

# DURHAM NATURAL FOODS

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

[www.durhamnatural.com](http://www.durhamnatural.com)

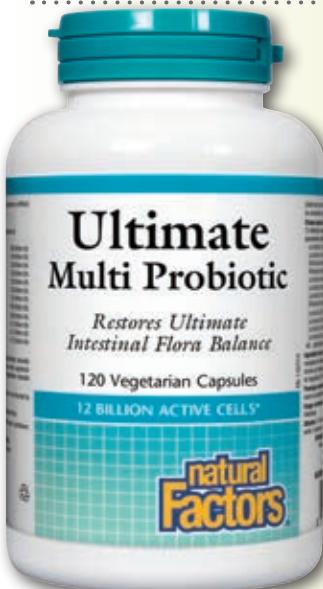
CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH  
FIRST

## 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  
**29.99**

120 veg caps



GLUTEN FREE

ON SALE  
**39.99**

600 g



ON SALE  
**31.99**

150 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.



BUY ONE,  
GET ONE

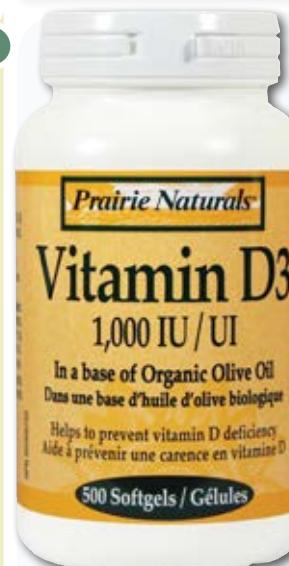
ON SALE  
**26.99**

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  
**16.99**

500 softgels



BUY ONE,  
GET ONE

ON SALE  
**49.99**

240 + 60 gelcaps

BONUS

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.

• SALE DATES: MARCH 6 – 21, 2015 • [HEALTHFIRST.CA](http://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  
**39.99**

ThyroSense®  
180 + 60 FREE  
veg caps

ON SALE  
**46.99**

EstroSense®  
120 + 30 FREE  
veg caps

YOUR CHOICE

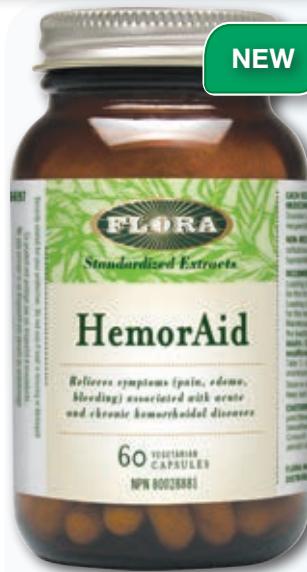


### High potency EPA

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

ON SALE  
**39.99**

200 ml or 120 softgels



NEW

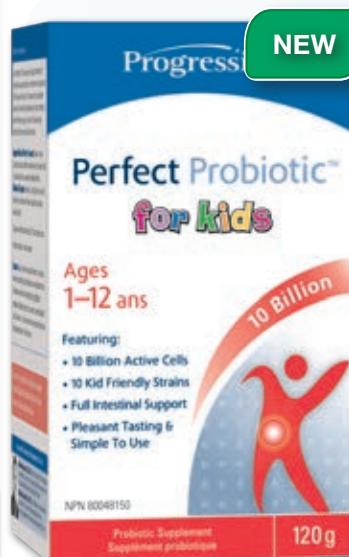
### Reduce swelling

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

ON SALE

**19.99**

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

**28.99**

120 g



### Whole food iron boost

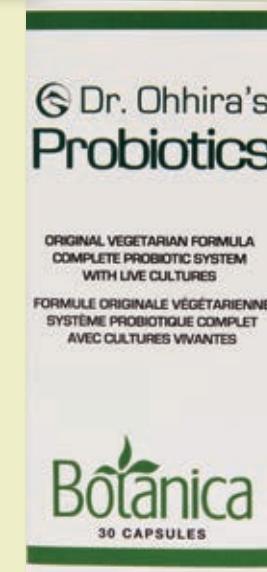
**MegaFood™ Blood Builder®** provides 100% whole food iron with synergistic nutrients and organic beet root to maintain healthy levels of iron. Non-binding and gentle on the stomach. All non-GMO.

ON SALE

**36.99**

60 tablets

## Fermented products



Dr. Ohhira's  
**Probiotics**

ORIGINAL VEGETARIAN FORMULA  
COMPLETE PROBIOTIC SYSTEM  
WITH LIVE CULTURES

FORMULE ORIGINALE VÉGÉTARIENNE  
SYSTÈME PROBIOTIQUE COMPLET  
AVEC CULTURES VIVANTES

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

**38.99**

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

**59.99**

487 g - 517 g  
Whole Body Nutrition  
All flavours

ON SALE

**2.99**

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

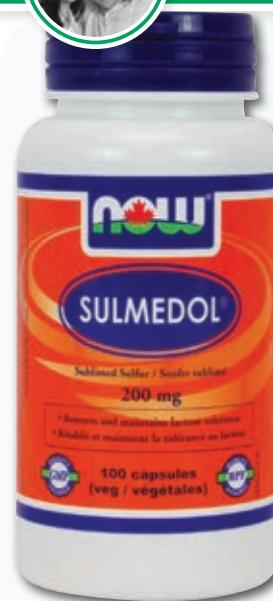
A 2014 paper published in the Journal of Physiological Anthropology noted researchers have shown significant differences in the microorganisms in the bodies of urban Western European versus rural Africans, whose traditional diet includes a variety of fermented foods, which contain numerous lactic acid 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

**19.99**

100 veg caps



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

**12.99**

60 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

**22.99**

180 gelcaps



ON SALE  
**57.99**

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.



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

**19.99**

45 veg caps



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

**42.99**

120 tablets

