

DURHAM NATURAL FOODS

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

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH
FIRST™



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

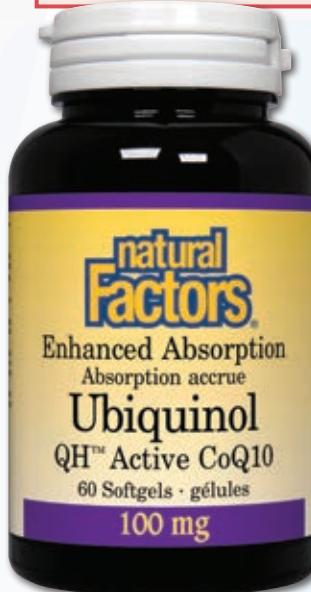
WHILE
SUPPLIES
LAST



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



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



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



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.

ON SALE
12⁹⁹
500 g

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.



• 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.



60 CAPSULES
FREE



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



ON SALE
6⁹⁹

30 softgels
NPN 80037765

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

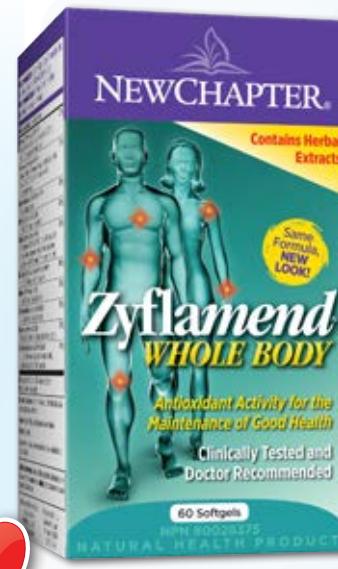
60 + 60 FREE V-Capsules
NPN 80032544



BONUS

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!



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



20% MORE FREE

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

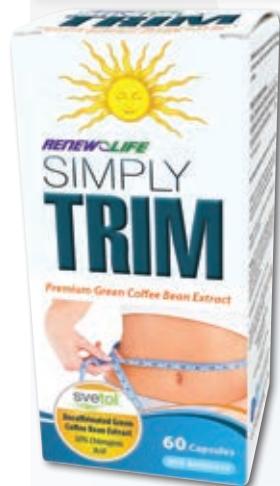


Easy to take omega 3

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

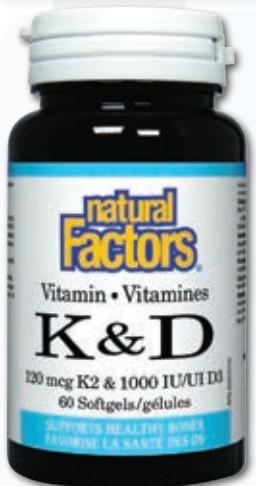


Weight loss... simplified!

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

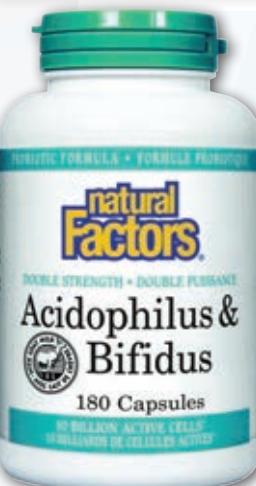


Keep calcium where it belongs

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



60 CAPSULES FREE

180 + 60 veg caps
NPN 80032503

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**

BONUS



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

HEALTH FIRST



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

	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.

