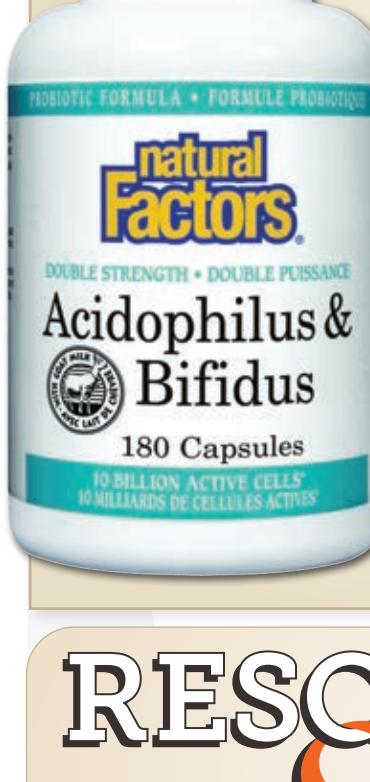


# DURHAM NATURAL FOODS

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

ON SALE

**16<sup>99</sup>**

180 caps



Supreme liver protection

Health First® Liver Supreme capsules feature Siliphos®, a milk thistle-sourced silybin Phytosome®, clinically-researched to support and protect liver function.

ON SALE

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

60 veg caps

## RESOLUTION Solution

TIPS TO HELP YOU  
KEEP YOUR HEALTHY  
★ RESOLUTIONS ★



Strong & beautiful

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

ON SALE

**39<sup>99</sup>**

90 veg caps



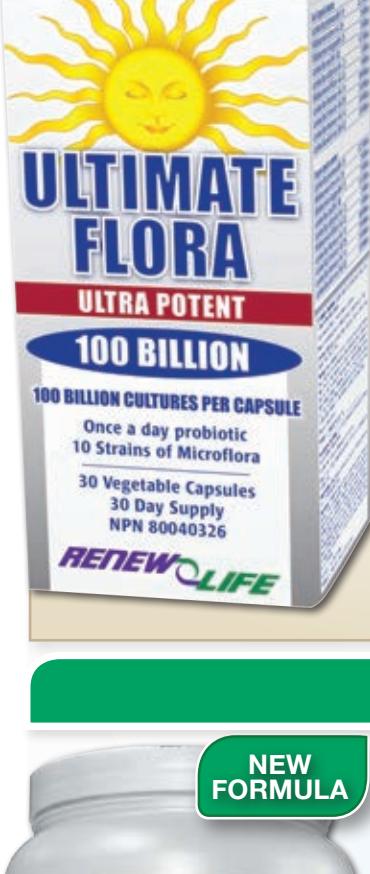
Tired due to low iron?

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 achieve optimal health.

ON SALE

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

500 ml



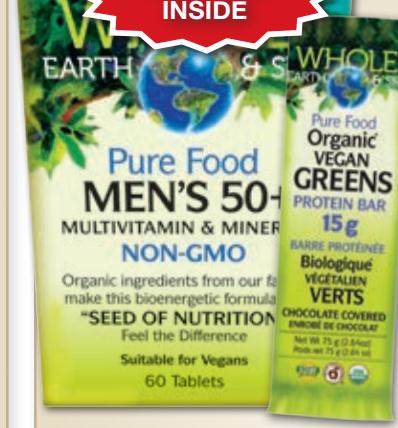
Potent probiotic power!

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

ON SALE

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

30 veg caps



FREE BAR INSIDE

ON SALE

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

60 tablets

Men's or Women's + FREE BAR

BONUS

Synergy from seed to supplement

Whole Earth & Sea® Pure Food Multivitamin & Mineral 50+ provides a full range of nutrients to overcome physical stress, dietary limitations and/or metabolic inefficiencies.



NEW FORMULA

Do more. Better.

Vega™ One All-in-One Nutritional Shake contains 20g of protein, 50% of your daily vitamins & minerals and 6 servings of greens, all from real, whole food ingredients. Get everything you need in one delicious scoop.

ON SALE

**54<sup>99</sup>**

829 g - 876 g



ON SALE

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

200 g

Super green food

Prairie Naturals® Organic Spirulina is an excellent source of antioxidants beneficial for the maintenance of good health.



ON SALE

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

200 g



ON SALE

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

200 g

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

200 g

Super green food

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ON SALE

**21<sup**



### Defend yourself

Health First® Cold-Defense uses a powerful blend of herbs based on Traditional Chinese medicine to prevent and relieve symptoms of cold & flu. Take at the first sign of illness to control viruses and bacteria before they control you. Formulated by health professionals and tested for results in a clinical setting.

