

# DURHAM NATURAL FOODS

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

www.durhamnatural.com

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH  
FIRST

What you need  
to know about

# GMOs

Learn all about **Genetically Modified Organisms (GMOs)** inside & online at [healthfirst.ca](http://healthfirst.ca).

Also, look for the butterfly throughout our flyer to easily identify **Non-GMO Project Verified Products**.



## Reset your digestion!

**Renew Life Ultimate Flora Critical Care** is a source of probiotics that delivers 50 billion beneficial bacteria to help balance your gut and enhance digestion.

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

30 veg caps  
NPN 80015173



## Every meal, every day

**Udo's Oil™ 3-6-9 Blend** is a source of omega-3, -6 and -9 fatty acids from fresh-pressed, unrefined, organic seed oils; flax, sesame, sunflower & evening primrose.

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

500 ml



## Are all multis equal?

**New Chapter® Every Woman's One Daily Multivitamin** delivers fermented whole-food nutrients with organic vegetables & herbs. Helps to maintain immune function. Also available in men's formula.

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

72 tabs  
NPN 80030701



## Healthy fat

**Heartland Gold® Organic Coconut Oil** is non-GMO and has been expeller pressed without any harmful chemicals. Coconut oil is a dairy-free alternative to butter and shortening.

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

454 g



## All-in-one nutritional shake

**Vega™ One** is a plant-based supplement, packed with key nutrients for optimal health including vitamins, protein, fibre, omega-3, probiotics & greens. [MyVega.com](http://MyVega.com)

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

850 - 876 g  
NPN 80042632



## Take the PrimeZyme digestive challenge!

**Health First® PrimeZyme** is an effective full-spectrum digestive enzyme formula that will help your digestion or you'll receive your money-back!

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

180 caps  
NPN 80034291

BONUS

• SALE DATES: OCTOBER 4 – 19, 2013 • [HEALTHFIRST.CA](http://HEALTHFIRST.CA) •

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



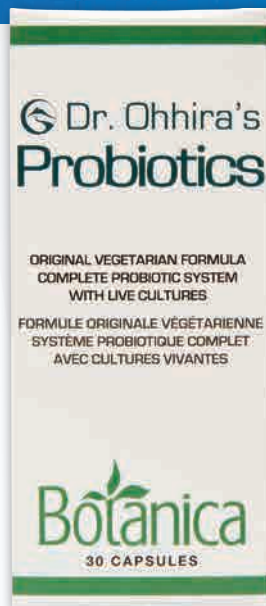


### Balance your immune system

**Botanica Immune Strength** is a unique adaptogenic compound that works to balance the immune system and is ideal for long-term use.

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

50 ml  
NPN 80028737



### Travel friendly probiotics

**Dr. Ohhira's Probiotics** by **Botanica** uses select strains to help restore the friendly bacteria necessary for optimal health.

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

30 caps  
NPN 80035598



### The most protein for the least calories

**Simply Protein Whey™** and **The Simply Bar®** are high in protein and fiber, low in calories and sugar. Gluten-free, vegetarian, kosher and non-GMO. Fill up. Naturally.

**ON SALE**  
**2/\$4**

40 g  
select varieties



### Boost your iron

**Health First® Iron-First** helps prevent iron deficiency. Formulated with the patented iron Ferrochel® for easy absorption and toleration. Vegetarian suitable.

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

60 veg caps  
NPN 80024413



### Supreme liver protection

**Health First® Liver Supreme** capsules feature Siliphos®, a milk thistle-sourced silybin Phytosome®, clinically-researched to support and protect liver function.

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

60 veg caps  
NPN 80036259



### Your inner calm. On call.

**Bach® Rescue Remedy™** provides effective stress relief, from naturally sourced ingredients, for everyday life.

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

20 ml  
NPN 80032780



### More than just calcium!

**Health First® Cal-Mag Supreme** features clinically-studied Aquamin®, an easily-absorbed plant source calcium from algae. May reduce the risk of osteoporosis.

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

120 tabs  
NPN 80024902



### Continuous vitamin C

**Health First® Vitamin C 1000 mg Timed Release** is important in the development and maintenance of bones, teeth and gums. Formulated to deliver this water-soluble vitamin over a 6-8 hour period.

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

180 caplets  
NPN 02237311



### The most natural alternative...

**Herbatint®** permanent hair colouring made from herbal extracts that covers grey hair, and free of ammonia & harsh chemicals, and gentle on the scalp.

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

each kit



## What you need to know about

# GMOs

### What are GMOs?

GMOs are plants or animals created through the gene splicing techniques of biotechnology (also called genetic engineering, or GE). This experimental technology merges DNA from different species, creating unstable combinations of plant, animal, bacterial and viral genes that cannot occur in nature or in traditional crossbreeding.

### Are GMOs safe to eat?

Most developed nations do not consider GMOs safe. In over 60 countries around the world, including Australia, Japan, and all of the countries in the European Union, there are significant restrictions or outright bans on the production and sale of GMOs. In Canada, the government has approved GMOs based on studies conducted by the same corporations that created them and profit from their sale. Increasingly, Canadians are taking matters into their own hands and choosing to opt out of the GMO experiment.

### GMO Transparency

Unfortunately, GMOs are not currently labeled in Canada. In North America, over 80% of our food contains GMOs. We want to make GMOs easy for you to identify, so you can be informed when shopping. All of the grocery items advertised in this flyer are made without GMO ingredients. When you see the butterfly logo, the item has been verified Non-GMO by the Non-GMO Project. The Non-GMO Project offers North America's ONLY third party verification for products produced according to rigorous best practices for GMO avoidance.

