

DURHAM NATURAL FOODS

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

www.durhamnatural.com

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH
FIRST



Supplements
that really
WORK!

You may have noticed an eight-digit number appearing on your supplements label. This is a Natural Product Number (NPN) that indicates your supplements are safe, effective, and of high quality.

Learn more about
NPNs inside



25%
MORE FREE



Advanced immune support

SISU Ester-C® is gentle on the stomach and stays in the white blood cells to deliver up to 24 hours of immune support and potent antioxidant activity.

ON SALE
21⁴⁹

150 veg caps
NPN 80003726

BONUS

20%
MORE FREE



Green food for great health

Progressive® VegeGreens includes land, sea & cruciferous vegetables, probiotics & EFAs and is a source of antioxidants for the maintenance of good health.

ON SALE
32⁹⁹

305 g
NPN 80034973

BONUS

GREAT
VALUE



Promotes better sleep

Natural Factors® Melatonin is a hormone that can improve sleep problems caused by stress, jet lag or shift work. Melatonin production declines with age.

ON SALE
14⁹⁹

90 + 90 tabs
NPN 80000909

BONUS



Complete, plant- based protein

Vega™ Sport Performance Protein features BCAAs and glutamine to improve strength, build & repair muscles & reduce recovery time post-workout. vegasport.com

ON SALE
52⁹⁹

810 - 947 g
NPN 80032788

GLUTEN
FREE



ON SALE
24⁹⁹

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.



Cardiovascular and brain health

Health First® Omega-First® fish oil is omega-3 rich from cold-water fish. Quality-verified by International Fish Oil Standards. www.ifosprogram.com

ON SALE
24⁹⁹

120 gelcaps
NPN 80004324

• SALE DATES: NOVEMBER 1 – 16, 2013 • HEALTHFIRST.CA •

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

GIVE YOUR SMOOTHIE A BOOST!



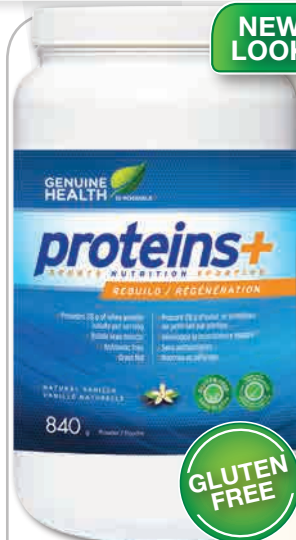
GLUTEN FREE

The Lily difference

Lily of the Desert Aloe Vera Juices, with Aloesorb™, have been clinically proven to: improve immune & antioxidant support and increase absorption of supplements.

ON SALE
9⁹⁹

946 ml
NPN 80020838



NEW LOOK

GLUTEN FREE

All-natural, great taste

proteins+ from **Genuine Health** helps increase energy, metabolism & lean muscle! Contains bio-available alpha+™ whey protein isolate, and no artificial ingredients!

ON SALE
56⁹⁹

840 g
NPN 80037046



GLUTEN FREE

Organic and gluten-free

Prairie Naturals AncientGrains Protein is a deliciously nutritious protein providing a blend of raw, enzymatically active sprouts of four organic ancient grains.

ON SALE
25⁹⁹

360 g



GLUTEN FREE

Much MORE than just fibre!

FibreSMART from **Renew Life** is the perfect everyday fibre supplement to help maintain good health, and ease constipation.

ON SALE
24⁹⁹

454 g
NPN 80029289



GLUTEN FREE

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
2/\$6

60 g each

BOX PRICE
36⁰⁰
12 x 60 g



GLUTEN FREE

Natural sugar substitute

NOW® Real Food™ Xylitol is derived from non-GMO corn. It resembles sugar in consistency and taste, but has a third fewer calories and can be used as a sugar substitute.

ON SALE
7⁹⁹

454 g



Cold sore problems?

NOW® L-Lysine 500 mg, an essential amino acid, that helps reduce recurrence, severity and healing time of cold sores. Lysine must be obtained by diet or supplements.

ON SALE
8⁴⁹

100 caps
NPN 80002648



Canada's Strongest Enzyme!

DigestMORE Ultra by **Renew Life** will help you enjoy food again. It aids in digestion by effectively breaking down the components of food.

ON SALE
29⁹⁹

60 veg caps
NPN 80037290



Super antioxidant

Natural Factors® Pycnogenol® is a powerful antioxidant for the maintenance of good health, which may help improve venous insufficiency and varicose veins.

ON SALE
22⁴⁹

60 caps
NPN 80009682



Supplements that really **WORK!**

How are Natural Product Numbers (NPNs) issued?

All Natural Health Products (NHP) must have a product license before they can be sold in Canada. To get a license, applicants must give detailed information about the product to Health Canada. Upon determining that a product is safe, effective and of high-quality, Health Canada issues a product license along with an eight-digit "Natural Product Number" (NPN) or "Homeopathic Medicine Number" (DIN-HM). These products really do what they claim!

You can search for licensed natural health products using Health Canada's Licensed Natural Health Products Database.

Health Canada has authorized over 60,000 Natural Health Products (NHPs) for sale and this number continues to grow. By September 1st, 2014, all NHPs sold in Canada will have to have a Natural Product Number (NPN) or Homeopathic Medicine Number (DIN-HM).

