

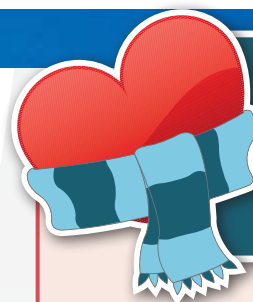
DURHAM NATURAL FOODS

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

www.durhamnatural.com

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH
FIRST



Warm your heart!

Take care of your heart this season and ensure the beat goes on!

Look inside for surprising facts about your heart, and what you can do to prevent heart disease.

BUY 1
GET 1 FREE



The better vitamin C™

SISU Ester-C® 600 is a unique, non-acidic form of vitamin C with advanced immune-supporting properties.

MSRP 29⁹⁹

120 veg caps +
120 FREE
NPN 80003726

**WHILE
SUPPLIES
LAST**

BONUS

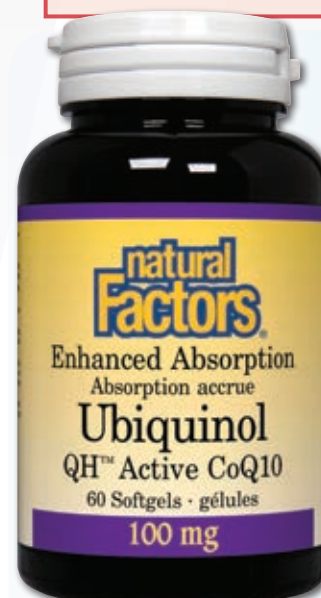


Balance your gut!

Ultimate Flora Critical Care from **Renew Life** provides 50 billion cultures per capsule. It works to improve digestive health in a convenient once daily dose.

**ON SALE
27⁹⁹**

30 veg caps
NPN 80015173



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
31⁹⁹**

60 softgels
NPN 80028985

GREAT
VALUE



Prevent vitamin D deficiency

Health First® Vitamin D Supreme uses Bioperine® for increased vitamin D absorption. Studies show Canadians should increase vitamin D consumption from October to April.

**ON SALE
17⁹⁹**

180 + 180 tabs
NPN 80030915

BONUS



Garlic is good, Kyolic is BEST!

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

**ON SALE
44⁹⁹**

360 caps
NPN 80007295



**ON SALE
12⁹⁹**

500 g

Whole food goodness

NOW® Chia Seed is a whole food source for omega-3 fatty acids, antioxidants, protein, and is naturally high in dietary fibre.

• SALE DATES: FEBRUARY 7 – 22, 2014 • HEALTHFIRST.CA •

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Relieve your cough!

Health First® Orega-Supreme contains thyme and oregano, traditionally used for relieving coughs and bronchitis symptoms.

ON SALE
14⁹⁹

15 ml
NPN 80024351



Everyday wellness support!

Health First® Multi-First® formula is a complete daily supplement ideal for maintaining everyday wellness.

ON SALE
29⁹⁹

180 veg caps
NPN 80023409



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
14⁴⁹

50 ml
NPN 00418714



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



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



Honour your BODY... Nurture your SOUL

Aroma Crystal Therapy all-natural skin care line is formulated with pure essential oils for broad spectrum and award-winning results.

ON SALE
20% OFF



Prevents 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 & d-mannose.

ON SALE
19⁹⁹

60 veg caps
NPN 80029355



Convenient & affordable multi-vitamins

MegaFood™ Women's One Daily Multivitamin ensures that your body receives whole food nourishment for the maintenance of good health. Also available in men's formula.

ON SALE
46⁹⁹

60 tabs
NPN 80033496



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

ON SALE
31⁹⁹

30 ml
NPN 80005878



Warm your heart!

Fact: 9 in 10 Canadians have at least one risk factor for heart disease or stroke

Thus, it's not surprising to learn that about 10% of Canadians are hospitalized for heart disease each year. Are you at risk? Physical inactivity, obesity, high blood pressure and cholesterol put you at a higher risk of heart disease.

What can you do about it?

Fact: Prevention efforts, along with drug and medical procedures, have helped to decrease the rate of heart disease by 75%. Some of the easiest ways to prevent heart disease are changing some simple food choices, taking a supplement, and taking time to reduce stress and be active.

Taking the first step

Only 15% of adults meet recommended goals of 150 minutes/week of moderate - to vigorous - intensity physical activity. The least active group are adults ages 60-79. Being active helps strengthen the heart muscles, improving cardiovascular health. It also helps with weight management, another risk factor for heart disease.

Risk Factors for Heart Disease:

- ♥ Physical inactivity
- ♥ Obesity
- ♥ High blood pressure
- ♥ High cholesterol
- ♥ Diabetes
- ♥ Smoking
- ♥ Alcohol



Facts:

- Approximately 10% of Canadians are hospitalized for heart disease each year.
- Prevention efforts have helped to decrease the rate of heart disease by 75%.
- Every 7 minutes a Canadian dies of heart disease or stroke.
- High blood cholesterol is prevalent in 40% of Canadians.

