

DURHAM NATURAL FOODS

1191 Montrose Avenue, Sudbury, ON • 705-566-3820

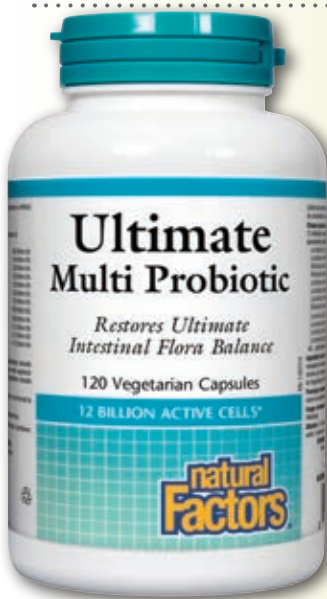
www.durhamnatural.com

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

Fermented Foods Should be in Your Diet

In fact, some favourite foods of Canadians' are fermented.

Easily absorbed, packed with probiotics and nutrients, fermented foods are healthy and delicious.



All you need is one™

Natural Factors® Ultimate Multi Probiotic restores intestinal flora balance with 12 billion fermented & active cells. Enteric coating ensures strains will reach intestines at full potency.

ON SALE

29⁹⁹

120 veg caps



Fermented for superior digestion

Genuine Health Fermented Vegan Proteins+ provides advanced digestive support. Contains 20g of fully fermented vegan protein. Available in vanilla and unflavoured.

ON SALE

39⁹⁹

600 g



Fermented, organic & fair trade

Prairie Naturals® Certified Organic & Fermented Wheat Grass is more easily digested than regular wheatgrass powder. Alkaline-balancing, energizing, cleansing and anti-inflammatory. Non GMO.

ON SALE

31⁹⁹

150 g



BUY ONE,
GET ONE

Gentle on the stomach

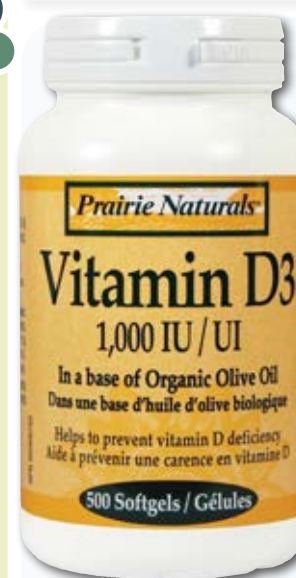
SISU Ester-C® 600 is a unique, patented form of calcium ascorbate and is the only form of vitamin C proven to last up to 24 hours in the white blood cells of the immune system.

ON SALE

26⁹⁹

120 + 120 veg caps

BONUS



The sunshine vitamin

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

ON SALE

16⁹⁹

500 softgels



BUY ONE,
GET ONE

Rich in omega-3 fatty acids

Health First® Omega-First® is a super strength fish oil concentrate which helps support cardiovascular health, cognitive health and brain function. GMO-free and pharmaceutical grade with natural lemon flavour.

ON SALE

49⁹⁹

240 + 60 gelcaps

BONUS

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

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Supplements for the whole family

ALL
WOMENSENSE®
BONUS BOTTLES
ON SALE



WomenSense® Special Bonus Bottles

WomenSense® ThyroSense® supports thyroid health in men & women.

WomenSense® EstroSense® supports & promotes healthy estrogen balance.

ON SALE

39⁹⁹

ThyroSense®
180 + 60 FREE
veg caps

ON SALE

46⁹⁹

EstroSense®
120 + 30 FREE
veg caps

BONUS

NEW



Reduce swelling

Flora HemorAid is clinically-proven to relieve symptoms of hemorrhoids, including pain, edema and bleeding. Supports veins by reducing inflammation.

ON SALE

19⁹⁹

60 veg caps

NEW



For little tummies

Progressive® Perfect Probiotic™ for Kids features 10 billion active cells and 10 kid-friendly strains for full intestinal support. Pleasant tasting and simple to use.

ON SALE

28⁹⁹

120 g

YOUR
CHOICE



High potency EPA

Ascenta NutraSea™ hp provides DHA and EPA for cognitive health, cardiovascular support, muscle recovery and brain function.

ON SALE

39⁹⁹

200 ml or 120 softgels

Whole food iron boost

MegaFood™ Blood Builder® provides 100% whole food iron with synergistic nutrients and organic beet root to maintain healthy levels of iron. Non-binding and gentle on the stomach. All non-GMO.

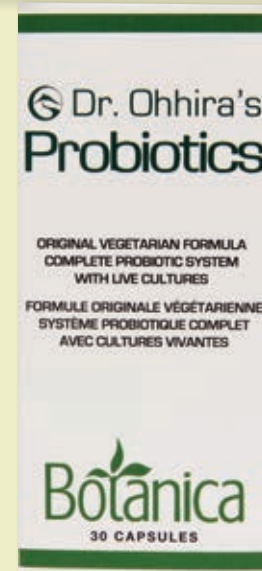
ON SALE

36⁹⁹

60 tablets



Fermented products



Travel friendly probiotics

Dr. Ohhira's Probiotics by **Botanica** with 12 select probiotic strains in a unique fermented, shelf stable formula. Helps restore the friendly bacteria necessary for optimal health.

ON SALE

38⁹⁹

30 capsules



NEW

Total body support

Genuine Health Greens+ Whole Body Nutrition is Canada's only research-proven superfood formula! Just one serving daily provides over 23 plant-based nutrients to boost energy!

Genuine Health Fermented Vegan Proteins+ Bars 13g of protein per bar.

