

DURHAM NATURAL FOODS

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

www.durhamnatural.com

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH
FIRST

FREE
BAR

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
16⁹⁹

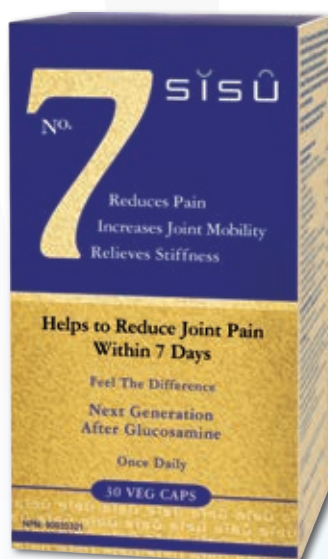
267 - 285 g

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.



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
17⁹⁹

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
24⁹⁹

30 caps



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
19⁹⁹

450 ml



GREAT
VALUE

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
14⁹⁹

90 + 90 tabs

BONUS



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
12⁹⁹

300 ml

• SALE DATES: AUGUST 8 – 23, 2014 • 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
49⁹⁹

60 tablets



Natural remedies for your little one

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

ON SALE
15⁹⁹

50 ml

Allergy Relief Junior-
15⁹⁹
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
14⁹⁹

500 ml

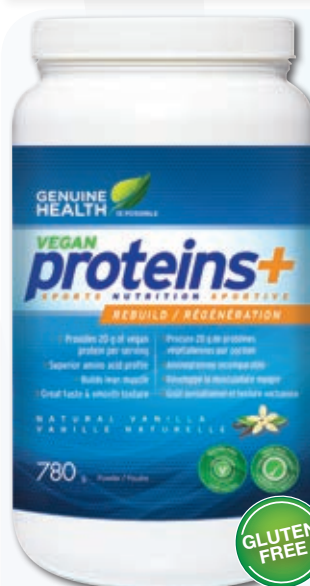


Target difficult digestion

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
29⁹⁹

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
34⁹⁹

780 g

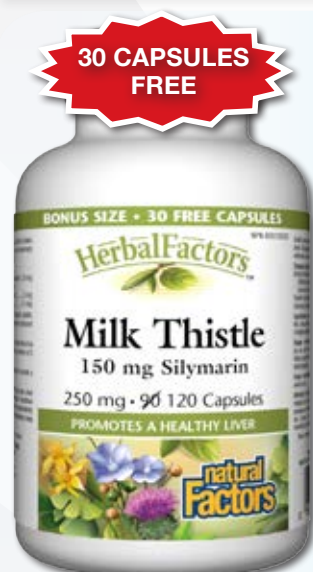


For mother and baby

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
33⁹⁹

120 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
17⁹⁹

120 caps

BONUS



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
15⁹⁹

90 veg caps



30 CAPSULES
FREE

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
14⁹⁹

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.



Antioxidant and joint support

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

ON SALE
24⁹⁹

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
23⁹⁹

90 softgels



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
21⁹⁹

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
10⁹⁹

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
16⁹⁹

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.

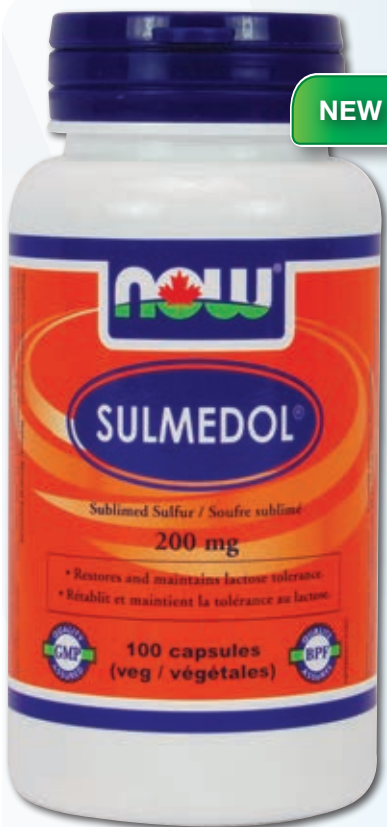
ON SALE
4⁹⁹

100 tabs

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 for more great organic information including the **Dirty Dozen** & **Clean 15** lists as well as revealing lab test results on **Organic vs Conventional** produce.



NEW

ON SALE
19⁹⁹
100 veg caps

Free yourself from lactose intolerance

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



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
28⁹⁹

240 veg caps

BONUS



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
69⁹⁹

120 veg caps



Sore muscles?

Prairie Naturals® Magnesium Solution

helps reduce soreness, pain & inflammation. Convenient, great taste with no added sugar.

ON SALE
31⁹⁹

500 ml



High potency EPA

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

ON SALE
39⁹⁹

120 softgels



GREAT
VALUE

ON SALE
52⁹⁹
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



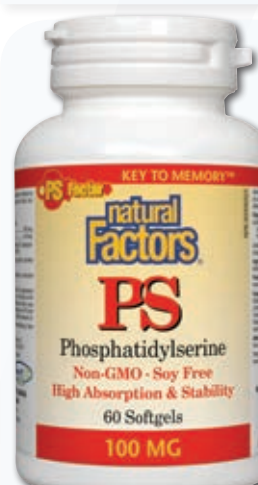
The "berry" best vitamin C

Health First® Berry-C Supreme®

features non-acidic vitamin C enhanced with organic red bioflavonoids for the maintenance of good health and antioxidant support.

ON SALE
26⁹⁹

180 veg caps



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
27⁹⁹

60 softgels

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.

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HEALTH
FIRST