

# DURHAM NATURAL FOODS

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

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH FIRST



## Balance your gut flora

**Renew Life Ultimate Flora Critical Care** has 50 billion bacteria from 10 strains per capsule. The perfect formula to help maintain good digestive and overall health.

ON SALE

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

30 veg caps



## 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

## FAMILY FUN

IN

## FEBRUARY

COME ON, LETS GO!

Being active outside increases energy and decreases tension – plus, it is fun for the whole family.



DUO PACK

## Cholesterol too high? Take control.

**Prairie Naturals® Sytrinol™** is clinically proven to help reduce total cholesterol and improve LDL:HDL ratios with just one capsule a day.

ON SALE

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

60 + 60 veg caps

BONUS



## 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.

SPECIAL

**2/\$6**

BOX OF 12  
**34<sup>99</sup>**

64 g each  
All flavours

GLUTEN FREE



NEW

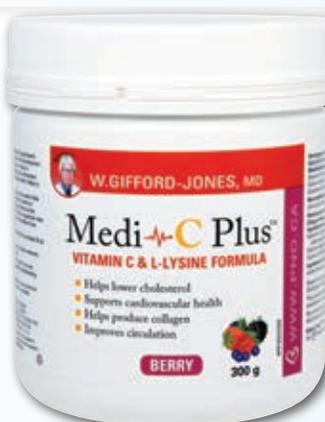
## New lemon-lime flavour

**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

**19<sup>99</sup>**

450 ml



ON SALE

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

300 g  
Berry or Unflavoured

## 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 powder mixes easily with water or juice.



ON SALE

**5<sup>99</sup>**

30 softchews

## Clear sinus congestion & soothes sore throats

**Natural Factors® Echinamide® Quick-Blast**

• SALE DATES: FEBRUARY 6 – 21, 2015 • HEALTHFIRST.CA •

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## For your family



### Plant-based daily nutrition

**Progressive® VegEssential™ All in One** is an alkaline-forming, whole-food, drawing on almost 100 plant-based ingredients to deliver a broad spectrum of micro & macro nutrients.

ON SALE

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

840 g  
All flavours



## For your children



### Naturally delicious

**Nature's Way® Alive!® Gummies** are a gelatin free, gluten free, children's gummy multivitamin made with 26+ fruits and vegetables.

ON SALE

**15<sup>99</sup>**

90 gummies



### Probiotics for your Children

**Udo's Choice® Super Children's and Toddler's Probiotics** are easily added to juice, bottled formula or milk, smoothies, or yogurt. Designed to meet the digestive needs of children both young and old, because of formulations that mimic normal healthy childhood microflora.

ON SALE

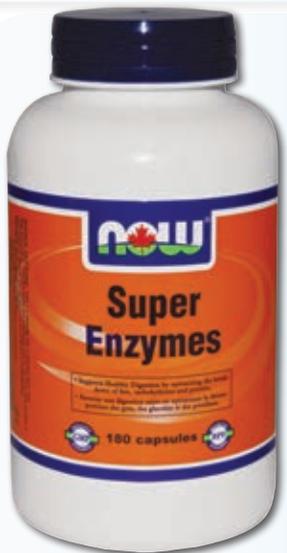
**17<sup>99</sup>**

Super Children's  
Age 4+ 60 veg caps

ON SALE

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

Super Toddler's  
Age 1-3 75 g



### Optimize nutrient uptake

**NOW® Super Enzymes** are a comprehensive blend of enzymes that support healthy digestive functions. Bromelain, Ox Bile, Pancreatin and Papain have been formulated to optimize the breakdown of fats, carbohydrates and protein for maximum assimilation.

ON SALE

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

180 capsules



### Nurture your little ones

**A. Vogel Passion Flower Junior and A. Vogel Echinaforce® Junior**

ON SALE

**15<sup>99</sup>**

Passion Flower Junior  
50 ml

ON SALE

**14<sup>99</sup>**

Echinaforce® Junior  
90 chew tabs



## For your pets



### Immediate calming effect

**Bach® Rescue™ Pet** works quickly to reduce anxiety in your pet.

ON SALE

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

10 ml



### Rediscover the wisdom®

**St. Francis Herb Farm® Deep Immune®** is used primarily as an antiviral to tonify a weak immune system. Reinforces the basic functions of the body and helps maintain equilibrium.

ON SALE

**15<sup>99</sup>**

50 ml



### For everyday stress

**Natural Factors® Stress-Relax® 100% Natural GABA** for fast-acting relief of nervousness and acute stress. Completely safe and remarkably effective without side effects.

ON SALE

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

60 chew tabs



### Smoky meat flavour

**Ascenta® CanineOmega 3™** is a high quality fish oil blend for dogs of all ages.

ON SALE

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

200 ml

# FAMILY FUN IN FEBRUARY

## BUT, IT'S COLD OUT!

If you're not having fun outdoors, then you aren't dressed properly. It's that simple. So, get geared up for some winter fun: dress in layers, bundle up fingers, toes and noses, and bring an extra pair of mitts to comfort little people's fingers when they get soggy and cold.