### Tips for avoiding GMOs:

#### 1. Buy Organic

Certified organic products cannot intentionally include any GMO ingredients. Buy products labeled "100% organic," "organic," or "made with organic ingredients."

#### 2. Look for the Non-GMO Project Logo

Become familiar with this logo and look for it on shelf talkers and product packaging to ensure the item contains no GMO ingredients.

#### 3. Avoid at-risk ingredients

If it's not labeled organic or verified Non-GMO, avoid products made with high risk GMO ingredients. For a listing of these ingredients please visit [healthfirst.ca](http://healthfirst.ca).



### Flor•Essence® is a full-body detox

**Flor•Essence® Herbal Tea Blend** contains 8 cleansing and rejuvenating herbs that encourage your body to remove toxins effectively.

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

500 ml  
NPN 80035222



### Excellent source of omega-3

**Flora™ Flax Oil** is made from certified organic, non-GMO Canadian flaxseed. An excellent source of vegetarian omega-3 essential fatty acids. Gluten-free.

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

500 ml



### Natural whole omegas

**New Chapter® Wholemega®** delivers the natural profile of 17 omega fatty acids found in Wild Alaskan Salmon. Helps support cognitive health and brain function.

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

120 softgels  
NPN 80010842



### Are you getting enough magnesium?

**Natural Calm®** is a highly absorbable, fast-acting, effective magnesium citrate dissolvable powder that may relieve symptoms of magnesium deficiency.

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

226 g  
NPN 80013188

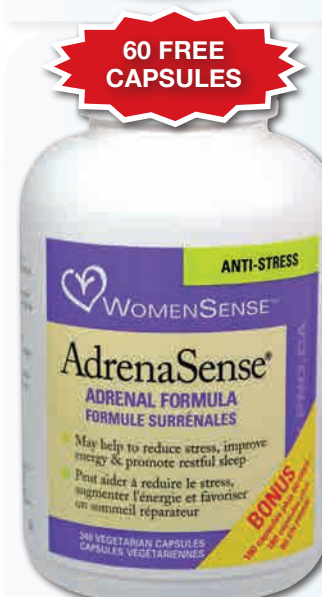


### Organic green food

**Prairie Naturals® Spirulina** fresh-water micro algae contains 60% protein! Spirulina is a source of vitamin A to help maintain eyesight, skin and immune function.

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

200 g  
NPN 80034454



### Adrenal support

**WomenSense® AdrenaSense®** helps to improve mental and physical performance after periods of mental and/or physical exertion. PNO.CA

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

240 veg caps  
NPN 80042543



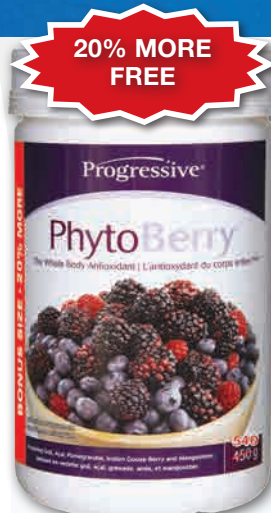


ON SALE  
**31<sup>99</sup>**

200 g  
NPN 80038282

### Green food made simple

**Prairie Naturals® Chlorella** is simply organic, broken-cell wall chlorella – nothing else! Chlorella helps improve fat metabolism and balance the immune system.



20% MORE  
FREE

### Get your fruits here!

**Progressive® PhytoBerry** features over 40 amazing ingredients to help satisfy your daily need for fruit. Combined, they provide antioxidants for the maintenance of good health.

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

540 g  
NPN 80035647



NEW  
LOOK

### Improved texture and flavour

**greens+™ extra energy** from **Genuine Health** is proven to increase energy and overall vitality. As part of our continuing evolution, check out our **NEW LOOK** in store now!

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

399 g  
NPN 80010572



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

kit  
NPN 80028759 /  
8921 / 8322

### 7 days to a healthier you!

**Renew Life Rapid Cleanse** is a 7 day total body cleansing kit that delivers results. This complete program also includes a fibre powder to support bowel health.



### Have healthy bones without that chalky taste

**LifeTime® Calcium Magnesium Citrate with Vitamin D** is easily assimilated and contains no milk or phosphorus. Essential dosage for complete bone support.

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

475 ml  
NPN 80006648



### Unique Non-GMO Lecithin

**NOW® Non-GMO Lecithin Granules** provides choline and inositol, key nutrients for brain/nerve function. Low in fat and delicious sprinkled on cereal.

ON SALE  
**13<sup>79</sup>**

454 g



GREAT  
VALUE

### Family-size vitamin D!

**Health First® Vitamin D3** gelcaps are easy-to-swallow and contain a daily dose of 1000 IU in a base of organic olive oil. Helps to prevent vitamin D deficiencies during the fall and winter seasons.

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

500 gelcaps  
NPN 80040618



### Only 1 tablet a day

**A.Vogel Menopause** contains organic fresh sage extract clinically proven to significantly reduce the number and intensity of hot flashes and night sweats. [avogel.ca](http://avogel.ca)

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

30 tabs  
NPN 80034857



### Collagen loss begins at age 21

**BioSil™** with ch-OSA is clinically proven to help promote collagen production for beautiful, youthful skin, thicker hair, and stronger nails. [PNO.ca](http://PNO.ca)

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

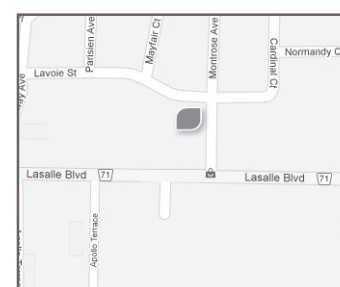
30 ml  
NPN 80005878

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.

