

# 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®



72 veg caps

Balance your gut flora!

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

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

250 ML FREE



Rich in omega-3 fatty acids

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

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

500 ml + 250 ml FREE

**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  
**54<sup>99</sup>**



50 g

When you have overdone it

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

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



500 ml

Combat iron deficiency

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

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



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  
**12<sup>99</sup>**

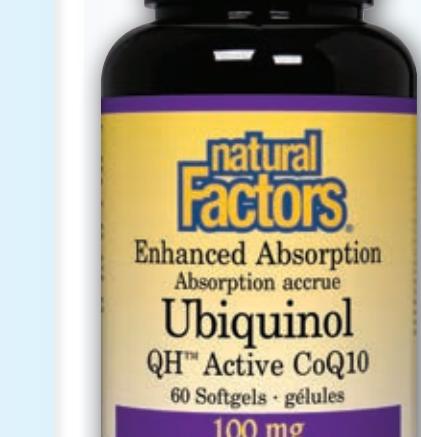


150 veg caps

Reduce hormone related problems

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

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



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  
**26<sup>99</sup>**

• SALE DATES: JULY 4 - 19, 2014 • [HEALTHFIRST.CA](http://HEALTHFIRST.CA) •

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**BIG****Summer Sale****Put the micro back in your mini****Waist Away® Garcinia**

**Garcinia Cambogia** can aid with a weight management routine by helping the body to metabolize carbohydrates and fats.

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

90 caps

**A full body treatment****Aroma Crystal Therapy**

**Gardener's Dream® Cream** helps alleviate dry skin, roughness, cracking, and itching. A great muscle and joint pain reliever too. Paraben Free!

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

180 ml

**Chemical free natural sunscreen**

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

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

Spray - 177 ml

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

Lotion - 103 ml

**Say goodbye to inflammation**

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

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

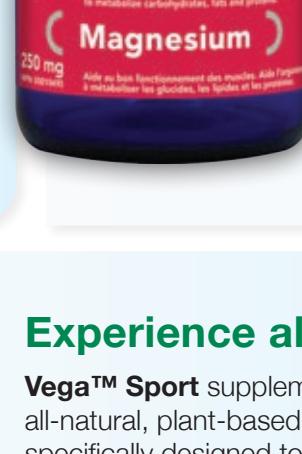
60 veg caps

**Amino acid support**

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

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

125 caps

**BONUS****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  
12<sup>99</sup>**

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.

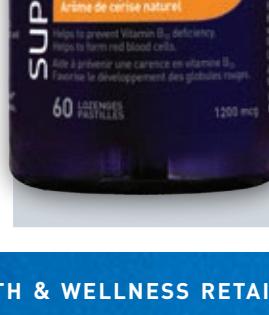
**Vega™ Sport** has three stages; Prepare, Sustain, and Recover. All are formulated to help you get in the zone. Push harder and longer taking your fitness to the next level. Recharge and repair so you can do it all over again.

**15% OFF****For fast & effective relief**

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

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

500 ml

**Nervous system health**

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

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

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](http://wholeearthsea.com).

**ON SALE  
29.99**Women's / Men's  
Multivitamin  
60 tabs**BONUS****ON SALE****59.99**

640 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****31.99**

800 g

**ON SALE****39.99**

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****23.99**

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****8.99**

1 L

**ON SALE****13.99**

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.

**30 FREE  
SOFTGELS**

## 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****65.99**

300 tabs



## Protect your prostate for life

**Prairie Naturals®**

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

**ON SALE****38.99**

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  
23<sup>99</sup>**

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  
29<sup>99</sup>**

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  
29<sup>99</sup>**

150 V-caps



**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  
54<sup>99</sup>**

60 + 60 FREE V-caps



**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  
33<sup>99</sup>**

540 g



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

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  
12<sup>99</sup>**

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  
26<sup>99</sup>**

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  
16<sup>99</sup>**

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  
15<sup>99</sup>**

60 chewables

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

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Monday  
Tuesday  
Wednesday  
Thursday  
Friday  
Saturday  
Sunday

Open  
9:00  
9:00  
9:00  
9:00  
9:00  
9:00  
12:00

Close  
6:00  
6:00  
6:00  
8:00  
8:00  
5:00  
5:00

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