

# DURHAM NATURAL FOODS

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

www.durhamnatural.com

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH  
FIRST

NEW



## Changing the way you snack

**Vega™ Snack Bars** - Manage the mid-day munchies with a mouthwatering, plant-based Vega Snack Bar. Stock your bag or desk drawer with five delicious flavours of a whole food bar you can feel good about. Non-GMO superfood ingredients fill this gluten-free, get-you-through-to-the-next-meal morsel with satisfying protein and Omega-3. [MyVega.com](http://MyVega.com)

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

42 g - 60 g

BOX OF 12  
**22<sup>99</sup>**



ALL NEW  
vega  
BARS

## The RAW Truth

It sure is a hot trend in food, but there is no heat involved in eating raw foods.

Why has this trend become so popular?

READ MORE INSIDE ->



500 ml each  
NPN 80007216 / 80023758

## Great tasting omega-3

**Ascenta® NutraSea™** supports cardiovascular and brain health along with development of the brain, eyes and nerves in children.

ON SALE  
**42<sup>99</sup>**  
NutraSea +D - **44<sup>99</sup>**

30 FREE  
CAPSULES



## Men - beware of Andropause

**Brad King's Ultimate Male Energy™** promotes healthy estrogen metabolism to help address the symptoms of Andropause, including muscle loss and, abdominal fat. [PNO.CA](http://PNO.CA)

ON SALE  
**41<sup>99</sup>**  
150 caps  
NPN 80035769

30 FREE  
CAPSULES



## Healthy aging

**Progressive® MultiVitamins 50+** for men & women are designed to support the needs of your body so you can live the healthy, vibrant life you want and let your age be just a number.

ON SALE  
**29<sup>99</sup>**  
150 veg caps  
NPN 80036701

• SALE DATES: JUNE 6 - 21, 2014 • [HEALTHFIRST.CA](http://HEALTHFIRST.CA) •

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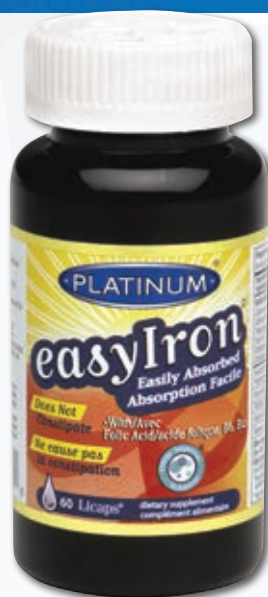


### The beauty mineral

**Flora™ Florasil®** uses silica to help rejuvenate the collagen in your system and restore elasticity to the skin.

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

180 veg caps  
NPN 02242452



### Fight fatigue

**Platinum™ EasyIron®** contains a highly absorbable iron formula to combat fatigue.

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

60 Licaps®  
NPN 80004932



### Sustainable source of EFAs

**Whole Earth and Sea™ Herring Gold™** is a new highly absorbable formulation that is a potent source of EFAs and focuses on sustainability for the environment.

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

60 softgels  
NPN 80048877

BONUS



### Total body support

**Genuine Health Greens+ Whole Body Nutrition** is Canada's only research-proven superfood formula! Just one serving daily provides over 23 plant-based nutrients to boost energy!

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

487 - 517 g  
NPN 80009137



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

200 g  
NPN 80034454

### Super green food

**Prairie Naturals® Organic Spirulina** is an excellent source of antioxidants beneficial for the maintenance of good health.

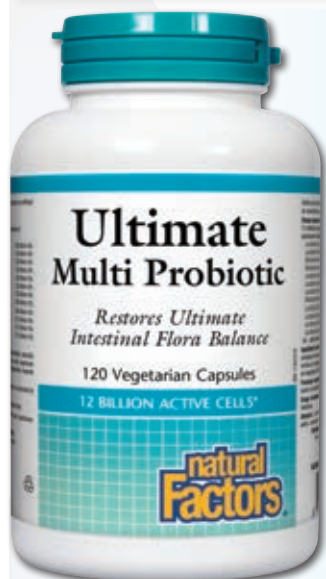


### Full UVA & UVB protection

**Badger® Sunscreen** is a super effective water resistant sunscreen and now a full line of easy to apply creams and lotions. Available for babies, kids & adults.

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

87 ml  
NPN 80023545

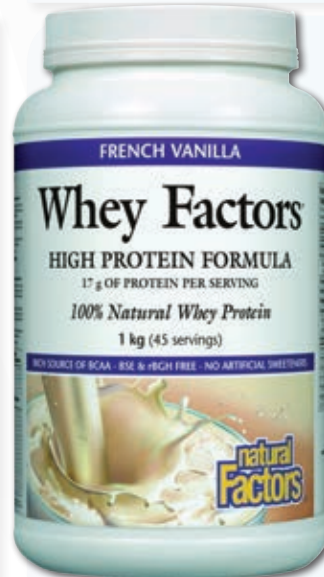


### Restore intestinal flora balance

**Natural Factors® Ultimate Multi Probiotic** provides 12 billion live cells that temporarily improve gut flora.

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

120 veg caps  
NPN 80034018



### High protein formula

**Natural Factors® Whey Factors®** is a source of protein to help maintain lean muscle mass, repair and build body tissue. Digestive enzymes promote optimal absorption.

