

DURHAM NATURAL FOODS

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

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH
FIRST™

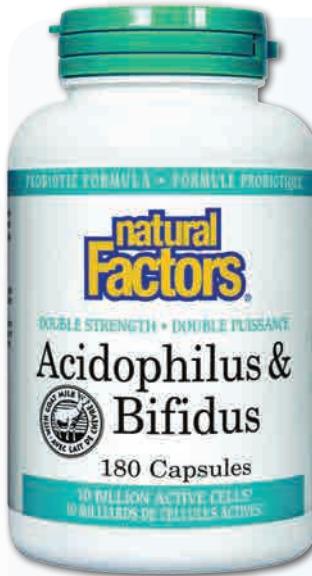


Supercharged nutrition

greens+™ whole body nutrition from Genuine Health provides total body system support with whole food ingredients and advanced fermentation. Supports mood, brain, eye, and bone health.

ON SALE
59⁹⁹

487 - 517 g
NPN 80045155



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



We all use body care products each & every day. Your skin is the largest organ in the body & it absorbs everything. But have you read the ingredients in your body care products?

Look inside for a list of ingredients to avoid & tips for buying safe & natural body care products.



Ensure you have your Bs

Natural Factors® Hi Potency B Complex is a complete combination of B vitamins that help to convert protein, carbohydrates and fats into energy.

ON SALE
18⁹⁹

210 caps
NPN 00624969

BONUS



Plant-sourced calcium – now in a liquid supplement!

Health First® Cal-Mag Supreme liquid features plant-sourced Aquamin™ calcium for reducing the risk of osteoporosis. Great tasting and easy to absorb!

ON SALE
19⁹⁹

450 ml
NPN 80042441



Garlic is good, Kyolic® is BEST!

Kyolic® Cholesterol Control with Lecithin combines Aged Garlic Extract™ and lecithin to promote heart health through cholesterol reduction.

ON SALE
44⁹⁹

360 caps
NPN 80007295



Easy to take omega 3

NutraSea® +D by Ascenta® is a balanced EPA + DHA formula with 1000 IU of Vitamin D for optimal wellness. In green apple flavour. Also available in softgels.

ON SALE
49⁹⁹

500 ml
NPN 80023758

• SALE DATES: DECEMBER 6 – 21, 2013 • HEALTHFIRST.CA •

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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

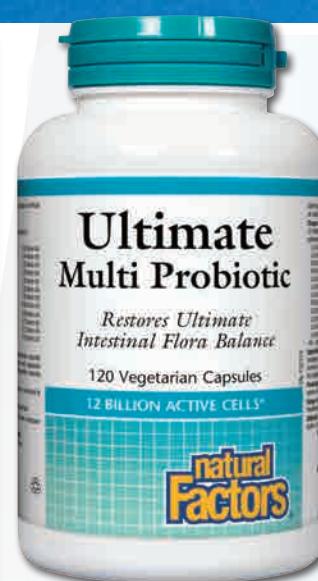


Supreme liver protection

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

**ON SALE
29⁹⁹**

60 veg caps
NPN 80036259



Restore & maintain healthy intestinal flora

Ultimate Multi Probiotic from Natural Factors® is a complete multi-purpose probiotic for men and women, teenagers to seniors.

**ON SALE
31⁹⁹**

120 veg caps
NPN 80034018



Prevent urinary tract infections

Health First® UTI Supreme contains clinically-studied UTIRose™ hibiscus with antibacterial activity shown to reduce recurrent UTI's by 77%. Also features cranberry and d-mannose.

**ON SALE
19⁹⁹**

60 veg caps
NPN 80029355

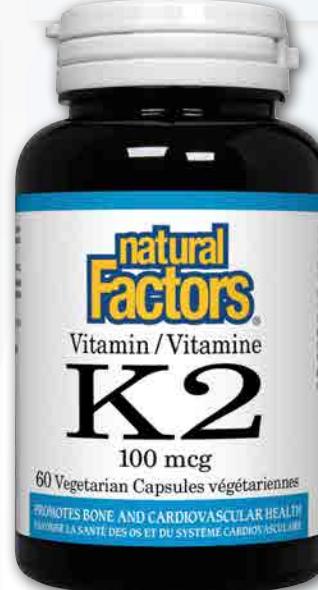


Take the PrimeZyme® digestive challenge!

