

# 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™



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

spray 177 ml / 236 ml  
NPN 80028719

## Chemical free natural sunscreen

Goddess Garden's Natural Sunscreen with organic ingredients is sheer & easy to apply - perfect for the whole family. Both sprays are on sale.



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

100 packets

## Naturally sweet & calorie free

NOW® Better Stevia is a plant extract that is 300 times sweeter than sugar but has zero carbohydrates, a zero glycemic index and zero calories.



Whether you have Celiac disease or are just thinking about cutting out wheat, the Gluten Free Revolution is here to stay.

Look inside for nutritional information on gluten free superfoods.



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

30 veg caps  
NPN 80035321

## Helps reduce joint pain in 7 days

SISU No. 7 helps relieve joint pain and stiffness, and increases mobility in as little as 7 days, including in people with osteoarthritis.



## Supreme cardio support

Health First® Ubiquinol Supreme contains QH™, the active antioxidant form of coenzyme Q10, plus ALA. More easily absorbed by the body vs. regular Q10.

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

60 gelcaps  
NPN 80026922

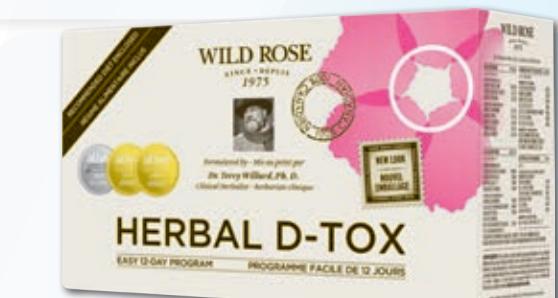


ON SALE  
**54<sup>99</sup>**

829 g - 876 g  
NPN 80042632

## 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.



## Lose weight & feel great!

Wild Rose Herbal D-Tox is an effective 12-day program that helps support the cleansing and elimination of toxins from the body.

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

Kit  
See box for NPNS

• SALE DATES: MAY 2 – 17, 2014 • [HEALTHFIRST.CA](http://HEALTHFIRST.CA) •

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# TAKE CARE OF THE WOMEN IN YOUR LIFE



## Prevent 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 and d-mannose.

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

60 veg caps  
NPN 80029355



## Build better bones

**BioSil® with ch-OSA®** aids in the formation of collagen supporting healthy growth of hair, skin and nails.

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



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

Fenugreek  
100 caps / NPN 80000220

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

Blessed Thistle  
180 caps / NPN 80003081

## Soothe your stomach

**Nature's Way™ Fenugreek & Blessed Thistle** are traditional Asiatic and Mediterranean herbs used to increase appetite and stimulate the intestine.



## Nourish and restore

**MegaFood™ Blood Builder®** helps in the formation of red blood cells combating fatigue and helping to maintain healthy iron levels. Non-GMO Project Verified.

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



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

30 tabs  
NPN 80034857



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

60 softgels  
NPN 80011109

## Energy for active women

**Platinum® Activ-X® for Active Women** is designed to provide increased energy while helping you train harder and recover faster after strenuous physical activity. Also available for Active Men.



## Nuture your baby from head to toe

**Weleda Baby Calendula Shampoo & Body Wash** is a product made with Biodynamic® calendula, organic chamomile and plant-based oils.

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

200 ml  
NPN 80005250



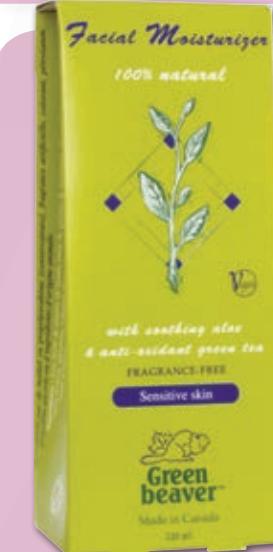
## So natural you can eat it

**Green Beaver™ Toothpaste** contains natural active ingredients and is made with real flavours to help support and maintain healthy teeth and gums.

ON SALE

**3<sup>99</sup>**

75 ml



## Formulated for acne & sensitive skin

**Green Beaver™ Facial Moisturizer** utilizes a certified organic aloe concentrate to maximize the amount of skin soothing ingredients.

ON SALE  
**10<sup>49</sup>**

120 ml



## What is Gluten?

Gluten is a protein found in many grains including wheat, rye and barley. But, gluten is hiding almost everywhere. Gluten has the amazing ability to help baked goods bind and prevent crumbling that has made gluten widely used in processed and packaged foods - it can be found in canned beans to spice mixes to cheese spreads.

