

# DURHAM NATURAL FOODS

1191 Montrose Avenue, Sudbury, ON • 705-566-3820  
[www.durhamnatural.com](http://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  
**43<sup>99</sup>**

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  
**52<sup>99</sup>**  
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

90 caps  
NPN 80042398

## 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  
**19<sup>99</sup>**



30 veg caps  
NPN 80015173

## 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  
**28<sup>99</sup>**

• SALE DATES: APRIL 4 – 19, 2014 • [HEALTHFIRST.CA](http://HEALTHFIRST.CA) •

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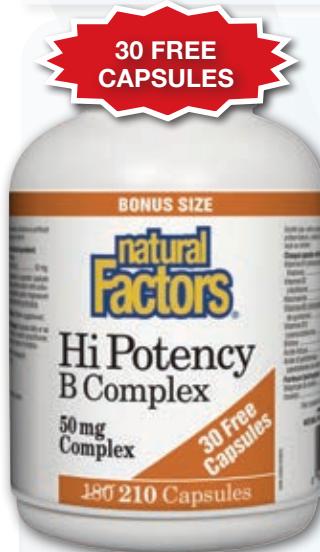


### Experience all three stages

**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



### 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  
18<sup>99</sup>

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  
34<sup>99</sup>

90 caps  
NPN 80035769

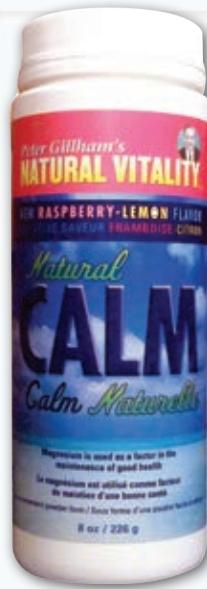


### More than just calcium!

**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  
44<sup>99</sup>

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  
26<sup>99</sup>

226 g  
NPN 80013188



ON SALE  
31<sup>99</sup>

200 g  
NPN 80038282

GLUTEN FREE

### 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.



ON SALE  
22<sup>99</sup>

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.



ON SALE  
31<sup>99</sup>

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!" than 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.

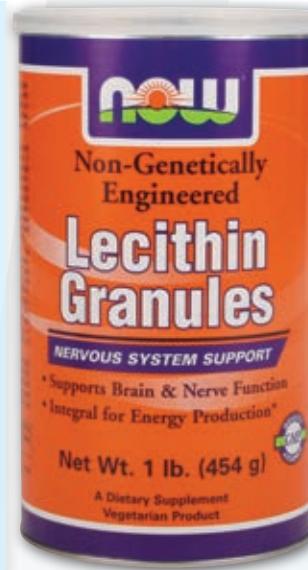


### Natural sugar substitute

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  
**13<sup>79</sup>**

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  
**29<sup>99</sup>**

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  
**23<sup>99</sup>**

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  
**11<sup>99</sup>**

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  
**19<sup>99</sup>**

60 gelcaps  
NPN 80022667

FREE  
FIBRESMART



ON SALE  
**28<sup>99</sup>**

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.

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  
**29<sup>99</sup>**

BONUS



#### Take the PrimeZyme® digestive challenge!

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

ON SALE  
**29<sup>99</sup>**

180 caps  
NPN 80034291

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  
**39<sup>99</sup>**

652 g - 732 g

BONUS

NEW

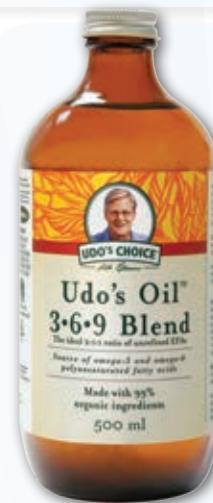


#### Great taste & creamy texture

**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  
**29<sup>99</sup>**

450 ml



#### 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  
**21<sup>99</sup>**

500 ml  
NPN 80016142

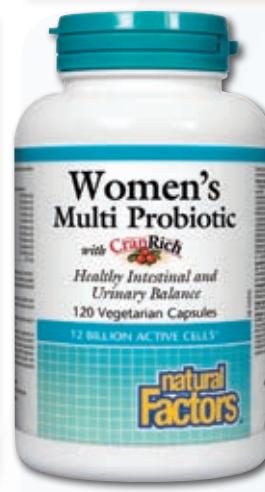


Will change your life  
even if you don't

**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  
**26<sup>99</sup>**

120 softgels  
NPN 80017389



#### 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  
**29<sup>99</sup>**

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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HEALTH  
FIRST™