

DURHAM NATURAL FOODS

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



CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH
FIRST



30 veg caps

Balance your gut flora

Renew Life Ultimate Flora Critical Care has 50 billion bacteria from 10 strains per capsule. The perfect formula to help maintain good digestive and overall health. All ingredients are non-GMO.

ON SALE
29⁹⁹

Your *right* to know about GMOs

Did you know that over 75% of the packaged foods we consume contain Genetically Modified Organisms (GMOs)?

Look inside for the butterfly to easily identify Non-GMO Project Verified products and learn all about GMOs and their impact.



are *you* committed to NON-GMO?

New Chapter® Every Man's or Every Woman's One Daily Multivitamins are the first line of multivitamins to be Non-GMO Project Verified. An antioxidant for the maintenance of good health, helps to maintain immune function.

ON SALE
40⁹⁹

Every Man's One Daily Multivitamin
72 tabs

Every Woman's One Daily Multivitamin
72 tabs



NEW

Stress and insomnia relief!

Health First® Stress Relief Supreme contains Cyracons® lemon balm extract, clinically studied for reducing stress symptoms and insomnia due to mental stress.

ON SALE
19⁹⁹

60 veg caps



Cleanse for good health

Wild Rose Herbal D-Tox is an effective 12-day program that helps support the cleansing and elimination of toxins from the body.

ON SALE Kit
32⁹⁹



Low in carbohydrates

Natural Factors® Whey Factors® is highly efficient, undenatured and ultrafiltered whey from grass-fed cows – free of rBGH, BSE, and GMOs

ON SALE
29⁹⁹

1 kg

• SALE DATES: OCTOBER 3 – 18, 2014 • HEALTHFIRST.CA •

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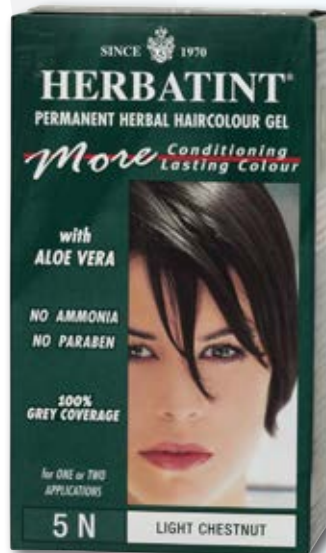


ON SALE
31⁹⁹

252 g

Cleanse & energize

Prairie Naturals® Morning Rise & Shine is a mix-and-go lemon and aloe drink that helps boost metabolism, balance your pH, detoxify and rejuvenate cells and organs every morning. All ingredients are non-GMO.



Natural gloss & shine

Herbatint® Permanent Herbal Haircolour Gel is formulated using safe ingredients balanced with vegetal extracts from natural herbs. No ammonia, no damage, just healthy shine.

ON SALE
14⁹⁹

Kit



30 CAPSULES
FREE

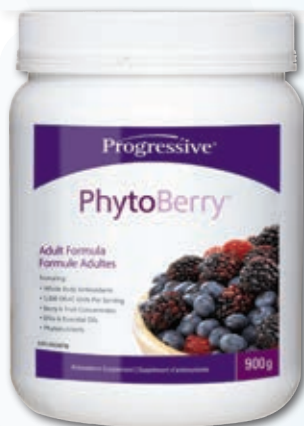
Gentle on the stomach

SISU Ester-C® 600 is a unique, patented form of calcium ascorbate and is the only form of vitamin C proven to last up to 24 hours in the white blood cells of the immune system.

ON SALE
22⁹⁹

150 veg caps

BONUS



ON SALE
57⁹⁹

900 g

Berry booster

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.



When nature doesn't call...

Renew Life CleanseMORE is a powerful colon cleansing product that works without the use of harsh, purgative type laxatives which can be addictive. It is effective for relieving occasional constipation. All ingredients are non-GMO.

ON SALE
24⁹⁹

120 veg caps



More than fibre

Renew Life FibreSMART is the perfect blend of fibre and healing herbs. Can be used every day to help maintain good health, ease constipation and improve digestion. All ingredients are non-GMO.

ON SALE
19⁹⁹

120 veg caps

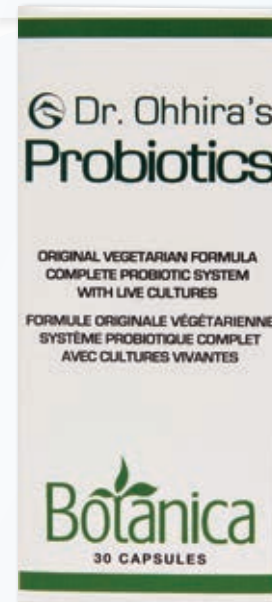


TOTAL BODY SUPPORT

Genuine Health Greens+ Whole Body Nutrition contains 70% fermented ingredients from whole foods. Provides greens, probiotics, protein and omegas. Vegan, gluten/dairy/soy-free and non-GMO.

ON SALE
49⁹⁹

487 g - 525 g



Travel friendly probiotics

Dr. Ohhira's Probiotics by **Botánica** with 12 select probiotic strains in a unique fermented, shelf stable formula. Helps restore the friendly bacteria necessary for optimal health.

ON SALE
37⁹⁹

30 caps

Your right to know about GMOs

WHAT ARE GMOs?

