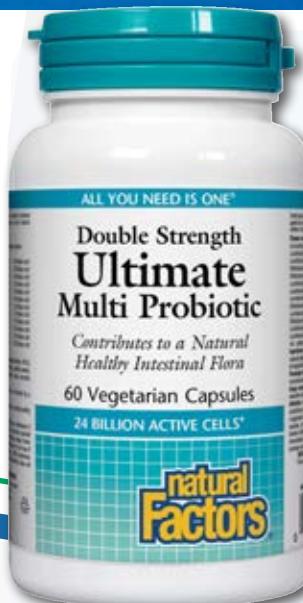


DURHAM NATURAL FOODS

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

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH
FIRST®



All you need
is one™

Natural Factors® Double Strength Ultimate Multi Probiotic restores intestinal flora balance with 24 billion active cells. Enteric coating ensures strains will reach intestines at full potency.

ON SALE
31⁹⁹

60 veg caps

SEEK OUT HIDDEN SUGARS

Find the sugar in your labels

Looking for sugar on food labels goes beyond looking for anything ending with the letters "ose" (e.g. sucrose, glucose).

Look inside to find the real truth about sugar.



Rich in omega-3 fatty acids

Health First® Omega-First® is a super strength fish oil concentrate which helps support cardiovascular health, cognitive health and brain function. GMO-free and pharmaceutical grade with natural lemon flavour.

ON SALE
49⁹⁹

240 + 60 gelcaps



144 capsules



20% MORE
FREE

Relief for your joints
and the rainforest

New Chapter® Turmeric Force® with whole, active phytonutrients, works to provide a 100% herbal response to joint inflammation and discomfort. A portion of sales will be donated to the Friends of the Children's Eternal Rainforest. See store for details.

ON SALE
42⁹⁹

BONUS



300 g

Vitamin C &
L-Lysine formula

Dr. W. Gifford-Jones, MD Medi-C Plus™ uses the powerful combination of lysine and vitamin C to help maintain a healthy heart. This berry flavoured powder mixes easily with water or juice.

ON SALE
21⁹⁹

300 g



NEW

Cleanest whey in
the world

Progressive® WheyEssential™ All-in-One is a grass fed, New Zealand whey-based protein supplement plus fibre, omega-3 fats, a full day's supply of antioxidants and 13 vitamins and minerals.

ON SALE
62⁹⁹

840 g

• SALE DATES: NOVEMBER 7 – 22, 2014 • HEALTHFIRST.CA •

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Knock out cold & flu

A.Vogel Echinaforce® Extra Strength Hot Drink is an effective combination of echinacea purpurea and elderberry. Helps combat common cold and flu symptoms and relieves upper respiratory congestion.

ON SALE
10⁹⁹

100 ml

FREE BAR INSIDE



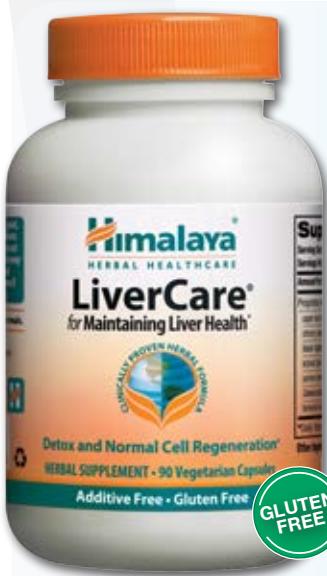
ON SALE
35⁹⁹

60 softgels +
FREE bar

No fishy repeat

Whole Earth & Sea Herring Gold™ Omega-3 1000 mg is derived from the roe of Norwegian spring-spawning herring. Rich in the essential omega-3 fatty acids DHA and EPA, as well as choline.

BONUS



Ultimate liver protection

Himalaya® LiverCare® is a well-researched combination of nourishing herbs. Assists in supporting the liver's normal function and everyday detoxification.

ON SALE
24⁹⁹

90 veg caps

Zero never tasted better

NOW® Better Stevia™ is extracted from the leaf of the stevia plant and is 50-100 times sweeter than sugar. But get this - it has zero calories and doesn't harm your teeth!



