

DURHAM NATURAL FOODS

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

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH
FIRST®

20% MORE
FREE



72 veg caps

Balance your
gut flora!

Renew Life Ultimate Flora Critical Care helps maintain good digestive and overall health.

ON SALE
54⁹⁹

250 ML
FREE



Rich in
omega-3
fatty acids

Health-First® Omega-First® helps support cardiovascular health, cognitive health and brain function.

ON SALE
39⁹⁹

500 ml + 250 ml
FREE

BONUS

BONUS

BIG SUMMER SALE



829 g - 876 g

Good for your
body and the
planet

Vega™ One is the clean, plant-based choice to fuel your healthy, active lifestyle—without compromise.

ON SALE
54⁹⁹

GLUTEN
FREE



50 g

When
you have
overdone it

Heel Traumeel® S is an effective treatment designed to relieve muscle pain, bruising and inflammation.

ON SALE
19⁹⁹



500 ml

Combat iron
deficiency

Salus® Floradix® is a liquid iron supplement specially formulated for easy absorption and assimilation.

ON SALE
35⁹⁹



500 g

Hearty,
nutritious &
wholesome

NOW® Whole Chia Seeds are an excellent plant source of healthy fats and fibre and a good source of calcium.

ON SALE
12⁹⁹

30 FREE
CAPSULES



150 veg caps

Reduce
hormone
related
problems

WomenSense™ EstroSense® helps support a healthy hormone balance and reduces PMS symptoms.

ON SALE
51⁹⁹

BONUS



60 softgels

Love
your heart

Natural Factors® Ubiquinol QH™ Active CoQ10 is a powerful antioxidant that helps to maintain and/or support cardiovascular health.

ON SALE
26⁹⁹

• SALE DATES: JULY 4 – 19, 2014 • HEALTHFIRST.CA •

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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
19⁹⁹

90 caps



Chemical free natural sunscreen

Goddess Garden Natural Sunscreen with organic ingredients is sheer & easy to apply - perfect for the whole family.

ON SALE
23⁹⁹

Spray - 177 ml

ON SALE
15⁹⁹

Lotion - 103 ml

25% MORE FREE



Amino acid support

NOW® Biotin helps the body to metabolize proteins, carbohydrates and fats.

ON SALE
7⁹⁹

125 caps

BONUS



Say goodbye to inflammation

NOW® Curcumin relieves joint inflammation and provides antioxidants for the maintenance of good health.

ON SALE
24⁹⁹

60 veg caps



Highly concentrated GLA

NOW® Borage Oil is a source of essential fats that maintain good health and prove effective utilization of GLA in the body.

ON SALE
17⁹⁹

60 softgels



Maintain good health

SISU Magnesium is an easy-to-swallow vegetarian capsule providing 250 mg of elemental magnesium to support good health and help maintain proper muscle function.

ON SALE
12⁹⁹

100 veg caps



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.

15% OFF



For fast & effective relief

Health First® Joints-First helps relieve pain and maintain healthy joint health.

ON SALE
24⁹⁹

500 ml



Nervous system health

Health First® B12 Supreme helps to prevent B12 deficiency and contains synergistic vitamins B6 and folic acid.

ON SALE
9⁹⁹

60 lozenges

BIG

SUMMER SALE

WHOLE EARTH & SEA™

**FREE BAR
\$4 VALUE**



Imagine getting the benefit of a whole growing season in one tablet

The **Whole Earth & Sea™** difference starts with the best raw materials - high potency foods packed with essential amino acids, vitamins, minerals and hundreds of antioxidants, enzymes, and phytonutrients. Most of these nutrient-dense plants are grown on the Natural Factors Farms™ where 100% organic crops from non-GMO seeds have been grown for almost a quarter century.

The bioenergetic **Whole Earth & Sea™** formulas are the next generation of whole food supplements, delivering raw, whole food nutrition with real health benefits. Each **Whole Earth & Sea™** formula contains meaningful amounts of each vitamin, mineral, and phytonutrient – not just the minimum amount required to list it on the label!

Whole Earth & Sea™ is truly the next generation of vital, bioenergetic supplements. To learn more please visit wholeearthsea.com.

ON SALE
29⁹⁹

Women's / Men's
Multivitamin
60 tabs

BONUS



Hormone-free whey protein

Progressive® Organics Whey Protein is made with non-GMO ingredients and is gluten and hormone-free.

