

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

29⁹⁹

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

6⁴⁹

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

33⁹⁹

150 veg caps

BONUS



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

8⁹⁹

30 ml



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

44⁹⁹

1025 - 1166 g



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, enzymes and herbal co-factors.

• 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

29⁹⁹

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

43⁹⁹

72 capsules

BONUS



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

12⁹⁹

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

22⁹⁹

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

15⁹⁹

30 ml + LIP BALM

BONUS



GREAT VALUE

Love your hair!

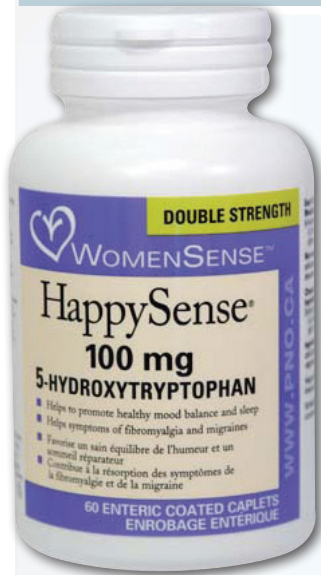
Prairie Naturals® Hair Force Shampoos & Conditioners are fragranced with pure, natural aromatic plant oils. Herbal extracts and natural plant emollients leave hair shiny and manageable.

ON SALE

16⁹⁹

500 ml + 500 ml

BONUS



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

21⁹⁹

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

37⁹⁹

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

24⁹⁹

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 for helpful tips on giving for the mind body and soul.



ON SALE

23⁹⁹

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

26⁹⁹

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

26⁹⁹

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

4⁹⁹

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 mucous and seasonal allergies.

ON SALE

17⁹⁹

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

27⁹⁹

120 + 60 gelcaps

BONUS



60 softgels

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

26⁹⁹



60 capsules

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

47⁹⁹



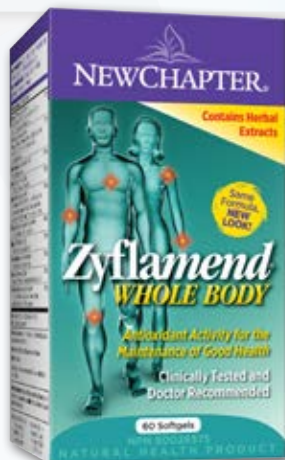
Great tasting omega-3

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

ON SALE

42⁹⁹

500 ml



60 softgels

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

29⁹⁹



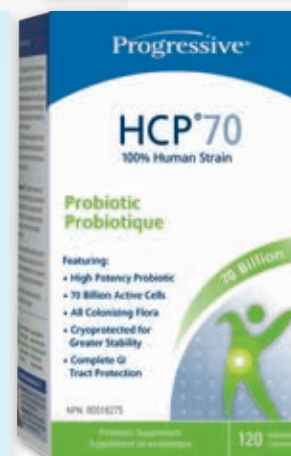
Just add water, shake and go

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

16⁹⁹

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

69⁹⁹

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

34⁹⁹

64 g



ON SALE

21⁹⁹

200 g

Super green food!

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



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.

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