

# DURHAM NATURAL FOODS

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

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH  
FIRST®

## Giving for the Body, Mind & Soul

This year for the festive season, show your loved ones how much you care about them. Give a gift that they will really appreciate from your local Health First® retailer.



Take the PrimeZyme® digestive challenge!

Health First® PrimeZyme® is an effective full-spectrum digestive enzyme formula that will help your digestion.

ON SALE  
**29.99**

180 capsules

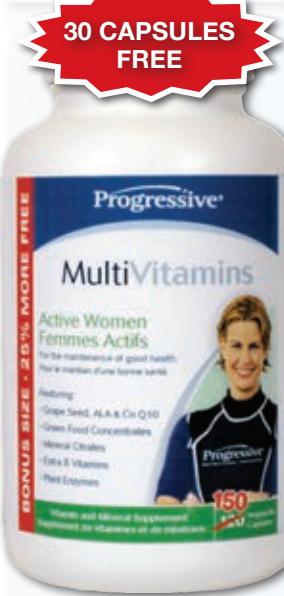


Clears sinus congestion and soothes sore throats

Natural Factors® Echinamide® Quick-Blast is made from organic echinacea purpurea grown in Canada's Okanagan region, combining eucalyptus, peppermint, menthol, and lemon in a base of echinamide and honey.

ON SALE  
**6.49**

30 soft chews



30 CAPSULES  
FREE

Support for  
your lifestyle

Progressive® Active MultiVitamins for Women and Men contain higher potencies of the key nutrients to help you stay active and live your life on-the-go.

ON SALE  
**33.99**

150 veg caps  
BONUS



Beyond organic  
meal replacement

Garden of Life® RAW Meal™ was designed as a meal replacement, is naturally filling and increases energy, all while providing a healthy balance of raw food nutrients.

ON SALE  
**44.99**

1025 - 1166 g



ON SALE  
**58.99**

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, enzymes and herbal co-factors.



100% Pure

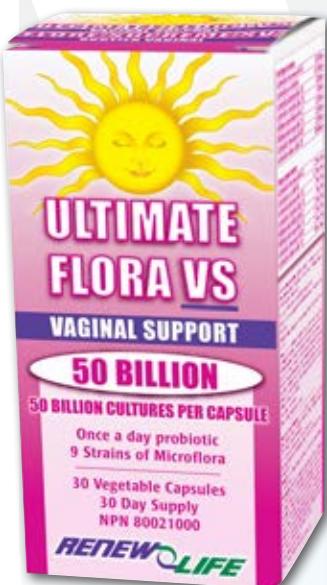
NOW® Lavender Essential Oil has a lightly floral and soothing scent. Lavender is the most useful oil, and one that every aromatherapy kit should include.

ON SALE  
**8.99**

30 ml

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

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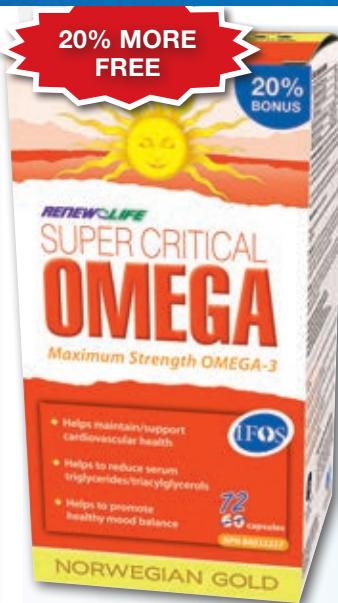


### No more yeast infections!

Renew Life Ultimate Flora VS contains 50 billion beneficial bacteria from strains that support a healthy vagina and digestive tract.

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

30 veg caps



20% MORE FREE

20% BONUS

### High potency fish oil with vitamin D!

Renew Life Super Critical Omega is ideal for supporting cardiovascular health and brain function in as little as one capsule per day.

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

72 capsules



### Maintain good health

SISU Magnesium is in an easy-to-swallow vegetarian capsules providing 250 mg elemental magnesium to support heart health and help to maintain proper muscle function.

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

100 veg caps



### A full body treatment

Aroma Crystal Therapy Gardener's Dream® Cream helps alleviate dry skin, roughness, cracking, and itching. A great muscle and joint pain reliever too. Paraben Free!

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

180 ml



GIFT SET

### Protect your skin

Weleda Skin Food is an intensively nourishing, deeply hydrating cream. Ultra-rich, whole-body treatment that restores and protects your skin.

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

30 ml + LIP BALM



GREAT VALUE

### Love your hair!

Prairie Naturals® Hair Force Shampoos & Conditioners are fragranced with pure, natural aromatic plant oils. Herbal extracts and natural plant emollients leave hair shiny and manageable.

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

500 ml + 500 ml



### Get happy!

WomenSense™ HappySense® helps promote a happy mood by naturally enhancing serotonin. 5-HTP also promotes better sleep and reduces carbohydrate cravings.

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

60 caplets



### Nourish, energize, replenish

MegaFood™ Balanced B Complex is a balanced ratio of FoodState B complex vitamins in their most bioavailable food form. Easy to digest and no after taste.

