON SALE
29⁹⁹

500 ml
NPN 80032471



20% MORE FREE



30 FREE CAPSULES

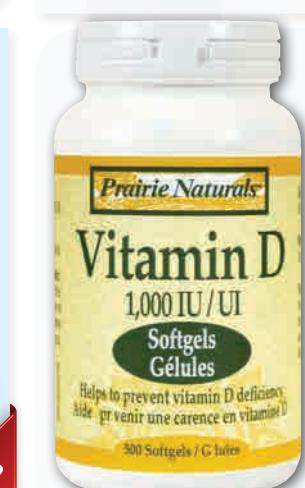


Protect your health

greens+™ multi+ is a high potency, complete multi-vitamin plus a full serving of greens+™! Powerful, proven and essential for research-proven increased energy.

ON SALE
52⁹⁹

507 - 546 g
NPN 80011817



Highly absorbable vitamin D

Prairie Naturals® Vitamin D3 Softgels are important for the proper absorption of calcium, and may offer protection against osteoporosis.

ON SALE
13⁹⁹

500 softgels
NPN 80008795



FREE FIBRESMART CAPSULES

Cleansing super duo!

Renew Life CleanseSMART works to eliminate toxic materials from the whole body improving liver and bowel function.

ON SALE
27⁹⁹

Kit + 60 caps FREE
NPN 80017882 /
80029290



HEALTH FIRST

For a full list of Health First Members, to learn more about Health First and our products visit www.healthfirst.ca

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CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

	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