ON SALE
6⁹⁹

100 packets



100% organic and gluten free

PGX® Satisfast™ Organic Protein Bars deliver 15 g of raw protein and 1.5 g of PGX to help curb untimely hunger pangs without flooding your bloodstream with sugars.

ON SALE
2/\$6

61 g



Fast acting relief

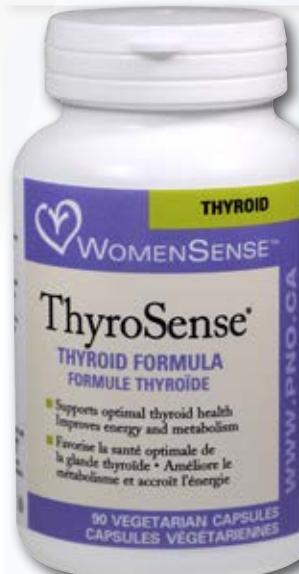
Wobenzym® Plus is a powerful antioxidant and anti-inflammatory supplement. Relieves pain associated with osteoarthritis of the knee and hip, also assists in joint injury recuperation.

ON SALE
43⁹⁹

120 tablets

Low thyroid?

WomenSense™ ThyroSense® supports optimal thyroid health with a proven combination of important nutrients that can help enhance thyroid function.



ON SALE
21⁹⁹

90 veg caps



Therapeutic dose

Renew Life Ultra EPA Omega has a maximum strength dose 1000 mg of EPA per capsule. Assists with mood balance, inflammation and cardiovascular health.

ON SALE
26⁹⁹

30 capsules

Fresh from farm to tablet

MegaFood™ Women's One Daily Whole Food Multivitamin is a balanced ratio of pure FoodState Nutrients™. Supports optimum health and well-being.

Also available in men's formula.



ON SALE
46⁹⁹

60 tablets



SEEK OUT HIDDEN SUGARS

Find the sugar in your labels

Sugar tastes good, so it is added to almost every prepared food we eat. The result? Health professionals raising concerns that eating high amounts of simple sugar causes high blood sugar levels and weight gain, which are risk factors for diabetes.

Identifying Sugar

There are many ways sugar can be written on food labels: glucose-fructose, dextrose, evaporated cane juice, corn sweetener, date sugar, fruit juice concentrates, malt, maltose galactose, sweetened carob powder, treacle, and rice syrup.

High Fructose Corn Syrup

High fructose corn syrup is created by chemically changing it to have more fructose, causing it to be sweeter. Sometimes deceptively called "glucose-fructose" on food labels, it's most commonly found in soda pop, fruit drinks, canned fruits, dairy desserts, flavoured yogurts, cereals, baked goods, and jellies. Eating foods that contain high fructose corn syrup may cause digestive discomfort, and studies show it may also negatively affect brain cells.

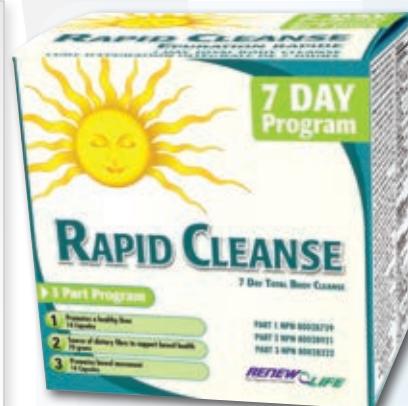
Sweeteners & Other Tricky Foods

Artificial sweeteners are commonly used in processed foods to increase sweetness while keeping calories low. Aspartame, sucralose, and saccharin are examples of artificial sweeteners. Artificial sweeteners are thought by the general public as a good choice for weight loss. However, in recent studies both saccharin and aspartame induced greater weight gain than sucrose.

Natural Sugar Alternatives

- Agave nectar:** About 1.5x sweeter than sugar due to its high concentration of fructose, agave nectar causes less of a blood sugar spike (lower glycemic number) than sugar.
- Palm sugar:** Similar to brown sugar, reports suggest that it has a lower glycemic index than sugar.
- Turbinado:** Also known as cane sugar or raw sugar, turbinado sugar is a less processed, higher moisture product with a few less calories than sugar.
- Stevia:** Stevia is 300x sweeter than sugar and does not have any calories, and thus no glycemic effect making it suitable for diabetics.
- Xylitol:** Xylitol is a common ingredient in chewing gum and has the ability to prevent bacteria growth and thus prevent development of dental cavities.