## CATCH A LITTLE VITAMIN D

Bundling up in the winter means our skin doesn't get much sun exposure. Our body uses the sun to synthesize vitamin D. The International Osteoporosis Foundation collected plasma vitamin D levels in different populations and suggest there is evidence that we are experiencing a vitamin D insufficiency pandemic. Foods like salmon, eggs and fortified milk beverages are sources of vitamin D. Supplements are also a good way to ensure your body gets sufficient vitamin D.

## STAYING HEALTHY INSIDE

In the winter, people huddled inside for warmth filling schools, offices and houses. This creates a petri dish perfect for viruses to thrive in. Keep yourself healthy this winter with the help of immune-boosting nutrients including vitamins, minerals, probiotics and omega-3 fatty acids. Are your cravings for biscuits and stew reducing your intake of fresh fruits and vegetables, fish, nuts and other sources of immune-boosting nutrients? Try using a multivitamin, smoothie powder mixes, or zinc, probiotic and omega-3 supplements. These supplements and immune-boosting herbal medicines, such as Echinacea and ginseng, are available at your local Health First® store.

## FUN FOR THE LITTLE ONES

Have you ever tried painting the snow? Simply fill up empty squirt bottles with water and food colouring and spray your wintery wonderland colourful. Paint a game of hop-scotch, or use the coloured snow to make pretend ice cream cones or other magical potions.

Please check out our store website for more information on family fun in February



## For your family



ON SALE

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

60 softgels

### You are what you absorb!

Platinum® Super EasyMulti® for Women 45+ is designed to fight against internal and external signs of aging through its unique formulation of vitamins, minerals & nutrients. *Also available in Men's formula.*



### Control overactive bladder

Brad King's Ultimate Bladder Control contains a 100% natural form of a patented water-soluble pumpkin seed. Reduces urinary frequency, helps control urinary incontinence and reduces nighttime urinary frequency in men and women.

ON SALE

**15<sup>99</sup>**

60 veg caps



### Boost your iron levels

Health First® Iron-First is formulated with the patented iron Ferrochel® for easy absorption and toleration. Suitable for vegans.

ON SALE

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

60 veg caps



NEW

### Internal deodorizer

Health First® Chlorophyll is sourced from non-GMO alfalfa and acts as an internal deodorizer to reduce body odour. Preservative free. Available in mint and unflavoured.

ON SALE

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

500 ml



### Reduce inflammation

Health First® Curcumin Supreme features the patented Phytosome Curcumin Meriva®. 29X more bioavailable than regular curcumin for fast pain relief and increased mobility.

ON SALE

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

120 veg caps



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

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

500 ml



### Highly absorbable liquid solution

**Prairie Naturals® B Complex Solution** contains optimal levels of the B vitamins to help the body to metabolize carbohydrates, fats and proteins.

ON SALE

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

500 ml



### Foundational nutrition

**Garden of Life® RAW Protein** is an excellent source of certified organic, RAW, vegan protein with added benefits of essential amino acids, fat-soluble vitamins, probiotics and digestive enzymes.

ON SALE

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

652 - 732 g  
All flavours



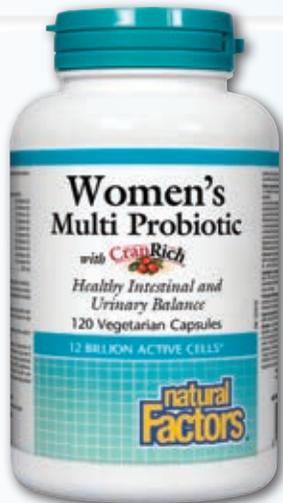
### Superior bioavailability of CoQ10

**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>**

75 softgels



### Urinary & intestinal balance

**Natural Factors® Women's Multi Probiotic with CranRich®** maintains normal flora in a woman's body to promote optimal health and well-being.

ON SALE

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

120 veg caps



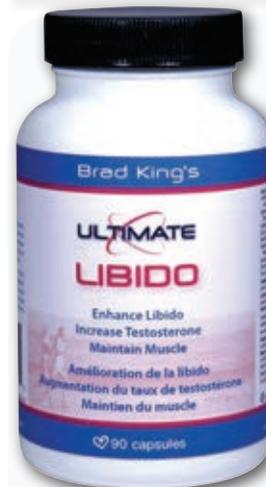
### Support brain and nerve function

**NOW® Lecithin Granules** are an easy way to ensure your body gets the optimum level of this important nutrient. Low in fat and delicious sprinkled on cereal.

ON SALE

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

454 g



### Enhance libido

**Brad King's Ultimate Libido™** supports optimal sexual energy, boosts desire and performance, and increases natural energy by maintaining healthy testosterone levels.

ON SALE

**36<sup>99</sup>**

90 capsules



### 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.

ON SALE

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

1 kit



### Canadians need their D

**Health First® Vitamin D Supreme** is a vital nutrient, especially during Canadian winter months! Essential for bone strength and offers protection against both osteoarthritis and osteoporosis.

ON SALE

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

180 + 180 tablets



### Nourishing superfood

**Genuine Health Greens+™** is highly alkaline-forming and rich in antioxidants, nourishes and protects your body, increases energy, promotes healthier bones – and so much more.

ON SALE

**59<sup>99</sup>**

510 - 566 g  
All flavours

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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