

DURHAM NATURAL FOODS

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

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH
FIRST

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

54⁹⁹

60 + 60 veg caps

BONUS

NEW

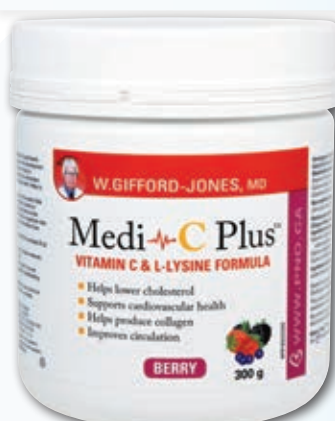
New lemon-lime flavour

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

19⁹⁹

450 ml



ON SALE

21⁹⁹

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.



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

29⁹⁹

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

42⁹⁹

500 ml



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

64 g each
All flavours

BOX OF 12
34⁹⁹

GLUTEN FREE



ON SALE

5⁹⁹

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

54⁹⁹

840 g
All flavours



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

28⁹⁹

180 capsules



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

15⁹⁹

50 ml



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

15⁹⁹

90 gummies



Nurture your little ones

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

ON SALE

15⁹⁹

Passion Flower Junior
50 ml

ON SALE

14⁹⁹

Echinaforce® Junior
90 chew tabs



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

17⁹⁹

Super Children's
Age 4+ 60 veg caps

ON SALE

24⁹⁹

Super Toddler's
Age 1-3 75 g



For your pets



Immediate calming effect

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

ON SALE

9⁹⁹

10 ml



Smoky meat flavour

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

ON SALE

17⁹⁹

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-sotch, 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

47⁹⁹

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

15⁹⁹

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

11⁹⁹

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

16⁹⁹

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

39⁹⁹

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

17⁹⁹

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

29⁹⁹

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

39⁹⁹

652 - 732 g
All flavours



15 FREE
SOFTGELS



Superior bioavailability of CoQ10

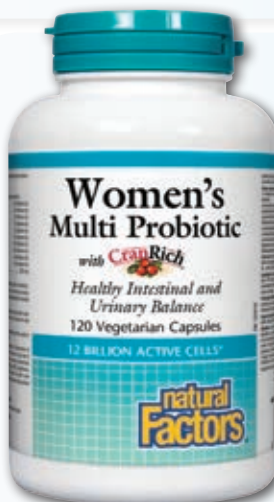
Natural Factors® Ubiquinol QH® Active CoQ10 helps fight age-related fatigue, supports heart health and provides antioxidant protection to cells.

ON SALE

26⁹⁹

75 softgels

BONUS



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

29⁹⁹

120 veg caps



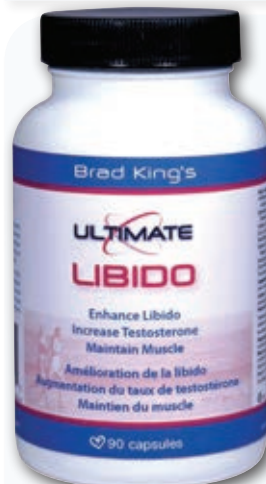
Support brain and nerve function

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

17⁹⁹

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

36⁹⁹

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

24⁹⁹

1 kit

DUO PACK



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

16⁹⁹

180 + 180 tablets

BONUS



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

59⁹⁹

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

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