

DURHAM NATURAL FOODS

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

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH
FIRST™



Organic Greens

Prairie Naturals® Spirulina is designed to purify, cleanse and detoxify your body.

ON SALE
21⁹⁹

200 g / NPN 80034454
Wheat Grass - **35⁹⁹**
150 g



Soothing and relaxing

NOW® Lavender Oil has a calming and balancing effect. Add a few drops to a diffuser in your bath or on your skin.

ON SALE
8⁹⁹

30 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.

ON SALE
54⁹⁹

829 g - 876 g
NPN 80042632



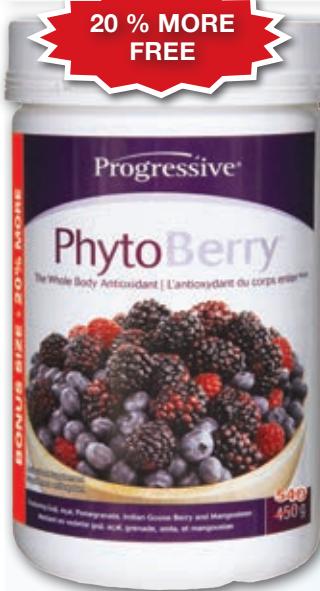
NEW

Plant-sourced calcium – now in liquid form!

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

ON SALE
19⁹⁹

450 ml
NPN 80042441



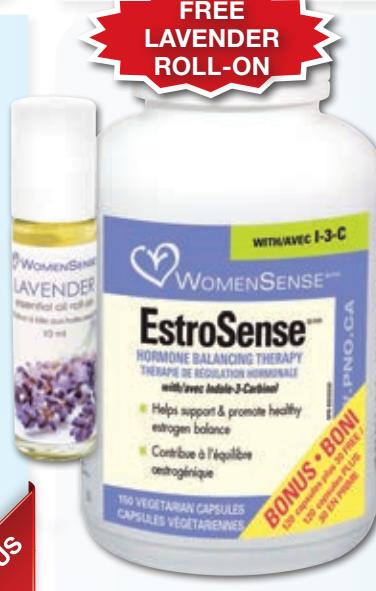
20 % MORE
FREE

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 80035647



FREE
LAVENDER
ROLL-ON

No more PMS ...

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

ON SALE
53⁹⁹

150 veg caps +
FREE Lavender roll-on
NPN 80035630

BONUS

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

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MEATLESS MONDAY



Meatless Monday is an initiative to encourage people to eat less meat to better their health and the environment.

Look in-store for our recipe card.



High-potency care for your colon

Renew Life Ultimate Flora Colon Care delivers 80 billion probiotics from 10 strains that specifically benefit colon health.

**ON SALE
39⁹⁹**

30 veg caps
NPN 80040846



Your inner calm. On call.

Bach® Rescue Remedy™ provides effective stress relief from naturally sourced ingredients for everyday life.

**ON SALE
12⁹⁹**

20 ml
NPN 80032780



30 FREE CAPSULES

Support your metabolism and relieve stress

SISU B-Calm with Rhodiola supports overall health, particularly in people under physical or mental stress.

**ON SALE
25⁹⁹**

150 veg caps
NPN 80028518

BONUS



Kid approved for taste! Parent approved for health!

Health First® Kids'-First Multi is a delicious multi-flavoured multivitamin and mineral complex in fun puppy-shapes that aides in normal growth and development.

**ON SALE
16⁹⁹**

120 chewable tablets
NPN 80007765



Men - beware of andropause

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

**ON SALE
41⁹⁹**

120 caps
NPN 80035769



30 FREE SOFTGELS

**ON SALE
17⁹⁹**

150 softgels
NPN 80004387

BONUS



Gentle on an empty stomach

New Chapter® Perfect Prenatal™ provides organic herbs and whole-food complexed vitamins and minerals working together to promote a healthy pregnancy and baby.

**ON SALE
62⁹⁹**

192 tabs
NPN 80026580



**ON SALE
45⁹⁹**

60 softgels
NPN 80028728



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

MEATLESS MONDAY

RECIPE CARD
IN-STORE

One day a week, cut out the meat. Why you ask? One day is about 15% of a week – the exact percentage of saturated fat (found in animal products) that should be lowered in our diet according to the Surgeon General.

Meatless Health Benefits

Going meatless is easy on your body. Nutrition experts have been encouraging us for years to cut down on how much saturated fat and cholesterol we eat and to increase our consumption of plant-based foods.

Meatless meals may lower your risk of some diseases. In 2012, British researchers reviewed evidence for vegetarian diets and reported both were linked with a lower risk of coronary heart disease and type 2 diabetes.

Quick Meatless Swaps

When going meatless it is important to seek out certain key nutrients in meatless alternatives to avoid any nutrient deficiencies.

Calcium: Swap dairy products for fortified dairy-free milks (soy, rice, almond), which contain about the same amount of calcium as dairy. Calcium is also found in beans, nuts, seeds and green leafy vegetables.

Protein: Swap your meat-based protein for these protein-rich plant-based foods: beans, whole grains, seeds and nuts.

Environmental Impact of a Meatless Day

According to experts, getting meat onto your plate takes a toll on the environment. The United Nation's Food and Agriculture Organization estimates that one-fifth of the man-made greenhouse gas emissions are generated by the meat industry.

Going meatless doesn't mean you have to be a vegetarian. Experts have shown that even just as little as adopting Meatless Monday's into your lifestyle has many healthy benefits to your body and the environment. Not sure where to start your meatless menu? Look for our Meatless Monday recipe card in-store.