Genetically modified organisms (GMOs) are plants or animals created through the process of genetic engineering. This experimental technology forces DNA from one species into a different species.

WHAT ARE THE IMPACTS OF GMOs?

Over 80% of all GMOs grown worldwide are engineered for herbicide tolerance. As a result, use of toxic herbicides like Roundup has increased 15x since GMOs were introduced. GMO crops are also responsible for the emergence of "super weeds" and "super bugs," which can only be killed with even more toxic poisons.

GMOs IN CANADA

In over 50 countries around the world, there are restrictions or outright bans on the production and sale of GMOs. In Canada, the government has approved GMOs based on studies conducted by the same corporations that created them and profit from their sale. Increasingly, Canadians are taking matters into their own hands and choosing to opt out of the GMO experiment.

WHAT IS THE NON-GMO PROJECT?

The Non-GMO Project offers North America's ONLY third party verification for products produced according to rigorous best practices for GMO avoidance. Look for the butterfly throughout our flyer to easily identify Non-GMO Project Verified products.



GMO CROPS GROWN IN CANADA

CROP	TRAIT	WHERE ON SHELVES
Corn	Insect resistant, herbicide tolerant	Corn flakes, corn chips, cornstarch, corn syrup, corn oil and other corn ingredients in processed foods.
Canola	Herbicide tolerant	Canola oil, eggs, milk, meat
Soy	Herbicide tolerant	Soy oil, soy protein, soy lecithin, tofu, soy beverages, soy pudding, eggs, milk, meat
Sugar beet	Herbicide tolerant	Sugar

HOW CAN YOU AVOID GMO FOODS?

- Eat certified organic food.
- Avoid eating processed foods with corn, soy, and canola.
- When buying foods or supplements look for a non-GMO statement on the package or the Non-GMO Project Verified symbol
- Buy cane sugar to avoid consuming GMO sugar beet.
- Support farmers who fight GMOs.

For more information on GMOs please visit healthfirst.ca or nongmoproject.org



Whole food iron boost

MegaFood™ Blood Builder® provides 100% whole food iron with synergistic nutrients and organic beet root to maintain healthy levels of iron. Non-binding and gentle on the stomach. All non-GMO.

ON SALE
32⁹⁹

60 tabs



Reduce fatigue, increase stamina

Platinum™ EasyMulti® Prenatal with a DHA booster is a gentle, single dose, softgel multivitamin for preparing, pregnant and nursing mothers. All ingredients are non-GMO.

ON SALE
33⁹⁹

60 liquid capsules



Pleasant tasting

Health First® Cod Liver Oil Supreme Plus Vitamin D is a lemon flavoured liquid which helps maintain cardiovascular health, immune function and the development and maintenance of bones.

ON SALE
19⁹⁹

250 ml



NEW
SIZE

Magnificent magnesium

Health First® Magnesium Citrate is used for the development and maintenance of bones and helps to prevent magnesium deficiency.

ON SALE
26⁹⁹

300 caps



It's time for D

Health First® Vitamin D3 Liquid delivers 1000 IU of D3 per 0.2 ml in a base of organic sunflower oil with a hint of essential orange for a fresh taste. Contains 250 daily doses.

ON SALE
11⁹⁹

50 ml



NEW

Internal deodorizer

Health First® Chlorophyll is sourced from non-GMO alfalfa and acts as an internal deodorizer to reduce body odour. Preservative free. Available in mint and unflavoured.

ON SALE
16⁹⁹

500 ml



510 g

Highly alkaline-forming

Genuine Health Greens+ Original is Canada's first and only research-proven superfood formula! A synergistic blend of 23+ non-GMO, antioxidant-rich essential nutrients.

ON SALE
59⁹⁹

FREE SHAKER CUP

with purchase of Vega protein



FUEL YOUR BETTER

Vega™ Sport Nutrition System is a plant-based, three-staged system, specifically designed for athletes who want perform at their best – before, during, and after training and competition.

15% OFF
All Vega Sport



30 tablets

Sleep comfortably

A.Vogel Menopause made with 100% organic fresh sage extract. Clinically tested and proven to significantly reduce frequency and severity of hot flashes and night sweats.

ON SALE
21⁹⁹

30 FREE CAPSULES



"B" healthy

Natural Factors® Hi Potency B Complex is a complete combination of B vitamins that help convert protein, carbohydrates and fats into energy. Maintains healthy nerves and immune system.

ON SALE
18⁹⁹

210 caps

BONUS



Sleep easy

Natural Factors® Stress-Relax® Tranquil Sleep combines L-Theanine with 5-HTP and melatonin for a fast acting sleep formula. Fall asleep more quickly, stay asleep, sleep more soundly, and wake up feeling refreshed.

ON SALE
16⁹⁹

60 chew tabs



ON SALE
25⁴⁹

200 ml

Highest ratio DHA

NutraSea™ DHA is sourced from wild squid providing 35% more omega-3 than salmon and unparalleled sustainability.



Rediscover the wisdom®

St. Francis Herb Farm® Deep Immune® is used primarily as an antiviral to tonify a weak immune system. Reinforces the basic functions of the body and helps maintain equilibrium.

ON SALE
15⁹⁹

50 ml



Hormone balancing therapy

WomenSense™ EstroSense® contains an effective combination of ingredients clinically shown to balance hormones, detoxify liver and assist with production of beneficial estrogen.

ON SALE
45⁹⁹

120 veg caps

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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