ON SALE
59⁹⁹

640 g



Organic and non-GMO protein

Progressive® Organics Hemp Protein is made with non-GMO ingredients and contains the full spectrum of amino acids which are essential to maintain good health.

ON SALE
39⁹⁹

800 g



Organically grown and sprouted

Progressive® Organics Brown Rice Protein is made from certified organic whole grain sprouted brown rice and provides the full spectrum of essential amino acids.

ON SALE
31⁹⁹

800 g



All your seeds in one easy mix

Prairie Naturals® Organic Seeds combines hemp, chia, flax and buckwheat into an easy to use mixture perfect for smoothies or sprinkled on your breakfast.

ON SALE
23⁹⁹

454 g



Drink to your health

Just Juice Organic Cranberry Juice is high in antioxidants and nutrient rich. Made with 100% pure, all natural and certified organic juice.

ON SALE
8⁹⁹

1 L



ON SALE
13⁹⁹

30 packets

Energize your vitamin C

Ener-C™ 1000 mg Vitamin C is a delightful-tasting, effervescent vitamin drink mix that comes in a variety of natural fruit flavours for you to enjoy.



Maintain good health

Vitamost® Formula FLW® is designed to help support cardiovascular health with protective antioxidants. Going strong for 20+ years with an original formula for optimum digestion & nutrient utilization.

ON SALE
65⁹⁹

300 tabs



Protect your prostate for life

Prairie Naturals® Prost-Force is the supplement for men wanting to maintain prostate health, naturally.

ON SALE
38⁹⁹

150 softgels

BONUS



Love your hair

Prairie Naturals® Hair-Force combines natural nutrients recognized for their role in restoring, healing and nourishing hair.

ON SALE
23⁹⁹

90 softgels



Full spectrum digestive enzyme

Health First® PrimeZyme® is an effective formula that helps your body break down a wide variety of foods.

ON SALE
29⁹⁹

180 caps



30 FREE CAPSULES

All natural pain relief

Prairie Naturals® Extra Strength Serra-Force helps to reduce symptoms such as pain, nose, ear and throat infections as well as inflammation in the face and mouth.

ON SALE
29⁹⁹

150 V-caps

BONUS



60 FREE CAPSULES

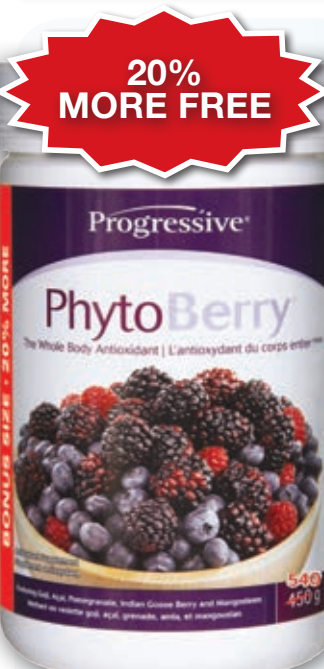
Cholesterol too high?

Prairie Naturals® Sytrinol™ is clinically studied to help reduce total cholesterol and improve LDL:HDL ratios with just one capsule-a-day.

ON SALE
54⁹⁹

60 + 60 FREE V-caps

BONUS



20% MORE FREE

The whole body antioxidant®

Progressive® PhytoBerry® is a highly concentrated berry based whole food supplement that is loaded with natural antioxidants, featuring over 40 high ORAC value fruit concentrates.

ON SALE
33⁹⁹

540 g

BONUS



ON SALE
59⁹⁹

510 g - 566 g

Boost nutritional intake, energy and vitality

Genuine Health Greens+™ nourishes and protects your body, increases energy and promotes healthy bones.



Excellent source of omega-3

Flora™ Flax Oil is made from certified organic, non-GMO and gluten free Canadian flaxseed.

ON SALE
12⁹⁹

500 ml



Inflammation doesn't stand a chance

Renew Life Ultra EPA Omega is a great source of omega-3 fatty acids to help with mood balance and cardiovascular health.

ON SALE
26⁹⁹

30 caps



Fast-acting sleep formula

Natural Factors® Tranquil Sleep contains Suntheanine®, 5-HTP and melatonin to help you fall asleep, stay asleep and wake up refreshed. Non habit-forming.

ON SALE
16⁹⁹

60 chewables



Clarify your mind

Natural Factors® Mental Calmness helps the mind to relax by providing L-theanine, which is found naturally in green tea.

ON SALE
15⁹⁹

60 chewables

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

HEALTH FIRST

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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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