ON SALE

59⁹⁹

487 g - 517 g
Whole Body Nutrition
All flavours

ON SALE

2⁹⁹

55 g
Peanut Butter Chocolate
or Double Chocolate Chip

Fermented Foods Should be in Your Diet

In fact, some favourite foods of Canadians' are fermented, such as yogurt, beer (well, ginger beer) and relish. Easily absorbed, packed with probiotics and nutrients, fermented foods are healthy, delicious and deserve to be a bigger part of your diet.

What is a Fermented Food?

By definition, a fermented food is preserved by the action of microorganisms such as bacteria and yeast. Yeast and bacteria also break down components in the food that the human digestive tract struggles to digest. This sort of pre-digestion makes it easier for your digestive system to handle and absorb nutrients in fermented foods. For example, yogurt is made with the help of many Lactobacilli bacterium, which break down lactose. Hence, people with lactose intolerance find that even though yogurt is made from milk, eating yogurt is easier than milk on their digestive system.

Easy to Find and Eat

Getting more fermented foods into your diet is easier than you may think. There are lots of nutritious, easy to use fermented foods including kefir, sauerkraut, Kombucha, tempeh are available at your local health food store. Or, create fermented food in your home! It requires little culinary expertise, and finding delicious, simple fermented recipes online is a quick click away.

Eat Them, They're Healthy

A 2014 paper published in the Journal of Physiological Anthropology noted researchers have shown significant differences in the microorganisms in the bodies of urban Western European versus rural Africans, whose traditional diet includes a variety of fermented foods, which contain numerous lactic acid bacteria (probiotics). As such, researchers suggest that it is the consumption of fermented foods (diet), rather than hygiene as previously thought, that triggers an intestinal tract filled with beneficial microorganisms (probiotics).

The presence of probiotics in fermented foods beneficially alters the intestinal microflora. Dozens of research papers have linked having a healthy intestinal microflora to improvements including intestinal wellness, nutrient absorption, inflammation and mental health.

Please check out our store website for more information on why you should eat fermented foods.

Supplements for the whole family



Free yourself from lactose intolerance

NOW® Sulmedol® is the first licensed natural health product known to restore and maintain the ability to digest lactose.

ON SALE

19⁹⁹

100 veg caps



ON SALE

57⁹⁹

530 g
All flavours

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.



Spring-time metabolism support!

Health First® B-100 Supreme contains 100 mg of the major B vitamins to metabolize carbohydrates, fats and proteins, together with the popular adaptogen Maca root.

ON SALE

12⁹⁹

60 vegs caps



Hot flashes?

Health First® Meno Supreme contains the clinically-proven hops extract Lifenol® to relieve hot flashes and other uncomfortable menopausal symptoms. One-per-day formula!

ON SALE

19⁹⁹

45 veg caps



A rich source of GLA

Health First® Evening Primrose Oil is cold-pressed and hexane-free with a minimum of 9.5% GLA and 10 IU of natural Vitamin E to keep the oil shelf-stable.

ON SALE

22⁹⁹

180 gelcaps



Plant-based bone-building

Health First® Cal-Mag Supreme features Aquamin™ plant source calcium from an Icelandic species. Over 30% calcium plus 73 other minerals, including all 13 key minerals for bone health.

ON SALE

42⁹⁹

120 tablets



ON SALE

14⁹⁹

120 tablets

Natural allergy remedy

A.Vogel Allergy Relief not only lowers the allergic reaction but also relieves symptoms such as sneezing, itchy nose and burning eyes. (Formerly "Pollinosan").



ON SALE

28⁹⁹

1 kit

Yeast?

Renew Life CandiGONE is a 15 day program designed to provide relief from candida overgrowth and symptoms of mild UTIs.



Super antioxidant

Natural Factors® Pycnogenol® 25 mg is a natural plant extract derived from French maritime pine bark. Strengthens cell membranes, antioxidant and anti-inflammatory.

ON SALE

22⁹⁹

60 capsules



Shake simplicity

Vega™ Protein & Greens has 20g of complete vegan protein and two full servings of veggies. No added sugar, low in calories, gluten and dairy free.

ON SALE

29⁹⁹

586 - 618 g All flavours



All herbals on sale!

Nature's Way® Herbal Supplements provide balance between traditional medicine and modern science for your unique needs.

Assorted standardized extracts and herbals

ON SALE
15% OFF



Multi for two

New Chapter® Perfect Prenatal™ Multivitamin provides support before and during pregnancy. Every daily dose provides 24 mcg of vitamin D3, 18 mg of iron, and 600 mcg of folate and more.

ON SALE

64⁹⁹

192 tablets



ON SALE

39⁹⁹

30 veg caps

High-potency care for your colon

Renew Life Ultimate Flora Colon Care delivers 80 billion fermented probiotics from 10 strains that specifically benefit colon health.



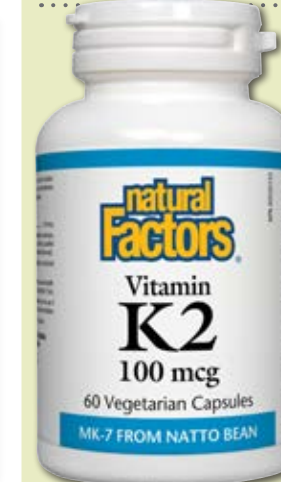
A complete daily multi

Health First® Multi-First Iron-Free Formula combines all of the essential vitamins along with Flora-GLO® and red bioflavonoids for antioxidant protection.

ON SALE

29⁹⁹

180 veg caps



Optimal daily dose

Natural Factors® Vitamin K2 100 mcg an advanced, fat-soluble form of vitamin K derived from fermented natto bean.

ON SALE

8⁹⁹

60 veg caps

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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