

DURHAM NATURAL FOODS

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

www.durhamnatural.com

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH FIRST™



Naturally low in caffeine

Waist Away® Green Coffee Bean provides the recommended purity and potency of Chlorogenic Acid. It also provides antioxidants for the maintenance of good health.

ON SALE
29⁹⁹

90 caps
NPN 80036708



ON SALE
49⁹⁹

240 gelcaps + 60 FREE
NPN 80004324

BONUS

Support cardiovascular health!

Health First® Omega-First® fish oil is tested for potency, purity and safety by International Fish Oil Standards (IFOS). ifosprogram.com

RESOLUTION Makeover

How to make realistic resolutions & attain them



Are all multis equal?

New Chapter® Every Woman's One Daily Multivitamin takes a whole-food approach, delivering fermented whole-food nutrients from organic vegetables & herbs for the maintenance of good health.

ON SALE
43⁹⁹

48 tabs
NPN 80030701



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

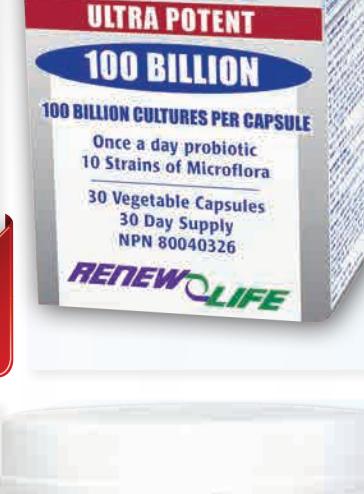


All-in-one nutritional shake

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



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



Naturally sweet and calorie free!

NOW® Better Stevia is a plant extract that is 300 times sweeter than sugar but has zero carbohydrates, a zero glycemic index and zero calories.

ON SALE
6⁹⁹

100 packets



ON SALE
22⁴⁹

300 g
NPN 80035260

Support heart health

Medi-C Plus™ from W. Gifford-Jones, MD combines vitamin C & L-Lysine to build collagen. Collagen strengthens coronary cells to support cardiovascular health.

• SALE DATES: JANUARY 3 - 18, 2014 • HEALTHFIRST.CA •

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1™



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



Winter time stress support

Health First® Vitamin B-50 Complex contains 50 mg/mcg of the major B vitamins to help metabolize carbohydrates, fats and proteins.

ON SALE

23⁹⁹

240 caps
NPN 2246884



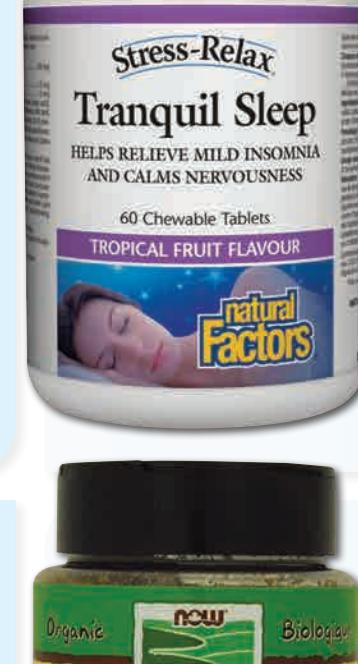
Healthy weight loss

Natural Factors® Tonalin CLA stimulates muscle metabolism thereby increasing lean muscle mass and decreasing body fat.

ON SALE

21⁹⁹

120 softgels
NPN 80015976



Fast-acting sleep formula

Natural Factors® Tranquil Sleep contains Suntheanine®, 5-HTP, and melatonin to help you fall asleep, stay asleep, and wake up refreshed. Non habit-forming.

ON SALE

16⁹⁹

60 chew tabs
NPN 80016397



Powerful antioxidant

NOW® Astaxanthin is a naturally occurring carotenoid that plays a key role in protecting against UV rays & oxidative damage and supporting eye health.

ON SALE

20⁹⁹

60 veggie softgels
NPN 80023504



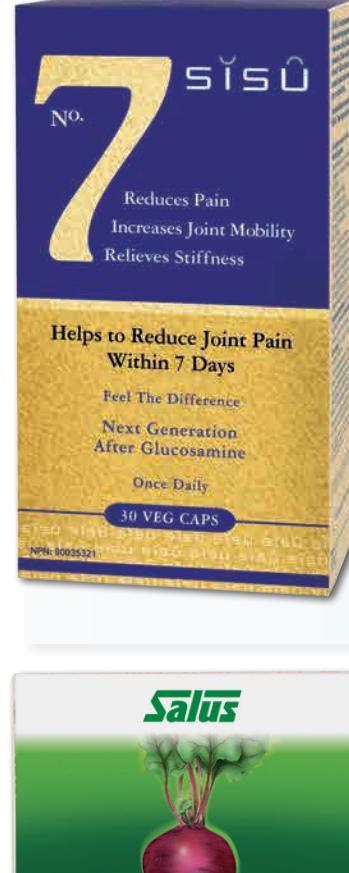
Powerful food fortifier

NOW Real Food® Rawsome boosts food's nutrient value from a blend of sprouted seeds, fruits and vegetables. Perfect for kids too. Easy to use, just add to foods.

