

DURHAM NATURAL FOODS

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

www.durhamnatural.com

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH
FIRST

BUY 1
GET 1 FREE



Plant based nutrition

Vega™ Bars use a combination of vegan, all-natural ingredients to enhance every element of a healthy, active lifestyle.

WHILE SUPPLIES LAST



SUSTAINABILITY:
BUYING FOR OUR FUTURE

We can make the earth a greener place for the next generation - it can start with making sustainable choices when shopping.

Look inside for 8 easy ways to buy sustainable.



are **you** committed to
NON-GMO?

New Chapter® - the first full line of multivitamins to be Non-GMO Project Verified.

ON SALE
43⁹⁹

Every Man's One Daily Multivitamin
72 tabs / NPN 80025820

Every Woman's One Daily Multivitamin
72 tabs / NPN 80030701



5 EXTRA
SERVINGS

ON SALE
52⁹⁹

466 g
NPN 80010572

Food based vitamins and energy

Greens+ Extra Energy provides the added benefit of value added food based supplements while delivering a full serving of greens+.

BONUS



Put the micro back in your mini

Waist Away® Garcinia Cambogia can aid with a weight management routine by helping the body to metabolize carbohydrates and fats.

ON SALE
19⁹⁹

90 caps
NPN 80042398



The ULTIMATE in probiotic protection

Ultimate Flora Critical Care 50 Billion from Renew Life is for those who suffer from chronic intestinal problems, or want the best probiotic available.

ON SALE
28⁹⁹

30 veg caps
NPN 80015173

• SALE DATES: APRIL 4 - 19, 2014 • HEALTHFIRST.CA •

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Experience all three stages

Vega™ Sport Supplements are the first, complete, all-natural, plant-based sport performance system specifically designed to help athletes perform at their best - before, during and after exercise.

Vega Sport has three stages; Prepare, Sustain, and Recover. All are formulated to help you get in the zone. Push harder and longer taking your fitness to the next level. Recharge and repair so you can do it all over again.

ON SALE
15% OFF



ON SALE
31⁹⁹

200 g
NPN 80038282

Green food made simple

Prairie Naturals® Organic Chlorella is simply organic, broken-cell wall chlorella – nothing else! Chlorella helps improve fat metabolism and balance the immune system.

30 FREE CAPSULES



Ensure you have your Bs

Natural Factors® High 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



Enhance your libido

Brad King's Ultimate Libido™ contains nutrients that support optimal sexual energy by maintaining healthy testosterone levels to improve sexual function.

ON SALE
34⁹⁹

90 caps
NPN 80035769



ON SALE
22⁹⁹

30 caps
NPN 80007195

Protect your prostate

A. Vogel Sabalasan® Prostate 1 prevents and relieves benign prostate hyperplasia (BPH) symptoms, while improving libido and symptoms of ED.



NEW LOOK

More than just calcium!

Health First® Cal-Mag Supreme features clinically studied Aquamin™, an easily-absorbed plant source calcium from algae. May reduce the risk of osteoporosis.

ON SALE
44⁹⁹

120 tabs
NPN 80033613



Manage your magnesium

Natural Calm® is a highly absorbable, fast-acting, effective magnesium citrate dissolvable powder that may relieve symptoms of magnesium deficiency.

ON SALE
26⁹⁹

226 g
NPN 80013188



ON SALE
31⁹⁹

Model 1 or Model 2

Breakthrough in feminine hygiene

The Diva Cup® is the healthy, eco-friendly alternative to traditional feminine hygiene products.



We can change rivers littered with plastic bottles; the need to wear facemasks to navigate polluted streets, and drought and flooding destroying food and homes. We can stop stealing from the future to serve the present. We can be sustainable. Let's start by buying for the future. When making a purchase consider its environmental impact – let's live sustainably.

8 WAYS TO BUY SUSTAINABLY

When making your next purchase ask yourself, "Is buying this product necessary?" If the answer is "Yes!" then use these 8 ways to find the most sustainable choice.

1. Choose products with the least amount of packaging or buy in bulk.
2. Seek out more appropriate or sustainable size.
3. Find products with the highest post-consumer recycled content.
4. Consider a reusable option opposed to single-use or disposable.
5. Remember that energy efficient products are more sustainable.
6. Purchase quality, durable products as they will require less frequent replacement.
7. Look for eco-certifications – it helps identify products that meet stringent environmental standards.
8. Buy natural, unprocessed, chemical-free materials and ethically sourced materials as they have the lowest impact on the environment.