For great recipes and meatless tips, visit healthfirst.ca.



Excellent source of omega-3

Flora Flax Oil is made from certified organic, non-GMO Canadian flaxseed. Gluten-free and vegetarian, Flora Flax Oil is an excellent source of omega-3 essential fatty acids.

ON SALE
11⁹⁹

500 ml

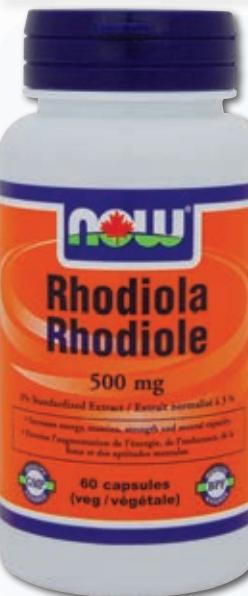


Fresh coconut smell and taste

Nature's Way® Liquid Coconut Premium Oil is made from pure, expeller pressed non-gmo coconuts and does not harden because of higher MCT content.

ON SALE
23⁹⁹

600 ml



Stress less!

NOW® Rhodiola possesses the ability to increase the body's capacity to adapt to stressful conditions.

ON SALE
18⁹⁹

60 veg caps
NPN 80036180



Relieve joint pain!

Health First® Joints-First is an easy-to-absorb liquid with a double-glucosamine complex and anti-inflammatory herbs to relieve osteoarthritic joint pain.

ON SALE
24⁹⁹

500 ml
NPN 80038894



Boost your iron levels

Health First® Iron-First helps prevent iron deficiency. Formulated with the patented iron Ferrochel for easy absorption and toleration. Vegetarian suitable.

ON SALE
11⁹⁹

60 veg caps
NPN 80024413

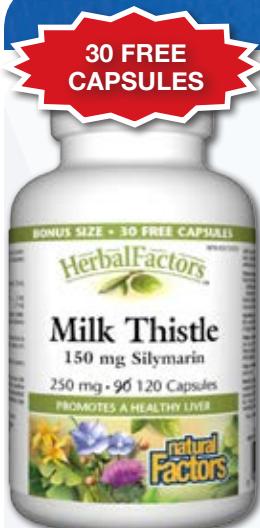


Continuous vitamin C

Health First® Vitamin C 1000mg timed release is important in the development and maintenance of bones, teeth and gums. Formulated to deliver this water-soluble vitamin over a 6-8 hour period.

ON SALE
15⁹⁹

180 caps
NPN 02237311



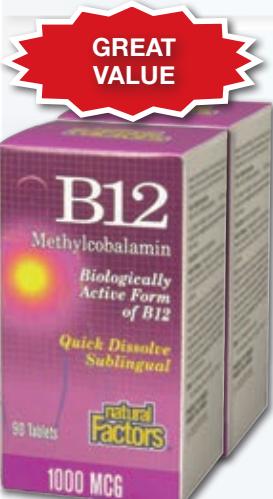
Feeling sluggish?

Herbal Factors™ Milk Thistle from **Natural Factors®** with added dandelion and turmeric, provides superior herbal help for the liver and gallbladder.

**ON SALE
17⁴⁹**

120 caps
NPN 80012020

BONUS



**GREAT
VALUE**

Energy, mood, memory and heart

Natural Factors® B12 (Methyl) is the most active form of B12; effective in brain and nerve function, and helps improve daytime alertness.

**ON SALE
14⁹⁹**

90 + 90 tabs
NPN 80009448

BONUS



**250 ML
FREE**

First choice in heart health

Health First® Omega-First® liquid is rich in fatty acids with non-farmed anchovy, mackerel and sardines sourced from the Pacific and tested for impurities.

**ON SALE
39⁹⁹**

500 + 250 ml FREE
NPN 80004469

BONUS



**ON SALE
62⁹⁹**

Kit
DIN-HM 80032153

Cleanse deeply

Heel Detox-Kit® stimulates the body's cleansing processes, supports the detoxification of organs to eliminate toxins and restores balance to the body.



Delicious, post-workout bar

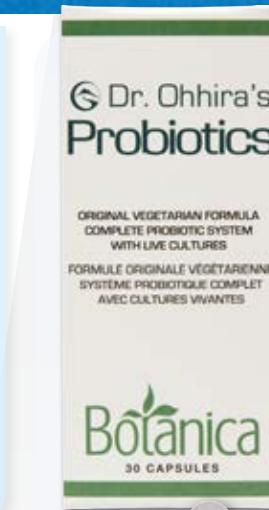
Vega™ Sport Protein Bar is packed with 15 grams of complete, plant-based protein, formulated to strengthen and regenerate muscles. vegasport.com

**ON SALE
2/\$6**

**BOX PRICE
36⁰⁰**

60 g

12 x 60 g



Travel friendly probiotics

Dr. Ohhira's Probiotics by **Botanica** use select strains to help restore the friendly bacteria necessary for optimal health.

**ON SALE
37⁹⁹**

30 caps
NPN 80035598



A powerful adaptogen cocktail

St Francis Herb Farm® Strest® Adrenal Tonic nurtures the nervous system and offers a superb means of reducing mental fatigue.

**ON SALE
22⁹⁹**

100 ml / NPN 80046084
90 vegi caps - **28⁹⁹**
NPN 80027864



Joint pain relief

Health First® Curcumin Supreme features patented Meriva curcumin, which has been proven to reduce inflammation & joint pain and increase mobility.

**ON SALE
19⁹⁹**

60 veg caps
NPN 80022891



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

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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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