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

60 tablets



### The most bioavailable curcumin

Natural Factors® CurcuminRich™ Theracurmin™ is an antioxidant for the maintenance of good health. Theracurmin is 300x more bioavailable than regular curcumin.

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

60 veg caps

# Giving FOR THE BODY, MIND & SOUL

This year for the festive season, show your loved ones how much you care about them. Give a gift that they will really appreciate from your local Health First retailer. They have suggestions for family, friends and co-workers. You will find great gifts that everyone will appreciate, and you will be helping to support an independent retailer in your community. Health First retailers buy local products only found in your area, so you can shop local with pride.

## Ideas for the Body:

- Great smelling body cream
- Face moisturizer to fight the cold dry winter
- Natural Shampoo and Conditioner
- Gym Membership to keep active
- Massage Oil to pamper skin

## Ideas for the Mind:

- Fish Oil to keep your mind sharp
- Incense for relaxing
- Diffuser to refresh the whole house
- Books to enlighten
- Meditate

## Ideas for the Soul:

- Music - soothes
- Essential Oils to transcend
- Time – offer to help out a neighbour or friend
- Volunteer- many charities need extra hands at this time of year
- Gift certificate to yoga class

Check out [healthfirst.ca](http://healthfirst.ca) for helpful tips on giving for the mind body and soul.



ON SALE

**23<sup>99</sup>**

30 capsules

### Protect your prostate

**A. Vogel® Sabalasan® Prostate 1** prevents and relieves benign prostate hyperplasia (BPH) symptoms, while improving libido and symptoms of ED.



### 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

**26<sup>99</sup>**

180 veg caps



### Supports sexual health

**Health First® Maca Root** capsules support the emotional aspects of sexual health and healthy mood balance. Gelatinized for easy digestion. Organic Peruvian source.

ON SALE

**26<sup>99</sup>**

180 veg caps



### 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

**4<sup>99</sup>**

75 ml



NEW

### Easy breathing

**Health First® Respir-First** is an herbal liquid for relieving a variety of respiratory conditions: bronchitis, coughs and colds, dry coughs, excess mucus and seasonal allergies.

ON SALE

**17<sup>99</sup>**

500 ml



**120 + 60 GELCAPS**

### Supports your child's brain development

**Health First® Kids-First Omega** are orange flavoured chewable gelcaps rich in omega-3 DHA for cognitive functioning and eye development in children.

ON SALE

**27<sup>99</sup>**

120 + 60 gelcaps

**BONUS**



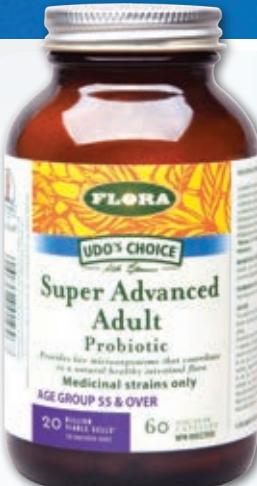
### Superior bioavailability of CoQ10

Natural Factors® Ubiquinol QH® Active CoQ10 helps fight age-related fatigue, supports heart health and provides antioxidant protection to cells.

ON SALE

**26<sup>99</sup>**

60 softgels



### Friendly bacteria for 55+

Udo's Choice® Super Advanced Adult Probiotic contains a much higher percentage of Bifidobacteria per serving in order to meet the specific digestive needs of those 55+.

ON SALE

**47<sup>99</sup>**

60 capsules



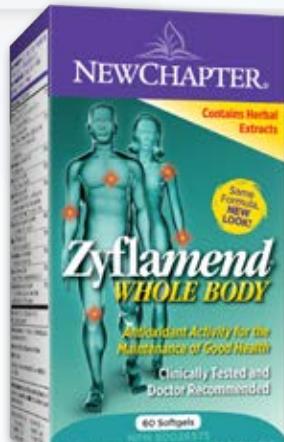
### Great tasting omega-3

Ascenta® NutraSea™ supports cardiovascular and brain health along with development of the brain, eyes and nerves.

ON SALE

**42<sup>99</sup>**

500 ml



### Herbal joint pain reliever

New Chapter® Zyflamend® is a full-spectrum blend of 10 remarkable herbs and is traditionally used as an anti-inflammatory to help relieve joint pain.

ON SALE

**29<sup>99</sup>**

60 softgels



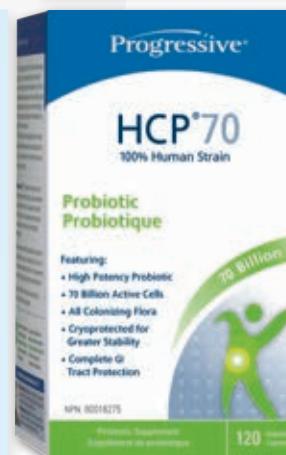
### Just add water, shake and go

Vega™ Protein Smoothie is a convenient protein boost you can have 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



### 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



### 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

**2/\$6**

BOX OF 12

**34<sup>99</sup>**

64 g



### Super green food!

Prairie Naturals® Spirulina is a single-celled freshwater micro algae containing an impressive 60% protein content! Use daily for a gentle cleansing effect.

ON SALE

**21<sup>99</sup>**

200 g



### 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

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](http://www.healthfirst.ca).

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