GMP – Feel even better about Natural Health Products

The Regulations also require all Canadian manufacturers, packagers, labellers, and importers to have site licenses and demonstrate that they meet "Good Manufacturing Practices" (GMP). These include proper standards and practices for testing, manufacture, storage, handling and distribution, plus maintenance of proper distribution records, and ready to roll product recall procedures.

What if my supplement doesn't have a **NPN**?

Some products haven't received NPNs or will not get approvals; some manufacturers will choose to withdraw from the market rather than make the effort. When this occurs to effective and safe products, it is a loss; but it's good news where questionable products or "snake-oil" leave the market.

For more information about NHPs and NPNs please visit www.hc-sc.gc.ca

To read the full article please visit healthfirst.ca.



Relief from nasal and sinus congestion

Euphorbium Comp.® Nasal Spray is an anti-inflammatory decongestant for the relief of nasal and sinus symptoms.

ON SALE
21⁹⁹

20 ml
DIN-HM 80029115



ON SALE
45⁹⁹

60 softgels
NPN 80031864

You are what you absorb!

Platinum Super EasyMulti® 45+ is designed to fight against internal and external signs of aging through its unique formulation of vitamins, minerals & nutrients. Women's and men's formulas.



Relieve BPH urinary symptoms

Health First® Prostate Protect delivers an optimal dose of phytosterols, plant oils & herbs for relieving symptoms of benign prostatic hyperplasia.

ON SALE
34⁹⁹

60 gelcaps
NPN 80028062



Healthy Glucose Metabolism

Health First® GTF Chroma-Cinn™ is a combination of chromium and cinnamon providing support for the healthy metabolism of glucose, carbs and fats.

ON SALE
7⁹⁹

90 veg caps
NPN 80025920



Cold-Defense works or your money back!

Health First® Cold-Defense main ingredient, the Indian herb andrographis, has shown to reduce common cold symptoms in clinical tests.

ON SALE
16⁹⁹

60 veg caps
NPN 80030770



Omega's and immune support

Health First® Cod Liver Oil Supreme is lemon-flavoured and rich in omega-3's. Also contains vitamins A and D, making it the ideal winter-time immune supplement.

ON SALE
19⁹⁹

250 ml
NPN 80027034



Strengthen your immune system

A.Vogel Echinaforce® is clinically proven for its antibacterial, antiviral and anti-inflammatory effects. Helps relieve cold & flu symptoms. avogel.ca

ON SALE
22⁹⁹

50 ml
NPN 00418714



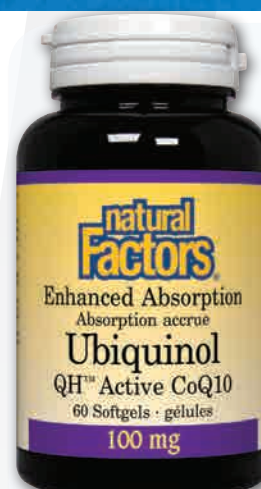
GREAT VALUE

Helps keep your bones strong!

Natural Factors® Vitamin D3 supports bone development, helps the absorption of calcium and vitamin C, and supports nervous system health.

ON SALE
12⁹⁹

180 + 180 softgels
NPN 80012364



Superior bioavailability of CoQ10

Natural Factors® Ubiquinol QH™ Active CoQ10 helps fight age-related fatigue, supports heart health and provides antioxidant protection to cells.

ON SALE
33⁹⁹

60 softgels
NPN 80028985



Guaranteed potency

Nature's Way™ Oregano Oil contains 50 mg of oregano oil with 75-85% carvacrol. Helps reduce gastro-intestinal upsets caused by parasites, bacteria, fungi or yeast.

ON SALE
21⁹⁹

60 LIQUID Vcaps™
NPN 80043798



Cholesterol too high? Take control.

Prairie Naturals® Sytrinol™ is clinically-studied to help reduce total cholesterol and improve LDL:HDL cholesterol ratio with just one capsule-a-day.

ON SALE
31⁹⁹

60 V-Capsules
NPN 80032544



30 FREE CAPSULES

Support for your lifestyle

Progressive® Active MultiVitamins for Women contain higher potencies of the key nutrients to help you stay active and live your life on-the-go. Also available in men's

ON SALE
33⁹⁹

150 veg caps
NPN 80036059



FREE MAGNIFIER

Preserve your eyesight

Health First® Vision Supreme is an antioxidant formula that helps delay the onset of age-related macular degeneration - the #1 cause of blindness in Canada.

ON SALE
19⁹⁹

50 tabs
NPN 80038311



Potent probiotic power!

Ultimate Flora Ultra Potent Probiotic by **Renew Life** delivers 100 Billion beneficial bacteria per capsule to improve digestive health and strengthen immunity.

ON SALE
42⁹⁹

30 veg caps
NPN 80040326



When you have overdone it

Traumeel® S from **Heel** is an effective treatment designed to relieve muscle pain, bruising and inflammation.

ON SALE
33⁹⁹

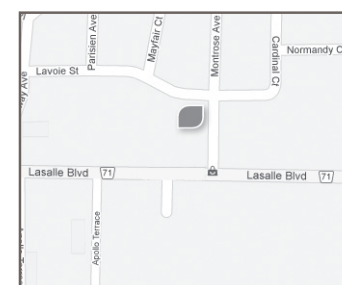
100 g
DIN-HM 80007675

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

DURHAM NATURAL FOODS

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

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.