ON SALE

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

60 + 60 veg caps

BONUS



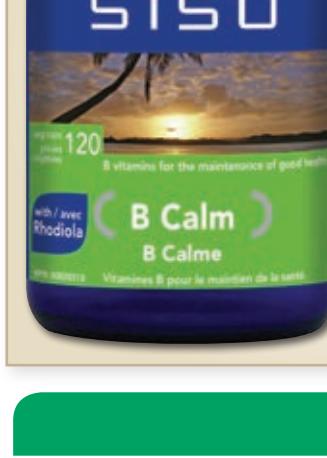
### Treat UTIs naturally

NOW® D-Mannose Powder is the simple sugar found in cranberries and used to treat UTIs. Concentrated powder form helps to avoid the undesirable high sugar intake of cranberry juice.

ON SALE

**32<sup>99</sup>**

85 g



**ON SALE**

**28<sup>99</sup>**

120 veg caps

### Vegan source of omega-3 & -6

Flora™ Flax Oil is made from certified organic, non-GMO and gluten free Canadian flaxseed. Can be taken on its own, in smoothies, on salads, or used on your skin.

ON SALE

**12<sup>99</sup>**

500 ml



### Chewables for your children

Progressive® Multivitamins for Kids offers a comprehensive strategy for supporting the unique nutritional needs of active children.

ON SALE

**24<sup>99</sup>**

120 chew tabs



### Mixes easily and tastes great

Natural Factors® Whey Factors® is ideal for people of all ages & activity levels to help maintain existing lean muscle mass and help build & repair body tissue.

ON SALE

**32<sup>99</sup>**

1 kg



### Wholesome goodness

NOW® Whole Chia Seed is a whole food source for omega-3 fatty acids, antioxidants, protein and is naturally high in dietary fibre.

ON SALE

**11<sup>99</sup>**

500 g



### The anti-stress drink

Natural Calm® Ionic Magnesium Citrate Powder is the solution to both restoring a healthy magnesium level and balancing your calcium intake—the result of which is natural stress relief.

ON SALE

**25<sup>99</sup>**

226 g



### The sunshine vitamin

Prairie Naturals® Liquid Vitamin D3 1000 IU is important for the proper absorption of calcium. Essential for bone strength and offers protection against both osteoarthritis and osteoporosis.

ON SALE

**11<sup>99</sup>**

15 ml



### Fermented whey for better digestion

A.Vogel Molkosan® Berry is prepared from organic, Swiss alpine milk. Lacto-fermented whey stimulates digestion, improves lactose intolerance and promotes healthy intestinal flora. See in-store for smoothie recipe!

ON SALE

**9<sup>99</sup>**

200 ml

# RESOLUTION Solution

Last year, about a third of us made health-related resolutions, according to the Marist Institute for Public Opinion. Being healthy feels great. But, how are you going to be healthier? Take a walk outside. Eat organic raw vegetables whenever possible. Try nuts and seeds as an energy-packed snack. Seek out supplements for a needed nutritional boost. Use greener cleaners and cosmetics without harmful chemicals.

## Need a little motivation to be healthier? Here is what research says happens when you make small changes to live a little healthier:

- 13 essential vitamins are found in a multivitamin, which when taken daily, is associated with longer telomere length (a biomarker of health).
- 5 minutes outside can improve self-esteem and mood, while 15 minutes of sun exposure can boost vitamin D levels and reduce risk of disease.
- 6 percent more body fat is lost by people who used whey protein during a calorie-reduced diet, according to a study published in *Nutrition Metabolism*.
- 15°C exposure, at frequent intervals throughout the day, increases energy expenditure – getting outside this winter may counteract obesity reported the *Journal of Clinical Investigation* in 2013.
- 3000 chemicals are used to make fragrance mixtures, some of which are hormone disruptors or carcinogens.
- 100 years or older is the life expectancy in Okinawa, Japan where their diet, rich in green vegetables, soy and fish is associated with low rates of age-related diseases.

## Make It So You Won't Break It!

Over 88% of us will not succeed with our New Year's resolution, according to a 2007 survey conducted at the University of Hertfordshire. Here are research-backed strategies to help you succeed with a resolution this year.

### Just Pick One

When your brain has to focus on a large number of things it has less energy to focus on willpower making it harder to resist temptations.

### Choose Wisely

You'll be more likely to succeed with changing a small habit, that can be done in less than two minutes a day, such as doing fifty sit-ups each morning or taking the stairs instead of the elevator, rather than a larger resolution like dropping a pant size.

### Write it Down

Saying your resolution to a friend or writing it down makes you more accountable, and can motivate you.

### Find Inspiration

The human brain is naturally programmed to succeed, according to psychologist and author Tory Higgins. But, if your internal motivation dwindles, seek out external inspiration, such as: join a fitness class or group, follow a helpful health blog, or set a reward for yourself to have once you reach your goal. Use your local health food store as a resource for helpful products and educational resources from books to seminars.

TO LEARN MORE ABOUT HEALTHY RESOLUTIONS AND HOW SMALL CHANGES CAN MAKE A BIG DIFFERENCE TOWARDS LIVING A HEALTHIER LIFE, VISIT OUR WEBSITE



### Healthy weight loss

**Natural Factors® Tonalin® CLA** stimulates muscle metabolism thereby increasing lean muscle mass and decreasing body fat.

