

DURHAM NATURAL FOODS

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



CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH
FIRST

**GET OUT!
GET ACTIVE!**

Shake off your parka and lace up
your running shoes. It's spring!
Time to get outside and get active.

Helpful tips to get going and
finish strong.



Great tasting omega-3

Ascenta® NutraSea™
supports cardiovascular
and brain health along
with development of the
brain, eyes and nerves.

ON SALE

39⁹⁹

500 ml



Cleanse for good health

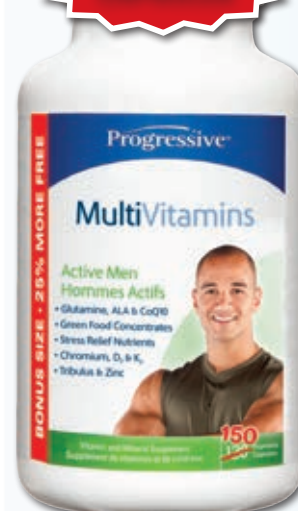
Wild Rose Herbal D-Tox is an effective 12-day
program that helps support the cleansing and
elimination of toxins from the body.

ON SALE

1 kit

34⁹⁹

30 FREE
CAPSULES



Support for your lifestyle

Progressive®
MultiVitamins for
Active Women and Men
contain higher potencies
of the key nutrients to
help you stay active and
live your life on-the-go.

ON SALE

29⁹⁹

150 veg caps

BONUS



NEW

Supreme probiotic value

Health First® ProBio
Supreme offers 55 billion
live microorganisms from
14 probiotic strains of
the lactobacillus and
bifidobacteria families.

ON SALE

29⁹⁹

30 veg caps



FUEL YOUR BETTER

Vega™ Sport Nutrition System
is a plant-based, three-staged
system, specifically designed for
athletes who want to perform at
their best – before, during, and
after training and competition.

**15%
OFF**
All Vega Sport

• SALE DATES: APRIL 10 – 25, 2015 • HEALTHFIRST.CA •

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1



Smoothie Fuel



Green smoothie boosters

Prairie Naturals® Organic & Fair Trade Spirulina and Chlorella are designed to purify, cleanse and detoxify your body.

ON SALE

31⁹⁹

Spirulina - 200 g

ON SALE

21⁹⁹

Chlorella - 200 g



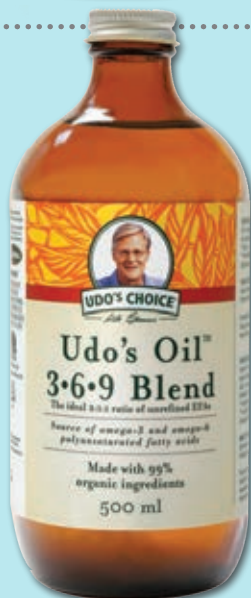
The cleanest protein possible®

Progressive® Harmonized Protein® features a synergistic blend of 5 high quality, New Zealand sourced proteins. Professionally formulated and energetically balanced with no artificial additives.

ON SALE

54⁹⁹

All flavours - 840 g



Vegan omega's

Udo's Choice® Udo's Oil™ 3:6:9 Blend is a carefully blended, unrefined, vegan, organic, EFA oil from flax, sesame, sunflower, evening primrose seeds, rice, oat germ & soy lecithin.

ON SALE

23⁹⁹

500 ml



Supplements to Boost your Performance



Maintain good health

SISU Magnesium, an easy-to-swallow vegetarian capsule providing 250 mg elemental magnesium to support heart health and help to maintain proper muscle function.

ON SALE

12⁹⁹

100 veg caps



Increase total sleep time

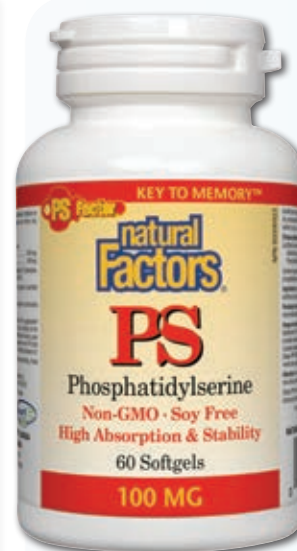
Natural Factors® Melatonin 3 mg is a safe, non-addictive solution for those with disrupted sleep due to shift work, jet lag, stress or delayed sleep phase syndrome.

ON SALE

9⁹⁹

90 + 90 tablets

BONUS



Key to memory™

Natural Factors® PS or Phosphatidylserine is a natural nutrient found in the brain. Healthy cell membranes support healthy brain functions such as memory, focus and clarity.

ON SALE

28⁹⁹

60 softgels



Fight fatigue

Platinum™ EasyIron® contains a highly absorbable iron formula to combat fatigue, irritability, paleness and to help concentration.

ON SALE

19⁹⁹

60 Licaps®



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

36⁹⁹

120 caps



No fishy repeat

Whole Earth & Sea Herring Gold™ Omega-3 1000 mg is derived from the roe of Norwegian spring-spawning herring. Rich in the essential omega-3 fatty acids DHA and EPA, as well as choline.

ON SALE

34⁹⁹

60 softgels

GET OUT! GET ACTIVE!

