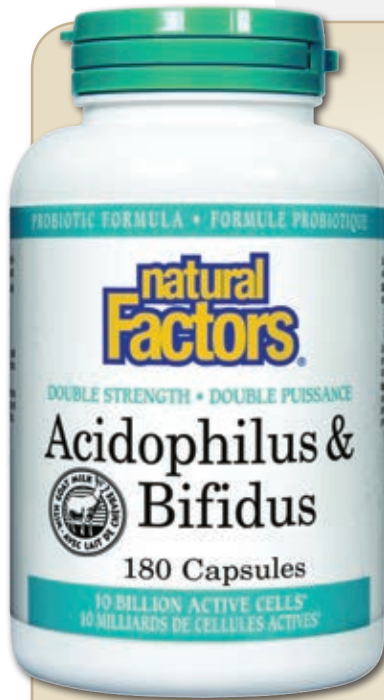


DURHAM NATURAL FOODS

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

16⁹⁹

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

29⁹⁹

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

39⁹⁹

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

34⁹⁹

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

42⁹⁹

30 veg caps



FREE BAR
INSIDE

ON SALE

29⁹⁹

60 tablets
Men's or Women's
+ FREE BAR

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.

BONUS

FOR YOUR DAILY SMOOTHIES



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

54⁹⁹

829 g - 876 g



ON SALE

21⁹⁹

200 g

Super green food

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

• SALE DATES: JANUARY 2 – 17, 2015 • HEALTHFIRST.CA •

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1

BUY 2
AND SAVE



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

34⁹⁹

60 + 60 veg caps

BONUS

NEW



Fight inflammation at the source

Kyolic® Aged Garlic Extract Curcumin is the only product on the market that combines Curcumin with Aged Garlic Extract™ to reduce inflammation and joint pain. Contains Meriva® for superior absorption.

ON SALE

29⁹⁹

50 capsules

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

32⁹⁹

85 g



"B" stress-free

SISU B Calm is a complete B complex formula plus rhodiola to support overall health, particularly in people under physical or mental stress.

ON SALE

28⁹⁹

120 veg caps



Chewables for your children

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

ON SALE

24⁹⁹

120 chew tabs

FOR YOUR DAILY SMOOTHIES



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

12⁹⁹

500 ml



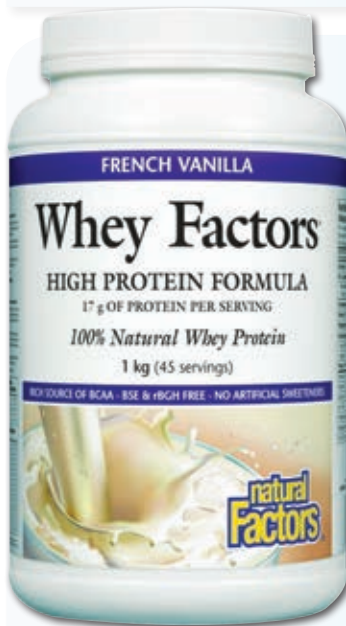
Wholesome goodness

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

11⁹⁹

500 g



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

32⁹⁹

1 kg



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

25⁹⁹

226 g



NEW



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

11⁹⁹

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

9⁹⁹

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

33% MORE FREE



Healthy weight loss

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

ON SALE

22⁹⁹

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

19⁹⁹

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

64⁹⁹

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

26⁹⁹

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

18⁹⁹

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

17⁹⁹

210 caps



Protect your prostate for life

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

ON SALE

37⁹⁹

140 softgels



ON SALE

17⁹⁹

30 pearls

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.

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

31⁹⁹

450 ml



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.



ON SALE

52⁹⁹

399 g

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.



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

13⁹⁹

30 packets



ON SALE

14⁹⁹

30 tabs

Strengthen your immune system

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



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

34⁹⁹

60 gelcaps

30 CAPSULES FREE



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

24⁹⁹

150 veg caps

BONUS

30 CAPSULES FREE



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

41⁹⁹

150 caps

BONUS



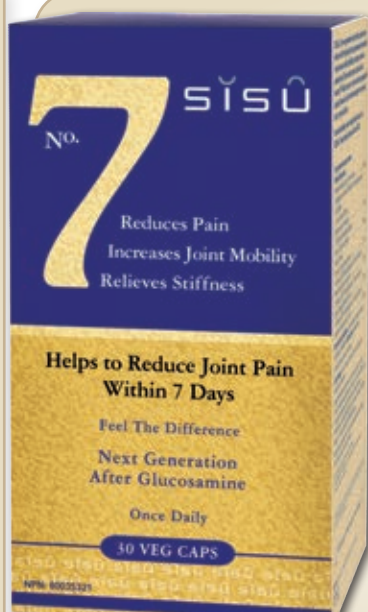
Are you committed to NON-GMO?

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

44⁹⁹

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

17⁹⁹

30 veg caps

DURHAM NATURAL FOODS

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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

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HEALTH FIRST