## Alternative Gluten Free Grains

**Quinoa** – There are hundreds of varieties of quinoa available - it can range in colour from white to red to black. Quinoa is a good source of protein and antioxidants.

**Buckwheat** – It has a nutty almost bitter flavour, and can be used to make a variety of foods from pancakes to gluten free beer. Considered a very nutritious grain, buckwheat is a source of many minerals including manganese, copper and magnesium.

**Amaranth** – Tan-coloured, tiny grain-like seeds with a robust nutty flavour. It is a source of many nutrients including magnesium, manganese, iron and phosphorous.

**Teff** – A small grain that ranges in colour from milky white to black. It has a unique nutty, mild-molasses-like flavour and is sold as a whole grain or flour. Teff is a source of many minerals including iron and phosphorus.

**For more great gluten free information and delicious recipes, pick up our "GUIDE TO LIVING GLUTEN FREE."**

## Wheat Flour Alternative

Looking for a good substitute for wheat flour in a recipe? A combination of gluten free flours and starches works better than single flours. Try this simple gluten free flour mixture:

- 6 cups white rice flour
- 2 cups potato starch
- 1 1/2 cup tapioca flour

Makes 9 1/2 cups of baking flour mix; store in a tightly sealed container.



### The "berry" best vitamin C

**Health First® Berry-C Supreme®** features non-acidic vitamin C enhanced with organic red bioflavonoids for the maintenance of good health and antioxidant support.

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



180 caps  
NPN 80037893

### Digestive support

**NOW® Super Enzymes** breaks down fats, carbs, and protein optimizing nutrient uptake in the body.

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



### Relieve BPH urinary symptoms

**Health First® Prostate Protect** relieves urologic symptoms including weak urine flow, frequent daytime and nighttime urination associated with mild to moderate benign prostatic hyperplasia (BPH).

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



440 g  
NPN 80046545

### Sports nutrition support

**Genuine Health BCAA+Creatine** with L- Glutamine helps support your workout needs, improving performance, increasing lean muscle mass and supporting the immune system.

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



### Supports your child's brain development

**Health First® Kids'-First Omega** are orange flavoured chewable gelcaps rich in omega-3 DHA for cognitive functioning and eye development in children.

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



30 veg caps  
NPN 80040326

### Potent probiotic power!

**Ultimate Flora Ultra Potent Probiotic** by **Renew Life** delivers 100 Billion beneficial bacteria per capsule to improve digestive health and strengthen immunity.

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

25% MORE  
FREE



120 + 30 FREE veg caps  
NPN 80008040

### Cleanse your colon

**Renew Life**  
**CleanseMORE** supports the process of cleansing your colon, acting as a laxative and a cathartic, promoting movement in the bowels.

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

BONUS



120 chews  
NPN 80022343

### Chewables for your children

**Progressive®**  
**Multivitamins for Kids** offers a comprehensive strategy for supporting the unique nutritional needs of active children.

**ON SALE  
25<sup>49</sup>**

BONUS



30 softgels  
NPN 80033237

20% MORE  
FREE



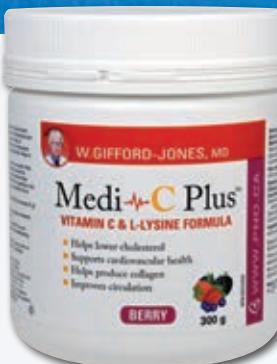
305 g  
NPN 80034973

### High potency fish oil with vitamin D

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

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

BONUS



**ON SALE  
22<sup>49</sup>**

300 g  
NPN 80035260

### Vitamin C & L-Lysine formula

**Dr. Gifford-Jones M.D.**, **Medi-C Plus™** uses the powerful combination of lysine and vitamin C helping to maintain a healthy heart.



50 ml  
NPN 80016400  
NPN 80042929

### Tinctures for every day wellness

**St Francis® Astragalus & Milk Thistle** are natural remedies made from the finest quality herbs, harvested and processed in accordance with the practices of sustainable agriculture.

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



### Restore your inner balance

**Heel Neurexan®** is a homeopathic preparation for the treatment of stress-related symptoms such as sleeping problems and nervous restlessness.

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

50 tabs  
DIN-HM 80004914



### Energize your day!

**Vega™ Protein Smoothie** contains: 10 g protein, 5 g fibre and 1 g omega-3 in each serving. Just add water, shake and go!

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

267 - 285 g  
NPN 80034879



60 vegs caps  
NPN 80024167

### Spring-time metabolism support!

**Health First® B-100 Supreme** contains 100 mg of the major B vitamins to metabolize carbohydrates, fats and proteins, together with the popular adaptogen Maca root.

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

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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