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



Supports healthy bones

Natural Factors® Vitamin K2 is a fat-soluble vitamin. New research shows that vitamin K deficiency may increase risk of bone loss and arterial calcification.

**ON SALE
9⁹⁹**

60 veg caps
NPN 80030153



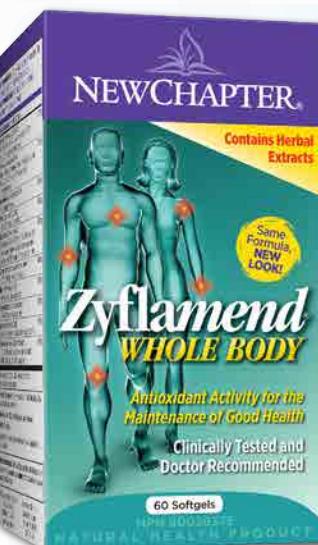
NEW LOOK

**ON SALE
62⁹⁹**

510 g - 566 g
NPN 80009137

Highly alkaline-forming

greens+™ by Genuine Health is Canada's first and only research-proven superfood formula! Just one serving daily provides over 23 plant-based essential nutrients to boost energy!



Herbal joint pain reliever

New Chapter® Zyflamend® is a full-spectrum blend of 10 remarkable herbs and is traditionally used as an anti-inflammatory to help relieve joint pain.

**ON SALE
30⁹⁹**

60 softgels
NPN 80028375



The most bioavailable curcumin

Natural Factors® CurcuminRich™ Theracurmin™ is an antioxidant for the maintenance of good health. Theracurmin is 300 x more bioavailable than regular curcumin.

**ON SALE
27⁹⁹**

60 veg caps
NPN 80027669



Ingredients to avoid in your body care products:

Parabens: Widely used in make-up ingredients, as a preservative. May interfere with hormone function, associated with breast cancer.

Triclosan: Used in anti-bacterial products, hand sanitizers, toothpastes etc. May interfere with hormone function. Harmful to fish and wildlife.

Sodium laureth sulfate, sodium lauryl sulfate: In all products that foam. Shampoos, cleansers, bubble bath etc. May contribute to cancer, liver damage, harmful to fish and wildlife.

To read the full article, please visit healthfirst.ca



GREAT VALUE

Beautiful hair

Prairie Naturals® Big Sky Tea Tree Shampoo & Conditioner provides deep, gentle cleansing action and relief from itching and dandruff. Herbal extracts leave hair shiny and manageable.

ON SALE
16⁹⁹

500 ml + 500 ml

BONUS



FREE LOTION

Protect your skin

Weleda Skin Food, is an intensively nourishing, deeply hydrating cream. It's a unique, ultra-rich, whole-body cream that deeply hydrates, restores, and protects your skin.

ON SALE
17⁹⁹

75 + 20 ml
FREE

BONUS



FREE BODY WASH

Honour your BODY... Nurture your SOUL

Aroma Crystal Therapy aromatherapy bath and body products are all natural, made with love and 100% pure essential oils.

ON SALE
23⁹⁹

180 + 250 ml
FREE

BONUS

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Tips for purchasing your body care products:

- Look for water based nail polishes, with no toluene and formaldehyde. They have natural colorants, not synthetic dyes and no noxious fumes either.
- Look for coconut surfactants in shampoos and cleaners. It is a natural foaming agent.
- Choose natural mascaras. They contain sugar biopolymers and are biodegradable.

To read the full article, please visit healthfirst.ca

Make your own body care products MAKES A GREAT GIFT!

Visit healthfirst.ca for these DIY recipes:

- Luxurious Lotion Bars • Bath Salts • Bath Bombs • Salt Exfoliator •



30 FREE CAPSULES

Men - beware of Andropause!

