

# 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®



Just add water,  
shake and go

Vega™ Protein Smoothie is a convenient protein boost you can take as a snack or part of a healthy breakfast, containing 15 grams of plant-based protein and two servings of veggies.

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

267 - 285 g

BONUS

## ORGANIC FOOD FOR THOUGHT

The word "Organic" has become a popular buzzword, but what does it really mean?

Look inside for the real truth  
about organic foods.

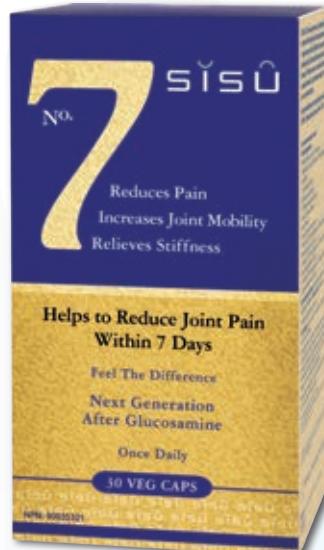


### Plant sourced calcium

Health First® Cal-Mag Supreme features Aquamin™ plant source calcium from the Icelandic red algae that helps to remineralize bone cells.

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

450 ml



### Helps reduce joint pain in 7 days

SISU No.7 helps relieve joint pain and stiffness as well as increase mobility in as little as 7 days. Also relieves symptoms of osteoarthritis.

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

30 veg caps



### Maximum strength omega-3

Renew Life Super Critical Omega plus vitamin D3 provides 1,125 mg of omega-3 in a burp-free, enteric-coated capsule formula that supports joint health.

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

30 caps



### Biologically active B12

Natural Factors® B12 Methylcobalamin is the most active form of B12; effective in brain and nerve function, and helps improve daytime alertness.

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

90 + 90 tabs



### Premium liquid coconut oil

Nature's Way® Liquid Coconut Oil is great for cooking, maintains the full aroma and taste of fresh coconuts and contains up to 93% MCTs.

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

300 ml

• SALE DATES: AUGUST 8 – 23, 2014 • [HEALTHFIRST.CA](http://HEALTHFIRST.CA) •

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### Nourish, balance, protect

MegaFood™ Women's One Daily provides wholesome nourishment in a convenient once daily tablet. Can be taken on an empty stomach.

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

60 tablets



### Natural remedies for your little one

A. Vogel Passion Flower Junior helps with nervousness, insomnia and irritability (Children 4+).

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

50 ml

Allergy Relief Junior-  
**15<sup>99</sup>**  
120 tabs



**NEW**

### Natural, herbal sleep aid

Flora Sleep-Essence natural sleep aid eases restlessness and insomnia, allowing you to fall asleep more easily and stay asleep all night.

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

500 ml

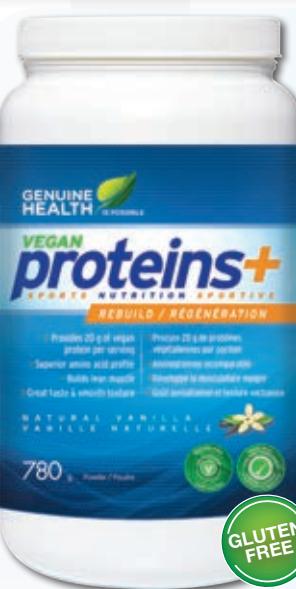


### Target difficult digestion

Renew Life DigestMORE Ultra is a potent blend of plant enzymes which provides improved nutrient absorption and relief of bloating. Ideal for high protein diets.

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

60 veg caps



### Great taste, smooth texture

Genuine Health Vegan Proteins+ helps to rebuild lean muscle with a superior amino acid profile and 20g of non-GMO, vegan protein.

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

780 g



### For mother and baby

Progressive® Prenatal Formula Multivitamins are designed to support the unique nutritional needs of women during all stages of pregnancy, from conception through to the completion of nursing.

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

120 veg caps

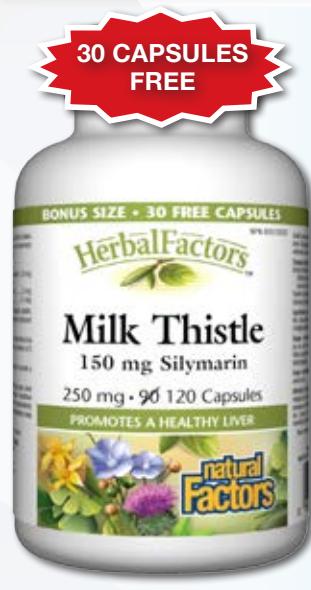


### Digestion of gluten and dairy

Natural Factors® Gluten Relief™ is formulated with a blend of the enzymes needed for complete digestion of difficult-to-digest foods like cereal grains and milk products.

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

90 veg caps



**30 CAPSULES  
FREE**

### Feeling sluggish?

Herbal Factors™ Milk Thistle from Natural Factors® with added dandelion and turmeric, provides superior herbal help for the liver and gallbladder.

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

120 caps



**2**

### Maintain healthy muscle function

Natural Factors® Magnesium Citrate is highly absorbable and helps in the maintenance and development of healthy bones and teeth.

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

210 caps

**BONUS**

# ORGANIC FOOD FOR THOUGHT

## WHAT DOES ORGANIC REALLY MEAN?

Canada's organic standards are among the most recognized in the world where organic producers agree not to use GMO's, synthetic pesticides, herbicides or fungicides, irradiation, chemical fertilizers, sewage sludge or antibiotics. Certification bodies inspect and designate farms as "certified organic" based on a set of guidelines meeting or exceeding the minimum requirements set out by the National Organic Standard.

