

# DURHAM NATURAL FOODS

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

www.durhamnatural.com

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH  
FIRST



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**



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

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](http://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](http://MyVega.com)

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

267 – 285 g  
NPN 80034879



## 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  
**22<sup>49</sup>**

250 ml  
NPN 80021307



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

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  
**42<sup>99</sup>**

500 ml  
NPN 80024826



## Relieve your cough!

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

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

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  
**19<sup>49</sup>**

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  
**13<sup>99</sup>**

210 softgels  
NPN 80004547

BONUS



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

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  
**24<sup>99</sup>**

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  
**16<sup>99</sup>**

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](http://MyVega.com)

ON SALE  
**2/\$6**

63 g  
each

BOX PRICE  
**36<sup>00</sup>**

12 x 63 g



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

60 veg caps  
NPN 80024167



### 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  
**17<sup>49</sup>**

120 gels  
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  
**15<sup>49</sup>**

474 ml  
NPN 01930648



# 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](http://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  
**19<sup>99</sup>**

kit



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

75 chews  
NPN 80020644

BONUS



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

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  
**16<sup>99</sup>**

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  
**10<sup>49</sup>**

135 tabs  
DIN 01956485



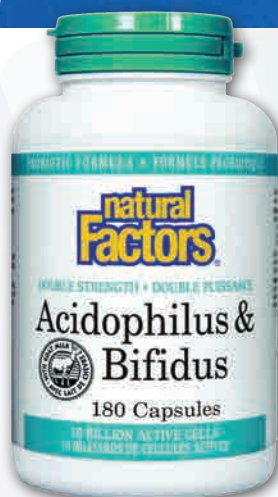
### Omega-3 taste sensation

**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  
**32<sup>99</sup>**

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**  
**18<sup>99</sup>**

180 caps  
NPN 80034505

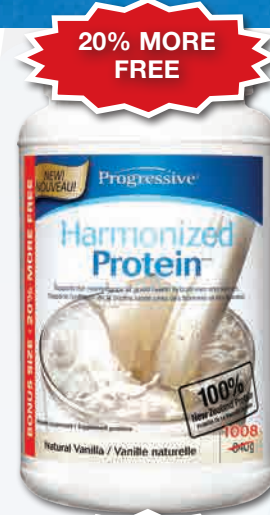


### Highly absorbable liquid supplements

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

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

500 ml  
NPN 80032471



**20% MORE FREE**

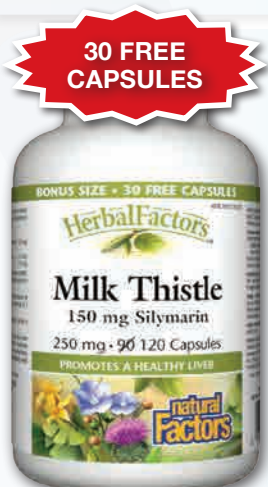
### 100% pure & natural

**Progressive® Harmonized Protein®** features 5 New Zealand proteins, known for their purity. It is a source of essential amino acids for the maintenance of good health.

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

1008 g  
NPN 80038541

**BONUS**



**30 FREE CAPSULES**

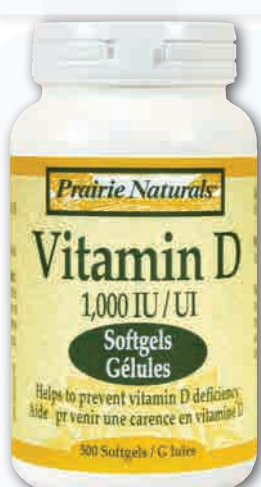
### Feeling sluggish?

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

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

120 caps  
NPN 80012020

**BONUS**



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

500 softgels  
NPN 80008795



**30 FREE CAPSULES**

### For your cardiovascular health

**SISU CoQ10** is a powerful antioxidant recognized for its ability to improve energy production in the cell and increase muscle and heart strength.

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

150 softgels  
NPN 80006266

**BONUS**



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

180 veg caps  
NPN 80036310



**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**  
**27<sup>99</sup>**

Kit + 60 caps FREE  
NPN 80017882 / 80029290

**BONUS**



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

507 - 546 g  
NPN 80011817

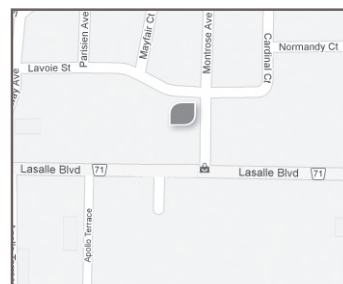
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	Open	Close
Monday	9:00	6:00
Tuesday	9:00	6:00
Wednesday	9:00	6:00
Thursday	9:00	8:00
Friday	9:00	8:00
Saturday	9:00	5:00
Sunday	12:00	5:00



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This flyer has been printed with vegetable (soy) based inks. All printing metal plates are recycled & this product is recyclable too.

