

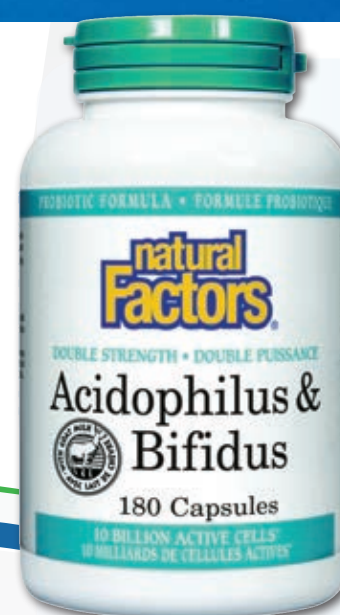
DURHAM NATURAL FOODS

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

www.durhamnatural.com

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH
FIRST



**10 billion
active cells**

**Natural Factors®
Acidophilus & Bifidus**
keeps a proper pH
balance in the small
intestine, inhibiting
yeast growth. Also
helps maintain health
of the large intestine.

ON SALE
17⁹⁹

180 caps

The ABCs on BACK TO SCHOOL HEALTH

Zip up those backpacks, tie up
those shoelaces and kiss the kids
goodbye - it's back to school time.

Look inside for great tips to ensure your
child stays healthy this school year.



**Strong &
beautiful**

**Preferred Nutrition®
BioSil™** helps fight
against wrinkles, brittle
nails, joint inflammation
and bone loss due
to age-related
collagen loss.

ON SALE
39⁹⁹

90 veg caps



Relief in 5 days

**Genuine Health Fast
Joint Care+** with
patented Biovaflex™,
a higher protein form
of natural eggshell
membrane (NEM).
See pain relief 2 days
sooner than any other
NEMs on the market.

ON SALE
24⁹⁹

30 veg caps



Fight germs fast

**Health First®
Orega-First** attacks
bacterial, viral, fungal
and parasitic infections.
Naturally contains 75%
carvacrol, an active
ingredient for anti-viral
applications.

ON SALE
\$3 OFF

15 ml



ON SALE
58⁹⁹

530 g

The ultimate superfood™

Progressive® VegeGreens® is a combination of over
60 land, sea and cruciferous vegetables, as well as
super green foods, EFAs, pre and probiotics,
and herbal co-factors.



All-in-one meal

**Vega™ One All-in-One
Meal Bar** provides 12 g
of plant-based protein,
4 g of fibre, 1 billion
non-dairy probiotics +
omegas, greens,
antioxidants and vitamins
to keep you going strong.

ON SALE
2⁹⁹ 64 g
BOX OF 12
36⁹⁹

• SALE DATES: SEPTEMBER 5 – 20, 2014 • HEALTHFIRST.CA •

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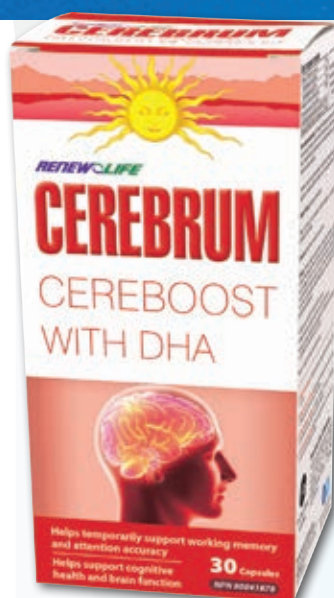


Potent probiotic power!

Ultimate Flora Ultra Potent Probiotic by Renew Life delivers 100 billion beneficial bacteria per capsule to improve digestive health and strengthen immunity.

ON SALE
42⁹⁹

30 veg caps



Boost your brain

Renew Life Cerebrum™ helps to improve memory, focus and cognitive performance by 10% for 6 hours after taking it. Ideal for seniors, professionals and post-secondary students.

ON SALE
26⁹⁹

30 caps



FREE
SHAKER CUP

Foundational nutrition

Garden of Life® RAW Meal™ satisfies hunger, is naturally filling and provides energy with vegan protein, fibre, vitamins and minerals. Use as an organic snack or a meal replacement.

ON SALE
43⁹⁹

1025 - 1166 g

BONUS



High potency formula

Health First® Evening Primrose Oil is a rich, cold-pressed, plant-based source of GLA (gamma linoleic acid), an omega-6 essential fatty acid important to the overall maintenance of good health.

ON SALE
27⁹⁹

180 gelcaps



Guaranteed satisfaction

Health First® Prostate Protect is one of the most complete formulas available. Formulated with phytosterols, saw palmetto, pumpkin seed oil and more for immediate and long-term prostate health.

ON SALE
34⁹⁹

60 gelcaps



FREE BAR

Synergy from seed to supplement

Whole Earth & Sea® Pure Food Multivitamin & Mineral provides a full range of nutrients to overcome physical stress, dietary limitations and/or metabolic inefficiencies.

ON SALE
29⁹⁹

60 tablets
Men's or Women's

BONUS



UTI relief!