ON SALE

17⁹⁹

237 g



Helps reduce joint pain in 7 days

SISU No.7 helps relieve joint pain and stiffness, and increases mobility in as little as 7 days, including in people with osteoarthritis.

ON SALE

19⁹⁹

30 veg caps
NPN 80035321



Maintain good health

SISU Magnesium is in an easy-to-swallow vegetarian capsule providing 250 mg elemental magnesium to support heart health and help to maintain proper muscle function.

ON SALE

12⁹⁹

125 veg caps
NPN 80008848



Naturally sweet tasting

Salus® Red Beet Crystals from the juice of freshly pressed certified organic beets blend well with fruit smoothies, juices, soup, cereals and other dishes.

ON SALE

18⁹⁹

200 g



Hormone imbalance?

WomenSense™ EstroSense® is recommended by health care professionals to help support a healthy liver and reduce symptoms of hormone imbalance. PNO.CA

ON SALE

53⁹⁹

150 veg caps
NPN 80035630



Highly absorbable liquid supplements

Prairie Naturals® Solutions provide a highly absorbable liquid alternative to pills and powders. Bone Solution 2:1 features calcium, magnesium and vitamin D bound to water to help maximize absorption. Bone Solution 2:1 may reduce the risk of developing osteoporosis and regulates muscle & nerve function. B Complex Solution contains optimal levels of the B vitamins, to reduce stress quickly, promote energy and lift mood.

ON SALE

29⁹⁹

B Complex Solution
500 ml / NPN 80032471

ON SALE

23⁹⁹

Bone Solution 2:1
500 ml / NPN 80023795

RESOLUTION Makeover

Research-backed Ways to a Successful Resolution

The worst thing about resolutions is that gut-wrenching, head-hanging disappointment when you don't succeed. And, for over 88% of us we'll have these depressing feelings by month's end, according to a 2007 survey by psychologist Richard Wiseman of the University of Hertfordshire. But, not this year! This year is your year for success – here's how.

JUST ONE • • •

Drop that pen. Resist that urge to make a list of resolutions for 2014 – just pick one. When you ask your brain to focus on too many things it loses willpower. When the prefrontal cortex in the brain is required to remember more items, it has less energy to focus on willpower, making it harder to adhere to your numerous resolutions. By focusing on just one resolution your brain can maximize its willpower and thus give you more likelihood of success in your resolution.

THINK SMALL • • •

Be realistic with your resolution. Setting a large, unattainable resolution is not only a recipe for failure, but can leave you feeling beaten and unconfident. By choosing a habit changing resolution, something you could do in less than 2 minutes a day, you'll enjoy feelings of triumph and satisfaction. For example, instead of pledging to lose weight, resolve to replace your morning scone with an apple, or take the stairs at work instead of the elevator.

SAY IT OUT LOUD • • •

Decided on a resolution? Great! Now, let's get started. First, write it down and tape it on the fridge or tell a friend. Being accountable to your resolution helps you feel motivated to succeed.

REALISTIC RESOLUTIONS

Doomed Resolution: Lose weight.

Attainable Resolution: Replace morning scone with an apple. Take the stairs instead of the elevator.

Doomed Resolution: Stop smoking.

Attainable Resolution: Skip the cigarette before breakfast.

Doomed Resolution: Eat healthier.

Attainable Resolution: Take a daily probiotic.

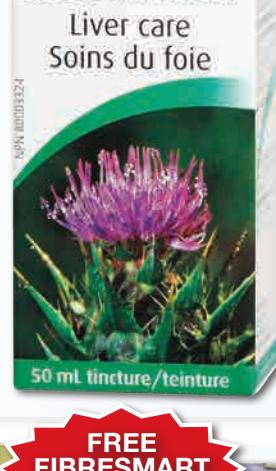
Eat vegetarian once a week.

STAY MOTIVATED • • •

You can do it! You are naturally programmed to want to succeed. According to social psychologist Tory Higgins, author of *Beyond Pleasure and Pain: How Motivation Works* (Oxford 2011), humans are willing to give up pleasure and take on pain in order to be more effective, better people. But, if you don't think this internal motivation will be enough, perhaps a little external motivation will help. Try setting weekly goals to allow for frequent chances to give yourself a pat-on-the-back. Or, try rewards. For example, motivate yourself with the reward of a piece of decadent chocolate cake if you complete a week of healthy eating. Or, maybe you'll find motivation in a new pair of yoga pants once you complete your resolution to be more active. Whatever it is, find something that'll keep you motivated.

BELIEVE YOU CAN DO IT • • •

By setting just one small, realistic resolution to live healthier and happier, you can roll into next month holding your head high and enjoy feeling self-confidence and accomplishment. Enjoy!



Stormy digestion?