Brad King's Ultimate Male Energy™ promotes healthy estrogen metabolism to help address the symptoms of Andropause, including muscle loss and abdominal fat. PNO.CA

ON SALE
42⁹⁹

150 caps
NPN 80035769

BONUS

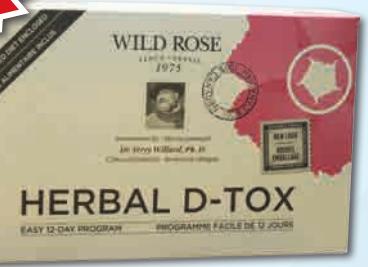


Keep your immune system strong!

St. Francis Deep Immune® has a 25 year clinical history and is a "go to" product for naturopaths across Canada. It acts to support healthy immune function and energy levels.

ON SALE
15⁹⁹

50 ml
NPN 80023936



Lose weight & feel great!

Wild Rose Herbal D-Tox is an effective 12-day program that helps support the cleansing and elimination of toxins from the body.

ON SALE
36⁹⁹

Kit
see box for NPNs

BONUS



High-potency for fast results!

SISU Tonalin® CLA supports fat loss and lean muscle gain. Helps raise metabolism by increasing the rate the body burns energy.

**ON SALE
32⁹⁹**

120 softgels
NPN 80017060



Beautiful skin, hair & nails

BioSil™ with ch-OSA is clinically proven to help promote collagen production for beautiful youthful skin with fewer wrinkles, thicker hair, and stronger nails. PNO.CA

**ON SALE
31⁹⁹**

30 ml
NPN 80005878



30 FREE SOFTGELS

Love your hair!

Prairie Naturals® Hair-Force synergistically combines 22 naturally-sourced nutrients recognized for their role in restoring, healing and nourishing hair. Create beautiful, healthy hair from within.

**ON SALE
42⁹⁹**

210 softgels
NPN 80025524

BONUS



Tired of being tired?

Floradix® from **Salus** is an easily absorbed plant-based liquid iron gluconate. Floradix® quickly helps reduce fatigue and restore vitality. Get the iron you need!

**ON SALE
35⁹⁹**

500 ml
NPN 02242012

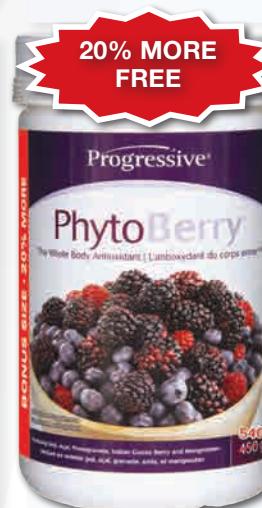


Balance. Invigorate. Energize.

Maca from **Vega™** is a certified organic extract which regulates and restores ideal hormonal balance in both women & men.

**ON SALE
32⁹⁹**

120 vegicaps
NPN 80031919



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 80036256

BONUS



Supreme cardio support

Health First® Ubiquinol Supreme contains QH™, the active antioxidant form of coenzyme Q10, plus ALA. More easily absorbed by the body than regular Q10.

**ON SALE
36⁹⁹**

60 gelcaps
NPN 80026922



A different vitamin D

NOW® Vitamin D3 1000 IU is a highly absorbable softgel in a unique soy-free carrier of olive oil making it an ideal factor in maintaining good health.

**ON SALE
7⁹⁹**

180 softgels
NPN 80003199



Whole food multi-vitamins

MegaFood™ Women Over 40™ **One Daily** multi-vitamins provide your body with whole food nourishment for the maintenance of good health. Also available in men's formula.

**ON SALE
28⁹⁹**

30 tabs
NPN 80031904

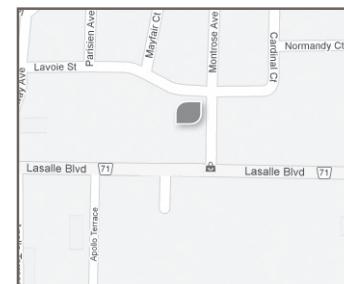
HEALTH FIRST

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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

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NOT ALL PRODUCTS SHOWN ARE AVAILABLE AT ALL HEALTH FIRST NETWORK® STORES.