ON SALE

**22.99**

120 softgels

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

**19.99**

90 caps



### Maintain good health

**Vitamost® FLW** is designed to help support cardiovascular health with protective antioxidants. Going strong for 20+ years with an original formula for optimum digestion & nutrient utilization.

ON SALE

**64.99**

300 tabs



### Inflammation doesn't stand a chance

**Norwegian Gold Ultra EPA Omega** by **Renew Life** is a great source of omega-3 fatty acids to help with mood balance, inflammation and cardiovascular health.

ON SALE

**26.99**

30 caps



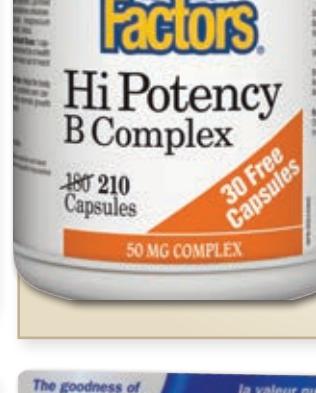
### Highly concentrated GLA

**NOW® Borage Oil** is a source of essential fats that maintain good health and prove effective utilization of GLA in the body.

ON SALE

**18.99**

60 softgels



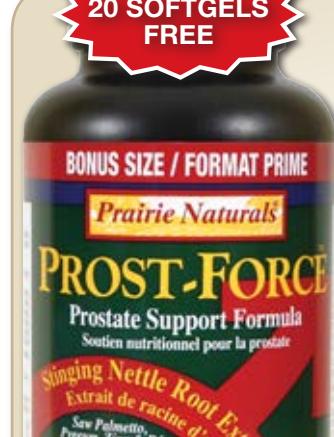
### Ensure you have your B's

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

ON SALE

**17.99**

210 caps



### Protect your prostate for life

**Prairie Naturals® Prost-Force** is the supplement for men wanting to maintain prostate health, naturally.

ON SALE

**37.99**

140 softgels

BONUS



### 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

**17.99**

30 pearls

## FOR YOUR DAILY SMOOTHIES



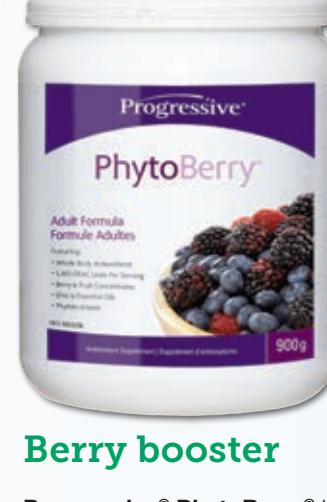
### Everyone will love it

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

**31 99**

450 ml



ON SALE

**57 99**

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.



### All-natural energy boost

Genuine Health Greens+ Extra Energy just one scoop daily provides immediate, long-lasting energy, along with essential nutrients for a healthier, energized body – naturally.

ON SALE

**52 99**

399 g



### Energize your Vitamin C

Ener-C™ 1000 mg Vitamin C is a delightful-tasting, effervescent vitamin drink mix that comes in a variety of natural fruit flavours for you to enjoy.

ON SALE

**13 99**

30 packets



### Strengthen your immune system

A.Vogel Echinaforce® Extra is clinically proven for its antibacterial, antiviral and anti-inflammatory effects. Helps relieve cold & flu symptoms.

ON SALE

**14 99**

30 tabs



### Supreme cardio support

Health First® Ubiquinol Supreme contains QH™, the active antioxidant form of coenzyme Q10, plus ALA. More easily absorbed by the body vs. regular Q10.

ON SALE

**34 99**

60 gelcaps



### 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.

ON SALE

**24 99**

150 veg caps



### Restore testosterone levels

Brad King's Ultimate Male Energy™ contains ingredients designed to enhance male health, support the prostate and restore a healthy balance of hormones in the body.

ON SALE

**41 99**

150 caps



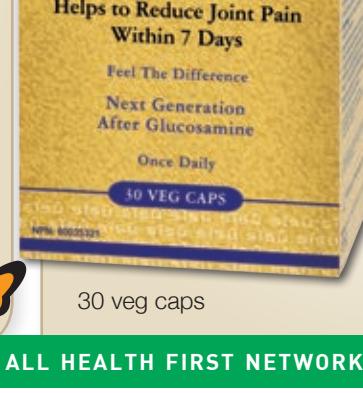
### Are you committed to NON-GMO?

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

**44 99**

Your choice 72 tabs each



### Helps reduce joint pain in 7 days

SISU No.7 helps relieve joint pain and stiffness, and increases mobility in as little as 7 days, including in people with osteoarthritis.

ON SALE

**17 99**

30 veg caps

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CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS • HEALTHFIRST.CA

Monday  
Tuesday  
Wednesday  
Thursday  
Friday  
Saturday  
Sunday

Open  
9:00  
9:00  
9:00  
9:00  
9:00  
9:00  
12:00

Close  
6:00  
6:00  
6:00  
6:00  
8:00  
5:00  
5:00

HEALTH  
FIRST

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