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

1 kg  
NPN 80036925



33% MORE FREE

### Shape of things to come®

**Natural Factors® Tonalin® CLA SlimFactor®** stimulates muscle metabolism thereby increasing lean muscle mass and decreasing body fat.

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

120 softgels  
NPN 80015976

BONUS



# The RAW Truth

The name, "Raw Food Diet" can conjure visions of people chomping into raw steaks, which is misleading. In general, a raw food diet focuses on eating foods that are not cooked or processed, such as fruits, vegetables, nuts, seeds and beans. The Raw Food Diet includes eating small amounts of cooked foods, yet there are varying degrees. Strict raw food dieters eat 95% of their daily food in raw form, while others eat as little as 70%. By definition, a raw food diet includes food cooked up to 40°C, as higher heat is thought to destroy the helpful enzymes in food.

## PROVEN HEALTH BENEFITS

Whether you decide to go all-in, or just try eating raw foods more often, there are many healthy benefits to incorporating more raw foods into your diet. Raw, plant-based foods are naturally low in fat, sodium and calories. Both the fibre and enzymes in raw food promote digestive health. Plus, raw foods are alkalizing. High consumption of vegetables and fruits is associated with reduced risk for cardiovascular disease.

## NUTRITIONAL BENEFITS OF EATING MORE RAW FOODS:

- Alkalizing effect on the body
- Naturally occurring enzymes aid digestion
- Low in calories and bad fats
- High in fibre
- Rich in fruits & vegetables, associated with lowering some disease risk
- Low in sodium

Check out [healthfirst.ca](http://healthfirst.ca) for un-deniably delicious raw food recipes & more great information on the "Raw Food Diet."



## Relieve your stress

**Bach™ Rescue Remedy®** is a combination of five flower remedies which are helpful in periods of mental fatigue.

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

20 ml  
NPN 80032780



## A complete daily multi

**Health First® Multi-First® Iron-Free** combines all of the essential vitamins along with Flora-GLO® and red bioflavonoids for antioxidant protection.

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

100 veg caps  
NPN 80023409



## Healthy glucose levels

**Health First® GTF Chroma-Cinn** helps to metabolize fat stores along with carbohydrates improving chromium deficiency.

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

90 veg caps  
NPN 80025920



## Maintain optimal health

**Health First® Evening Primrose Oil** is an excellent source of essential fatty acids (omega-6) which are not naturally found in the body but necessary for optimal health.

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

180 gelcaps  
NPN 80039635



## Stress support for busy people

**Health First® Vitamin B-50 Complex** supports the nervous system by combining folic acid and all of the B-vitamins in easy-to-swallow capsules.

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

100 caps  
NPN 02246884



## Nutrients for your eyes

**Health First® Vision Supreme** has been shown to prevent macular degeneration and improve visual function through antioxidant nutrients.

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

50 tabs  
NPN 80038311



33% MORE  
FREE



### Lose weight for good

**Renew Life Simply Trim** is a weight loss aid that contains two of the most exciting weight loss ingredients on the market today, Svetol® and FraxiPure®.

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

80 caps  
NPN 80040639

BONUS



### Boost your brain

**Norwegian Gold Cerebrum™** by Renew Life with Cereboost, temporarily increases cognitive performance and attention accuracy, as well as improving memory.

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

30 fish gels  
NPN 80041878

GREAT  
VALUE



### Enjoy your day without the pain

**A. Vogel Absolut Arnica Gel** is used to soothe muscle and joint pain in the knees and hands.

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

50 + 50 ml  
NPN 80034857

BONUS



### Natural intestinal flora

**Udo's Choice® Super Bifido Plus Probiotic** helps to form a healthy intestinal tract by providing live microorganisms that help to restore healthy gut flora.

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

30 veg caps  
NPN 80022248



### Why Nature's Harmony®?

**Nature's Harmony®** product claims are fact-based and supported by scientific research with full disclosure of formulas, helping choose the best products for your needs.

ON SALE  
**15% OFF**



### Support prostate health

**Brad King's Ultimate Prostate™** is your solution for maintaining optimal prostate health.

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

90 caps  
NPN 80038374



### Pain relief + repair

**Genuine Health Fast Joint Care+** is made with the patented and proven ingredient NEM® providing fast, effective care for joint pain and stiffness.

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

30 veg caps  
NPN 80041170



### Highly absorbable liquid solution

**Prairie Naturals® B Complex Solution** contains optimal levels of the B vitamins to help the body metabolize carbohydrates, fats and proteins.

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

500 ml  
NPN 80032471



### Beyond organic meal replacement

**Garden of Life® RAW Meal™** was designed as a meal replacement, is naturally filling and increases energy, all while providing a healthy balance of raw food nutrients.

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

1025 - 1166 g

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

For a full list of Health First Members, to learn more about Health First and our products visit [www.healthfirst.ca](http://www.healthfirst.ca).

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