BASIC TRAINING GUIDELINES

If you have been an accessory on your couch the past few months, the best plan for getting back into shape is to head outside. Squash the urge to be a superhero out of the gate - start slow and work your way up to more vigorous activities. Some people find writing their activities on a calendar can be a helpful way to visualize and control their progressive increase back into being active. New technology, such as apps and accessories, can also help you stay on top of getting back into shape this spring.

THE BEST FUEL

Nutrition is an integral part of making every body perform at its best. Whether you are an avid gardener, passionate hiker, yoga lover, runner or Crossfit enthusiast, fuelling your body with proper nutrition is important to ensuring you will get the most out of your favourite activities. Active bodies need fuel to perform at their best.

NUTRIENTS AFFECT HOW YOU FEEL WHEN YOU ARE ACTIVE

Research from the United States Department of Agricultural Research Services found inadequate levels of magnesium in the body increases the body's need for oxygen during exercise. In the study, people with low levels of magnesium expended more energy to perform exercise and tired easily. Magnesium and calcium are very important for optimal muscle performance and bone strength. These minerals are present in foods like nuts, seeds and beans. They are also available in supplement form, or as part of multivitamins.

ACTIVE PEOPLE NEED MORE VITAMINS

Vitamins are important nutrients for active people. B vitamins help create energy for digging, running and lifting. More vitamin C, vitamin E and other antioxidants are needed to prevent damage caused by free radicals that form during physical activity. Fill your plate with fruits and vegetables whose colours span the rainbow to ensure you are eating a diversity of nutrients to keep your body feeling its best. Some people may find supplements (capsules, liquids or powders) help them meet their nutritional needs.

YOUR BODY'S ENERGY SOURCES

When we think of energy, carbohydrates come first to mind. When you start a physical activity, your muscles first use carbohydrates (glycogen) stored within them for energy. When the muscles have burned through their stored glycogen, the body breaks down fat and protein to provide energy to the muscles.

Please check out our store website for more tips to help you get outside and get active this spring.



Products for the whole family



Enjoy your day without the pain

A.Vogel Absolut Arnica Gel is used to soothe muscle and joint pain in the knees and hands without the side effects of synthetic painkillers.

ON SALE

17⁹⁹

50 ml + 50 ml

BONUS



Zero never tasted better

NOW® Better Stevia™ is extracted from the leaf of the stevia plant and is 50 - 100 times sweeter than sugar. But get this - it has zero calories and doesn't harm your teeth!

ON SALE

7⁹⁹

100 packets



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

24⁹⁹

500 ML



Nutrients for your eyes

Health First® Vision Supreme has been shown to prevent of macular degeneration and improve of visual function through antioxidant nutrients.

ON SALE

19⁹⁹

50 tabs



UTI relief!

Health First® UTI Supreme contains UTIROSE™ a patented hibiscus extract proven to target bacteria associated with UTI infection in the first day of use. Also prevents future infections.

ON SALE

19⁹⁹

60 veg caps



Prevent zinc deficiency

Health First® Zinc Citrate Plus Copper is an essential mineral for general maintenance of health and is necessary for sense of smell, taste and vision.

ON SALE

6⁹⁹

100 caps

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



No more yeast infections!

Renew Life Ultimate
Flora VS contains 50
billion beneficial bacteria
from strains that support
a healthy vagina and
digestive tract.

ON SALE

29⁹⁹

30 veg caps



Relief in 5 days

Genuine Health Fast
Joint Care+ with patented
Bioaflex™, a higher protein
form of natural eggshell
membrane (NEM). See pain
relief 2 days sooner than any
other NEMs on the market.

ON SALE

24⁹⁹

30 veg caps



Relief for your joints

New Chapter® Turmeric
Force™ with whole,
active phytonutrients
works to provide a
100% herbal response
to joint inflammation and
discomfort.

ON SALE

24⁹⁹

60 Licaps®



Natural gloss & shine

Herbatint® Permanent
Herbal Haircolour is
formulated using safe
ingredients balanced
with vegetal extracts
from natural herbs. No
ammonia, no damage,
just healthy shine.

ON SALE

14⁹⁹

1 kit



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



BUY ONE
GET ONE

ON SALE

5⁴⁹

Your Choice:
2 x Lavender 50 g
2 x Citrus 50 g
2 x Tea Tree 50 g

24 hour protection

The Green Beaver Company™ Natural Deodorant
is a chemical-free deodorant that really works! Using the
anti-odorant ingredient found in sage oil, it eliminates
odours and prevents new ones.

BONUS



Fresh from farm to tablet

MegaFood™ Women's
One Daily Whole Food
Multivitamin is a balanced ratio
of pure FoodState Nutrients™
that is herb free. Supports
optimum health and well-being.

Women's or Men's Formula.

ON SALE

50⁹⁹

60 tablets



Take the PrimeZyme digestive challenge!

Health First® PrimeZyme®
is an effective full-spectrum
digestive enzyme formula
that will help your digestion.

ON SALE

29⁹⁹

180 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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to learn more about Health First and our
products visit www.healthfirst.ca.

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beginning any type of therapy. Information
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offers may be limited. This flyer has been printed
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plates are recycled & this product is recyclable too.