For more information on identifying sugars please visit healthfirst.ca



ON SALE
24⁹⁹
kit

Simple program

Renew Life Rapid Cleanse is a 7 day program that uses herbs to cleanse the entire body, and fibre to help eliminate released toxins. Perfect for those who want a shorter, effective cleanse.



Healthy glucose levels

Health First® GTF Chroma-Cinn provides support for healthy glucose metabolism. Helps the body to metabolize carbohydrates and fats.

ON SALE
7⁹⁹
90 veg caps



Fermented for superior digestion
Genuine Health Fermented Vegan Proteins+ provides advanced digestive support. Contains 20 g of fully fermented vegan protein. Available in vanilla and unflavoured.

ON SALE
39⁹⁹
600 g

GLUTEN FREE



Nutrients for your eyes

Health First® Vision Supreme is a blend of antioxidants for the maintenance of eye health. Helps delay age-related macular degeneration, maintains eyesight and night vision.

ON SALE
39⁹⁹
100 tablets



Energy boosting B12

Health First® B12 Supreme helps to prevent vitamin B12 deficiency and supports the formation of red blood cells. An ideal supplement for vegetarians and vegans.

ON SALE
8⁹⁹
60 lozenges



Plant sourced calcium

Health First® Cal-Mag Supreme + K2 features Aquamin™ plant source calcium from the Icelandic red algae that helps to remineralize bone cells. Added vitamin K2 aids in absorption.

ON SALE
19⁹⁹
450 ml

**GREAT VALUE****Tired due to low iron?**

Salus Floradix® Formula is a liquid iron supplement that is specially formulated for easy absorption and assimilation. Helps normalize low iron levels to boost energy, vitality and optimal health.

**ON SALE
44⁹⁹**

500 + 250 ml

BONUS**Put the micro back in your mini**

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

**ON SALE
19⁹⁹**

90 capsules

**Promotes healthy blood sugar levels**

PGX® Daily Ultra Matrix Softgels helps lower the glycemic index & reduces appetite by promoting a feeling of fullness. Also helps reduce elevated total and LDL cholesterol levels.

**ON SALE
49⁹⁹**

240 softgels

**Premium 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
22⁹⁹**

600 ml

**Balance, invigorate and energize**

Vega™ Maca is certified organic, traditionally grown and sustainably harvested in partnership with Peruvian farmers. Promotes vitality, good health and overall well-being.

**ON SALE
19⁹⁹**

60 vegicaps

**30 FREE TABLETS****Citrus free**

SISU Ester-C® 1000 is vitamin C buffered with calcium plus quercetin. Helps in the development and maintenance of bones, cartilage, teeth and gums. An antioxidant for the maintenance of good health.

**ON SALE
26⁹⁹**

150 tablets

BONUS**NEW****ON SALE
33⁹⁹**

586 - 618 g

GLUTEN FREE**Shake simplicity**

Vega™ Protein & Greens has 20 g of complete vegan protein and two full servings of veggies. No added sugar, low in calories, gluten and dairy free.

**ON SALE
36⁹⁹**

60 softgels

Certified for sport™

Platinum™ Activ-X™ is designed to increase energy, help you train harder and recover faster. Featuring essential vitamins, minerals, antioxidants, omega oils and adaptogens.

Available in men's and women's formula.**Defend yourself**

Health First® Cold-Defense uses powerful herbs to prevent and relieve cold and flu symptoms. Formulated by health professionals and tested for results in a clinical setting.

**ON SALE
16⁹⁹**

60 veg caps

HEALTH FIRST**NOT ALL PRODUCTS SHOWN ARE AVAILABLE AT ALL HEALTH FIRST NETWORK® STORES.****DURHAM NATURAL FOODS**

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705-566-3820 • www.durhamnatural.com

	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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