

DURHAM NATURAL FOODS

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

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH
FIRST

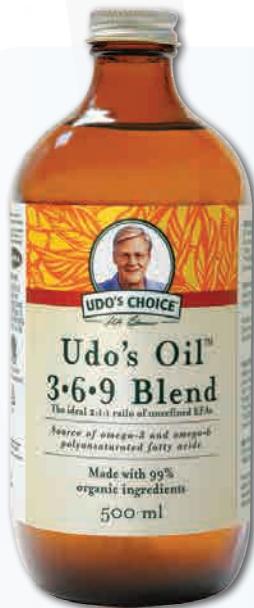


Reset your
digestion!

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
27⁹⁹

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
21⁹⁹

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
39⁹⁹

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
11⁴⁹

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

ON SALE
54⁹⁹

850 - 876 g
NPN 80042632



FREE
travel
pack

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
29⁹⁹

180 caps
NPN 80034291

BONUS

1

What you need
to know about

GMOs

Learn all about Genetically Modified Organisms (GMOs) inside & online at healthfirst.ca.

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



• SALE DATES: OCTOBER 4 – 19, 2013 • HEALTHFIRST.CA •

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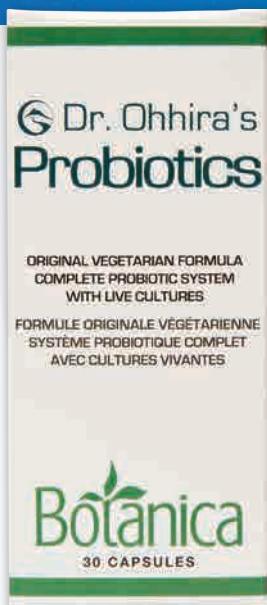


Balance your immune system

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

ON SALE
15⁹⁹

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
35⁹⁹

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

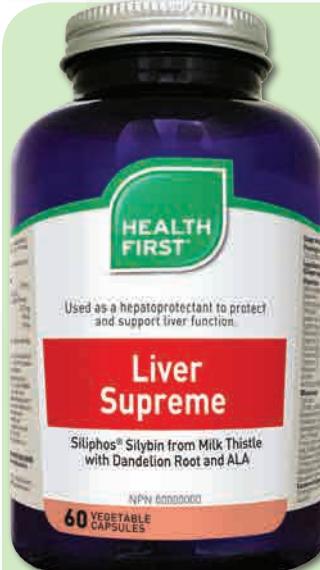


Boost your iron

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

ON SALE
11⁹⁹

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
29⁹⁹

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
12⁹⁹

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
44⁹⁹

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
15⁹⁹

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
14⁹⁹

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.

What you need to know about GMOS



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
24⁹⁹

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
11⁹⁹

500 ml

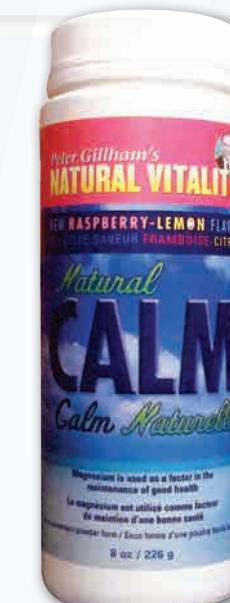


Natural whole omegas

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
34⁹⁹

120 softgels
NPN 80010842

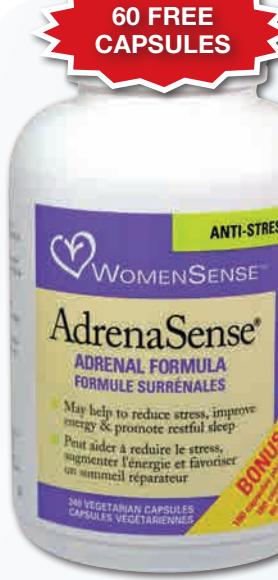


Are you getting enough magnesium?

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

ON SALE
26⁹⁹

226 g
NPN 80013188



60 FREE CAPSULES

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
21⁹⁹

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
43⁹⁹

240 veg caps
NPN 80042543

BONUS



ON SALE
31⁹⁹

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.



ON SALE
24⁹⁹

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.



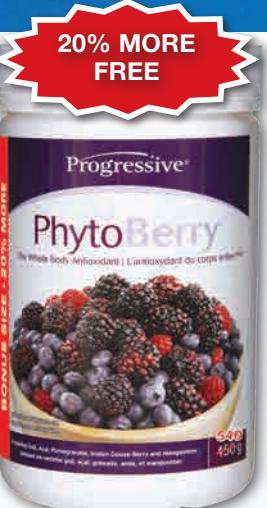
**GREAT
VALUE**

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
13⁹⁹

500 gelcaps
NPN 80040618



**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
33⁹⁹

540 g
NPN 80035647

BONUS



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
17⁹⁹

475 ml
NPN 80006648



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

ON SALE
21⁹⁹

30 tabs
NPN 80034857



**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
52⁹⁹

399 g
NPN 80010572



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
13⁷⁹

454 g



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

30 mL
NPN 80005878

ON SALE
31⁹⁹

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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



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