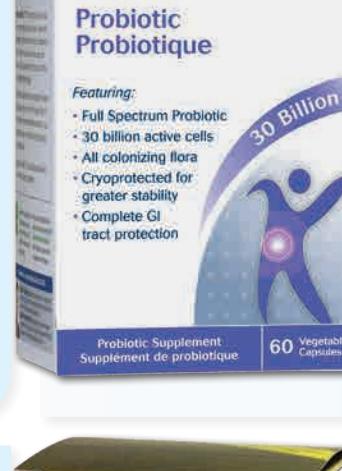
A.Vogel Milk Thistle acts at the enzymatic level to detoxify the liver and regenerate liver cells. It treats disorders of the liver, spleen and gall bladder.

ON SALE

14⁴⁹

50 ml

NPN 80003324



Full spectrum probiotic

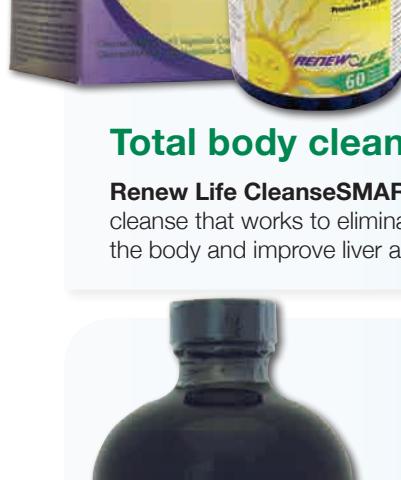
Progressive® HCP®30 provides 30 billion active cells from only human probiotic strains. They offer complete GI tract protection and contributes to a natural healthy gut flora.

ON SALE

24⁹⁹

60 veg caps

NPN 80030356



Total body cleansing

Renew Life CleanseSMART is a 30 day, total body cleanse that works to eliminate toxic materials from the body and improve liver and bowel function.



Inflammation doesn't stand a chance!

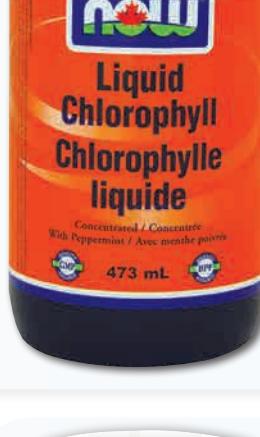
Norwegian Gold Ultra EPA by **Renew Life** delivers 1000mg of EPA in each capsule to reduce inflammation and support cardiovascular health.

ON SALE

25⁹⁹

30 softgels

NPN 80045180



Green and clean

NOW® Liquid Chlorophyll from alfalfa is nutrient-rich with added natural mint flavour for a fresh taste. Known as an internal deodorizer from nature.

ON SALE

14⁹⁹

473 ml



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

19⁴⁹

60 Licaps®

NPN 80099170

PRODUCT SPOTLIGHT



USDA Organic Certified

Himalaya™ Garcinia supports long-term weight control as part of a regular diet and exercise lifestyle. It supports emotional eating through the release of serotonin. This product is 100% vegan and is the only Organic Garcinia in the market. It can even be dissolved in tea!

60 caplets

NPN 80037875

ON SALE

15⁹⁹

30 FREE CAPSULES

Support for your lifestyle

Progressive® Active MultiVitamins for Women & Men contain higher potencies of the key nutrients to help you stay active and live your life on-the-go.

ON SALE

33⁹⁹

150 veg caps
NPN 80036059

BONUS



Cold-Defense works or your money back!

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

ON SALE

33⁹⁹

60 veg caps
NPN 80030770



Live Life in Bold

Choose the **greens+** formula from **Genuine Health** to change the way your body is nourished to maintain, sustain and amplify your health! Whether you are looking to build energy, live a vegan lifestyle, or simply change the way you enrich your body through fermented botanicals there is a **greens+** formula just for you.

ON SALE

63⁹⁹

Vegan greens+ O
456 g - 526 g
NPN 80033723

ON SALE

52⁹⁹

greens+ extra energy
399 g - 455 g
NPN 80010572



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.



The health science of pain relief

Traumeel® S is scientifically proven to regulate inflammation, relieve pain and accelerate healing.

ON SALE

33⁹⁹

100 g
DIN-HM 80007675



Cold medicine you'll look forward to taking

A. Vogel Echinaforce® Extra Hot Drink is made with the same fresh Echinacea as our regular Echinaforce line. Clinically proven to reduce the duration and severity of cold and flu symptoms.

ON SALE

11⁴⁹

100 ml
NPN 00418714



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

21⁹⁹

60 caps
NPN 80009682



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

ON SALE

12⁹⁹

30 packets
NPN 80028231



Mixes easily and tastes great

Natural Factors® Whey Factors® is ideal for people of all ages & activity levels to help maintain existing lean muscle mass and help build & repair body tissue.

ON SALE

29⁹⁹

1 kg
NPN 80036925



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

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Open

9:00

9:00

9:00

9:00

9:00

12:00

Close

6:00

6:00

8:00

8:00

5:00

5:00

Mayfield

Montrose

Normandy Ct

Lasalle Blvd

Lasalle Blvd

Montrose

Mayfield

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