

DURHAM NATURAL FOODS

1191 Montrose Avenue, Sudbury, ON • 705-566-3820
www.durhamnatural.com

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH
FIRST™

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
42⁹⁹

NutraSea +D - **44⁹⁹**



Joint pain relief

Health First® Curcumin Supreme aids in joint health and serves as an anti-inflammatory for joint pain relief.

ON SALE
19⁹⁹

60 veg caps
NPN 80022891



30 FREE
CAPSULES

Brad King's
ULTIMATE
MALE ENERGY

Increases Testosterone
Reduces Abdominal Fat
Reduces Harmful Estrogens
Accroît la testostérone
Réduit la graisse abdominale
Réduit les œstrogènes nuisibles

BONUS
150 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

ON SALE
41⁹⁹

150 caps
NPN 80035769



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

ON SALE
1⁹⁹

42 g - 60 g

BOX OF 12
22⁹⁹



30 FREE
CAPSULES

Progressive®

MultiVitamins

Women 50+

Green Food Concentrates

• Vision & Bone Nutrients

• DHEA & Green Tea

• Immune Support

• Antioxidants

150 capsules

150 veg caps

NPN 80036701

Healthy aging

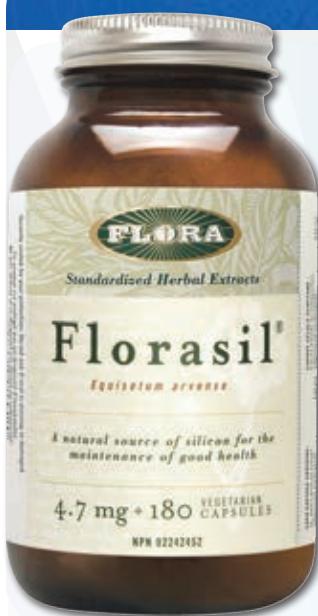
Progressive® MultiVitamins 50+ for men & women are designed to support the needs of your body so you can live the healthy, vibrant life you want and let your age be just a number.

ON SALE
29⁹⁹

150 veg caps
NPN 80036701

• SALE DATES: JUNE 6 - 21, 2014 • HEALTHFIRST.CA •

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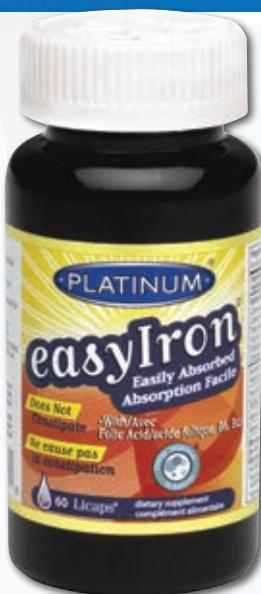


The beauty mineral

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

ON SALE
30⁹⁹

180 veg caps
NPN 02242452



Fight fatigue

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

ON SALE
18⁹⁹

60 Licaps®
NPN 80004932



FREE BAR INSIDE

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
19⁹⁹

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
59⁹⁹

487 - 517 g
NPN 80009137



Super green food

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

ON SALE
21⁹⁹

200 g
NPN 80034454

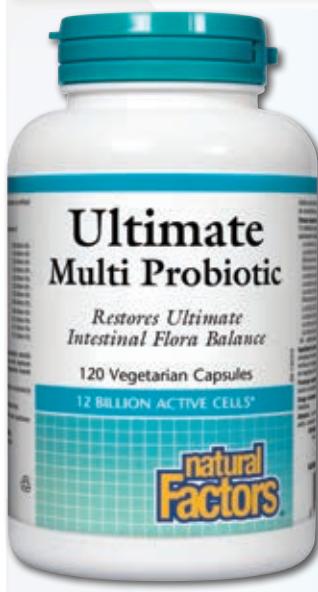


Full UVA & UVB protection

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
14⁹⁹

87 ml
NPN 80023545

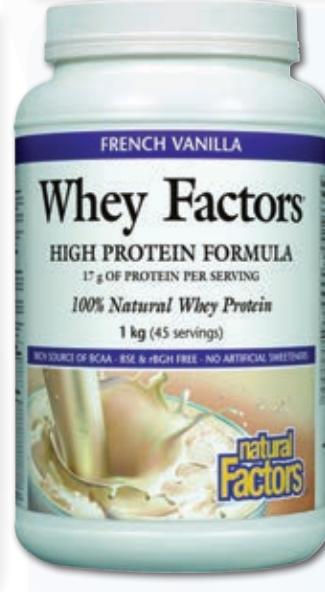


Restore intestinal flora balance

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

ON SALE
31⁹⁹

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
29⁹⁹

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
21⁹⁹

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 for un-denialable delicious raw food recipes & more great information on the "Raw Food Diet."



CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS • HEALTHFIRST.CA



Relieve your stress

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

ON SALE
12⁹⁹

20 ml
NPN 80032780



Healthy glucose levels

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

ON SALE
8⁹⁹

90 veg caps
NPN 80025920



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
11⁴⁹

100 caps
NPN 02246884



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
18⁹⁹

100 veg caps
NPN 80023409



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
23⁹⁹

180 gelcaps
NPN 80039635



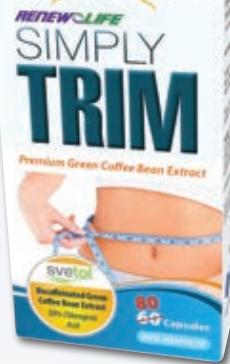
Nutrients for your eyes

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

ON SALE
19⁹⁹

50 tabs
NPN 80038311

33% MORE FREE



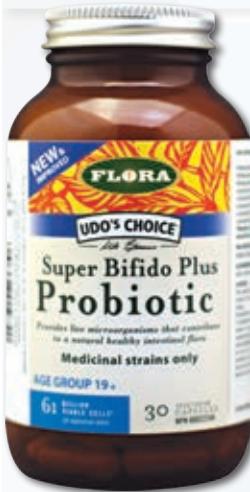
Lose weight for good

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
27⁹⁹

80 caps
NPN 80040639

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
47⁹⁹

30 veg caps
NPN 80022248



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
25⁹⁹

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
17⁹⁹

50 + 50 ml
NPN 80034857

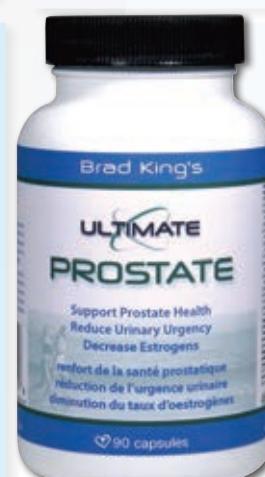
BONUS



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
28⁹⁹

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
24⁹⁹

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
29⁹⁹

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
44⁹⁹



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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