For more heart healthy tips, please visit healthfirst.ca.



Maintain good health

Vitamost® FLW® is designed to help support cardiovascular health with protective antioxidants. Going strong for 20+ years with an original formula for optimum digestion & nutrient utilization.

ON SALE
65⁹⁹

300 tabs
NPN 01963872



NEW

Plant-based daily foundation

Progressive® VegEssential™ All in One is an alkaline-forming, whole-food, drawing on almost 100 plant-based ingredients to deliver a broad spectrum of micro & macro nutrients.

ON SALE
52⁹⁹

840 g



60 CAPSULES
FREE

Cholesterol too high? Take control.

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

ON SALE
37⁹⁹

60 + 60 FREE V-Capsules
NPN 80032544



ON SALE
6⁹⁹

30 softgels
NPN 80037765

Clear sinus congestion and soothe sore throats

Natural Factors® Echinamide® Quick Blast is made from organic echinacea purpurea grown in Canada's Okanagan region, combining eucalyptus, peppermint, menthol and lemon in a base of echinamide and honey!

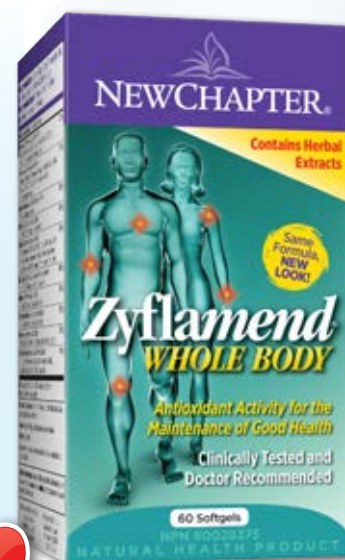


High potency fish oil with vitamin D!

Norwegian Gold Super Critical Omega from **Renew Life** is ideal for supporting cardiovascular health and brain function in as little as one capsule per day.

ON SALE
23⁹⁹

30 softgels
NPN 80033237



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



Complete, plant-based protein

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

ON SALE
52⁹⁹

810 - 947 g
NPN 80032788



Plant-based daily foundation

Progressive® VegeGreens™ contains over 60 nutritious ingredients, ranging from land, sea, & cruciferous vegetables, probiotics, EFAs and more.

ON SALE
32⁹⁹

305 - 315 g
NPN 80034973



Easy to take omega 3

NutraSea® Omega 3 + D 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
19⁹⁹

200 ml
NPN 80024862



Weight loss... simplified!

Renew Life Simply Trim helps you manage your weight delivering a therapeutic dosage of Svetol™, the most researched green coffee bean extract in the world.

ON SALE
28⁹⁹

60 caps
NPN 80040639

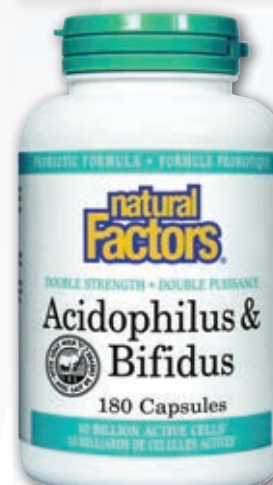


Keep calcium where it belongs

Natural Factors® Vitamin K & D features vitamin K2 which when combined with vitamin D3 synergistically work together to develop and maintain healthy bones & teeth.

ON SALE
23⁹⁹

60 softgels
NPN 80005016



Support for a healthy gut

Natural Factors® Acidophilus & Bifidus is a probiotic that delivers live microorganisms to restore & maintain healthy intestinal flora.

ON SALE
18⁹⁹

180 caps
NPN 80034505



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



Improve energy and stamina

Brad King's Ultimate Maca Energy™ is a nutrient-rich superfood that is ideal for busy moms, stressed out executives, athletes, and active individuals.

ON SALE
26⁹⁹

180 + 60 veg caps
NPN 80032503



All natural pain relief

Genuine Health Fast arthritis pain relief+ is for fast, effective pain relief, increasing joint mobility and space lost from arthritis. It also helps to build cartilage and provide nutrients to your joints.

ON SALE
37⁹⁹

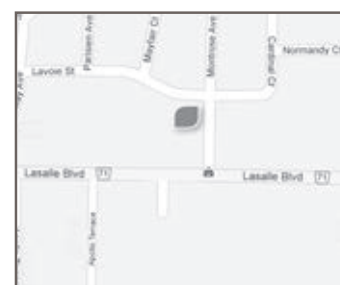
60 veg caps
NPN 80041066

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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



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