We can make the earth a greener place for the next generation - it can start with making sustainable choices when shopping.

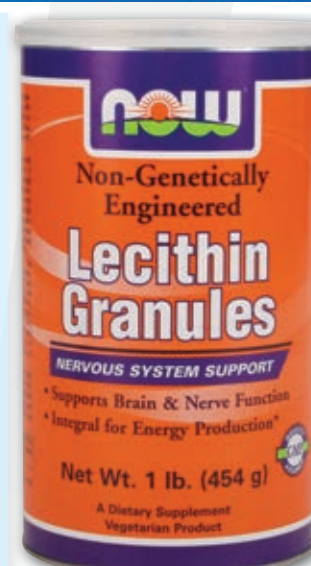


Natural sugar substitute

NOW® Xylitol is derived from non-GMO corn. It resembles sugar in consistency and taste, but has a third fewer calories and can be used as a sugar substitute.

ON SALE
7⁹⁹

454 g



Support brain and nerve function

NOW® Lecithin Granules are an easy way to ensure your body gets the optimum level of this important nutrient. Low in fat and delicious sprinkled on cereal.

ON SALE
13⁷⁹

454 g
NPN 80007067



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



Stress support for busy people!

Health First® Vitamin B-50 Complex helps keep your nervous system strong by providing all B vitamins and lipotropic factors in easy-to-swallow capsules.

ON SALE
23⁹⁹

240 caps
NPN 02246884



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



Relieve your cough!

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

ON SALE
19⁹⁹

60 gelcaps
NPN 80022667

**FREE
FIBRESMART**

**ON SALE
28⁹⁹**

Kit + FREE
60 veg caps
NPN 80017882 /
NPN 80029290

Advanced total body cleansing program

Renew Life CleanseSMART is a 30 day cleanse that deeply cleanses the entire body without the need to follow a strict diet.

BONUS



Sleep soundly

SISU Melatonin helps increase total sleep time in people suffering from sleep restriction or altered sleep schedules.

**ON SALE
10⁹⁹**

90 tabs
NPN 80000831

**30 FREE
CAPSULES**



150 veg caps
NPN 80036701

Getting older is no reason to slow down!

Progressive® Multivitamins Women 50+ addresses the needs of an aging body while helping you stay youthful and active with your loved ones.

Also available in men's formula.

**ON SALE
29⁹⁹**

BONUS



Take the PrimeZyme® digestive challenge!

Health First® PrimeZyme® is an effective full-spectrum digestive enzyme formula that will help your digestion.

**ON SALE
29⁹⁹**

180 caps
NPN 80034291

NEW



Great taste & creamy texture

Botanica Omegalicious gives your entire family the extensively researched benefits of omega-3, with a creamy taste & texture everyone will love. Made with molecularly distilled, pharmaceutical grade fish oil and all-natural flavours.

**ON SALE 450 ml
29⁹⁹**



Will change your life even if you don't

PGX® Daily Ultra Matrix from **Natural Factors®** can help you lose weight effectively and gradually by creating a sense of fullness and slowing the digestion of food allowing you to eat less.

**ON SALE
26⁹⁹**

120 softgels
NPN 80017389

**FREE
SHAKER
CUP**



Beyond organic protein formula

Garden of Life® RAW Protein™ offers high quality, plant-based protein plus live probiotics, enzymes, fat-soluble vitamins, and nutrient Code Factors™ for optimum benefits.

**ON SALE 652 g - 732 g
39⁹⁹**

BONUS

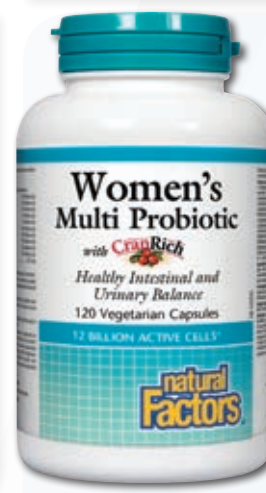


Vegetarian sourced DHA

Udo's Oil™ 3.6.9 Blend offers you vitally important omega-3 fatty acids made from completely sustainable plant sources.

**ON SALE
21⁹⁹**

500 ml
NPN 80016142



Urinary & intestinal balance

Natural Factors® Women's Multi Probiotic with **CranRich®** maintains normal flora in a woman's body to promote optimal health and well-being.

**ON SALE
29⁹⁹**

120 veg caps
NPN 80046333

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

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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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