

DURHAM NATURAL FOODS

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

www.durhamnatural.com

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH
FIRST

NOW IN
CONTINUOUS
SPRAY



ON SALE
21⁹⁹

spray 177 ml / 236 ml
NPN 80028719

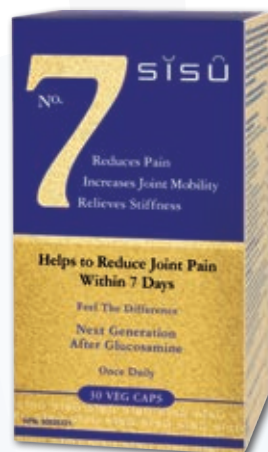
Chemical free natural sunscreen

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



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
16⁹⁹

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.



ON SALE
6⁹⁹

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.



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
34⁹⁹

60 gelcaps
NPN 80026922



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

GLUTEN
FREE



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
32⁹⁹

Kit
See box for NPNs

• SALE DATES: MAY 2 - 17, 2014 • HEALTHFIRST.CA •

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TAKE CARE OF THE WOMEN IN YOUR LIFE



60 veg caps
NPN 80029355

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
19⁹⁹



30 ml
NPN 80023605

Build better bones

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

ON SALE
31⁹⁹



60 tabs
NPN 80018279

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
32⁹⁹



ON SALE
34⁹⁹

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.



ON SALE
8⁹⁹

Fenugreek
100 caps / NPN 80000220

ON SALE
11⁹⁹

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.



ON SALE
19⁹⁹

30 tabs
NPN 80034857

For a harmonious menopause

A.Vogel Menopause contains organic fresh sage extract clinically proven to significantly reduce the number and intensity of hot flashes and night sweats.



Nurture 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
11⁹⁹

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
3⁹⁹

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
10⁴⁹

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.

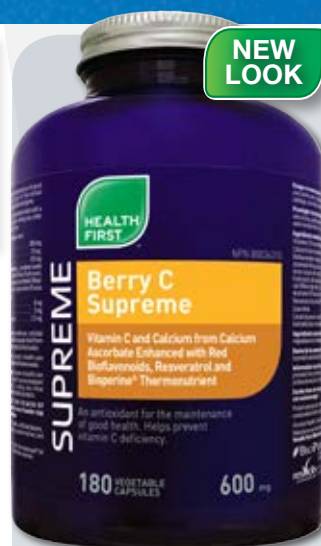
For more great gluten free information and delicious recipes, pick up our "GUIDE TO LIVING GLUTEN FREE."

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 ½ cup tapioca flour

Makes 9 ½ cups of baking flour mix; store in a tightly sealed container.



180 veg caps
NPN 80036310

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
26⁹⁹



180 caps
NPN 80037893

Digestive support

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

ON SALE
25⁹⁹



60 gelcaps
NPN 80028062

Relieve BPH urinary symptoms

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

ON SALE
34⁹⁹



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
39⁹⁹



120 + 60 FREE
chewable gelcaps
NPN 80003875

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
27⁹⁹



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
42⁹⁹

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
24⁹⁹

BONUS



30 softgels
NPN 80033237

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
24⁹⁹



ON SALE
22⁴⁹

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.



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
25⁴⁹

20% MORE
FREE



305 g
NPN 80034973

Green food for great health

Progressive® VegeGreens®
includes land, sea &
cruciferous vegetables,
probiotics & EFAs, and is a
source of antioxidants for the
maintenance of good health.

ON SALE
32⁹⁹

BONUS



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
13⁹⁹



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
16⁹⁹

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
14⁹⁹



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
15⁹⁹

50 tabs
DIN-HM 80004914

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

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Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

Open	Close
9:00	6:00
9:00	6:00
9:00	6:00
9:00	8:00
9:00	8:00
9:00	5:00
12:00	5:00

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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.



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FIRST