Health First® UTI Supreme contains UTIROSE™ a patented hibiscus extract proven to target bacteria associated with UTI infection in the first day of use. Also prevents future infections.

ON SALE
19⁹⁹

60 veg caps



Great for problem skin

Health First® Zinc Citrate Plus Copper is an essential mineral for general maintenance of health and is necessary for sense of smell, taste and vision.

ON SALE
6⁹⁹

100 caps



30 FREE
CAPSULES

"B" stress-free

SISU B Calm is a complete B complex formula plus rhodiola to support overall health, particularly in people under physical or mental stress.

ON SALE
27⁹⁹

150 veg caps

BONUS

The ABCs on BACK TO SCHOOL HEALTH

Here are the ABCs to ensuring your little one (or, not so 'little' one) stays healthy this school year and comes home with all the answers.

A. LIGHTS OUT: Research shows that not getting enough sleep increases the likelihood of getting sick. Children need about 10 hours of sleep a night, and adolescents 8.5 hours. **Answer:** Earlier bedtimes for healthier kids.

B. GET OUTSIDE: Playing outside provides kids with the opportunity to exercise, explore nature and reduce stress. Plus, getting outside offers the body needed vitamin D. **Answer:** Kids need 60 minutes of exercise a day - try getting it outside.

C. SCRUB-A-DUB-DUB: Good personal hygiene can stop microbes that cause snotty noses and upset tummies from gaining access to your kids' bodies. **Answer:** Start routines of washing hands when changing activities.

Tips to Avoid Getting Sick this School Year:

- Catch lots of Zzzs
- Snack on fruit, vegetables, nuts & seeds
- Stay hydrated
- Wash your hands
- Get help from nutrients like probiotics, omega-3s, vitamin C & zinc

Visit healthfirst.ca for a complete children's guide to supplements and to read the full article with more great healthy back to school tips.

BACK TO SCHOOL HEALTH



Kid approved taste
Salus® Kindervital® Multivitamin for Children is a unique herbal tonic that supplies bone- and tissue-building vitamins and minerals that are important for growing children.

ON SALE
22⁴⁹
250 ml



Naturally delicious
Nature's Way® Alive!® Gummies are a gelatin free, gluten free, children's gummy multivitamin made with 26+ fruits and vegetables.

ON SALE
16⁹⁹
90 gummies



Natural Strawberry flavour
Natural Factors® Children's Multi Probiotic with 3 billion active cells, reflects a child's natural composition. Restores intestinal flora balance in children over 12 months old.

ON SALE
14⁹⁹
60 g



Everyone will love it
Botanica Omegalicious™ High Potency Omega-3 Supplement is a creamy and delicious way to provide your family with 750 mg of pharmaceutical grade EPA-DHA in each tasty serving.

ON SALE
29⁹⁹
450 ml



So natural you can eat it

Green Beaver™ Natural Toothpaste contains natural active ingredients and is made with real flavours to help support and maintain healthy teeth and gums.

ON SALE
4⁹⁹
75 ml



Aluminum free

Green Beaver™ Natural Deodorant is a unique, anti-odour complex composed of natural citrus enzymes and lichen. Goes on clear and provides extra protection for active people.

ON SALE
5⁹⁹
Spray
105 ml
ON SALE
5⁴⁹
Stick
50 g



Natural vitamin B supplement

Bio-Strath® Original Elixir is a whole food yeast supplement containing plasmolysed yeast and 16 herbs. Helps to increase energy, overall vitality and well-being.

ON SALE
22⁹⁹

250 ml



Advanced herbal cleansing

Renew Life CleanseSMART is a 30 day cleanse that deeply cleanses the entire body without the need to follow a strict diet. Helps ease elimination, improve digestion and increase energy.

ON SALE
28⁹⁹

kit



A smarter probiotic

Enzymatic Therapy® Acidophilus Pearls™ help you get relief from occasional gas, sensitive stomach and lactose intolerance. Ideal for travel, does not require refrigeration.

ON SALE
18⁴⁹

30 caps



The sunshine vitamin

Prairie Naturals® Vitamin D is important for the proper absorption of calcium. Essential for bone strength and offers protection against both osteoarthritis and osteoporosis.

ON SALE
16⁹⁹

500 softgels



30 FREE
SOFTGELS

Antioxidant for good health

SISU CoQ10 is a powerful antioxidant that supports energy production, muscle and heart strength.

ON SALE
19⁹⁹

150 softgels

BONUS



Odourless organic garlic

Kyolic® Aged Garlic Extract™ Formula 104 supports healthy cholesterol levels and overall cardiovascular health.

ON SALE
44⁹⁹

360 caps



30 FREE
SOFTGELS

ON SALE
17⁹⁹

150 softgels



Reduce inflammation

Health First® Curcumin Supreme features the patented Phytosome Curcumin Meriva®. 20x more bioavailable than regular curcumin for fast pain relief and increased mobility.

ON SALE
38⁹⁹

120 veg caps



Pure & certified organic

NOW® Lavender Essential Oil has a lightly floral and soothing scent. Lavender is the most useful oil, and one that every aromatherapy kit should include.

ON SALE
8⁹⁹

30 ml

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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