Organic standards also forbid the use of artificial food colours, flavours, sweeteners, preservatives and many other processing aids and ingredients in processed foods.

## INTERESTING ORGANIC FACTS:

11,167

Number of agricultural workers employed by organic farms in Canada

5,000

Number of certified organic farms, processors and handlers nationwide

20 MILLION

Canadians are buying organic products weekly

4TH

The Canadian market for organics is the fourth-largest in the world

825,000

Number of hectares of organic farmland across Canada

Please visit [healthfirst.ca](http://healthfirst.ca) for more great organic information including the Dirty Dozen & Clean 15 lists as well as revealing lab test results on Organic vs Conventional produce.



### Antioxidant and joint support

**New Chapter® Turmeric Force®** is a full-spectrum turmeric used as an anti-inflammatory to help relieve joint pain, also used as a liver protectant.

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

60 caps



### Fast acting joint relief

**Platinum™ Nutri-Joint Relev-X®** not only eases joint discomfort for up to 48 hours, it also helps repair and rebuild your joints.

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

90 softgels



NEW

### Relieves menopausal hot flashes

**Health First® Meno Supreme** is a one daily capsule containing Lifenol®, a patented hops extract studied for menopausal relief. Also features sage and black cohosh.

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

45 veg caps



### Boost your iron levels

**Health First® Iron-First** is formulated with the patented iron Ferrochel® for easy absorption and toleration. Vegetarian suitable.

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

60 veg caps



### Kid approved for taste! Parent approved for health!

**Health First® Kids'-First Multi** is a delicious multi-flavoured multivitamin and mineral complex for normal growth and development. Fun puppy-shapes!

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

120 chewables

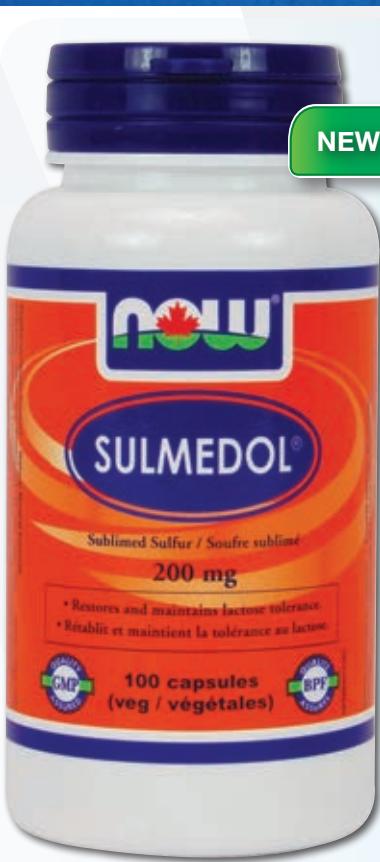


### The best start for your baby

**Health First® Folic Acid** helps to prevent neural tube defects when taken prior to pregnancy and during early pregnancy.

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

100 tabs



NEW

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

100 veg caps

#### Free yourself from lactose intolerance

NOW® Sulmedol® the first licensed natural health product known to restore the ability to digest lactose.



GREAT  
VALUE

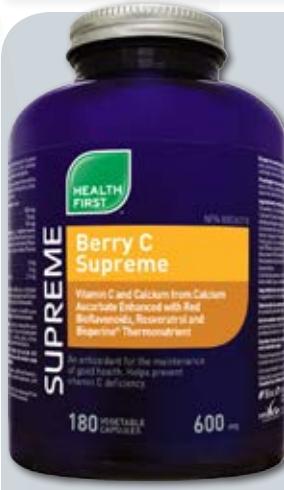
ON SALE  
**52<sup>99</sup>**

536 g

#### Daily greens + vitamins

Genuine Health Greens+ Multi+ provides a full serving of greens+ that's rich in phytonutrients and antioxidants, plus the convenience of a high potency multi-vitamin/mineral supplement.

BONUS



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

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33% MORE  
FREE



#### Improve energy and stamina

Brad King's Ultimate Maca Energy™ is a nutrient-rich superfood that is ideal for busy moms, stressed out executives, athletes and active individuals.

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

240 veg caps

BONUS

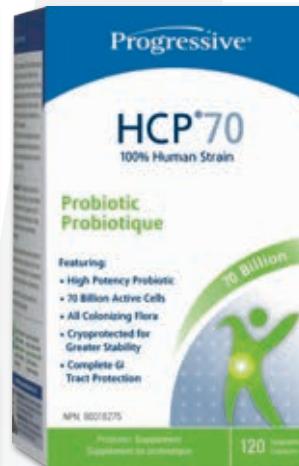


#### Sore muscles?

Prairie Naturals® Magnesium Solution helps reduce soreness, pain & inflammation. Convenient, great taste with no added sugar.

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

500 ml



#### Human colonizing probiotic

Progressive® HCP® 70 features 6 human strains that implant healthy flora throughout the entire digestive tract with nutrients to support flora viability.

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

120 veg caps

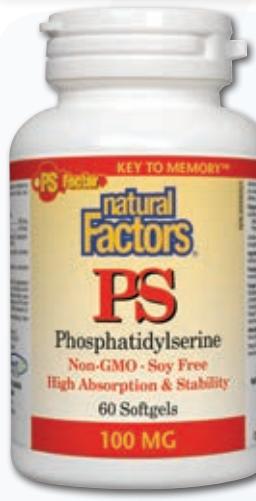


#### High potency EPA

Ascenta NutraSea hp™ provides DHA and EPA for cognitive health, cardiovascular support, muscle recovery and brain function.

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

120 softgels



#### Key to memory™

Natural Factors® PS or phosphatidylserine is a natural nutrient found in the brain. Healthy cell membranes support healthy brain functions such as memory, focus and clarity.

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

60 softgels



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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