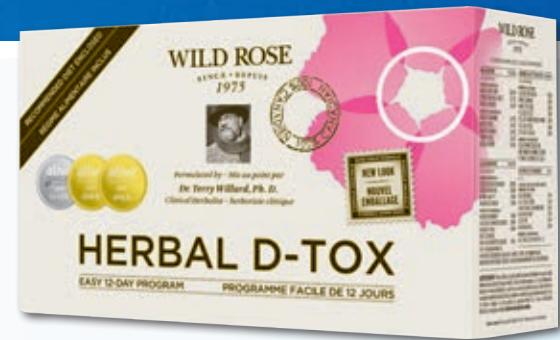


DURHAM NATURAL FOODS

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



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

34.99

HEALTH FIRST®

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

29.99

150 veg caps

BONUS

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.



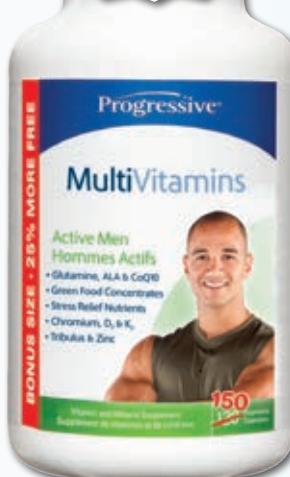
Great tasting omega-3

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

ON SALE

39.99

500 ml



FUEL YOUR BETTER

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
29.99

30 veg caps



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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Smoothie Fuel



Green smoothie boosters

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

ON SALE

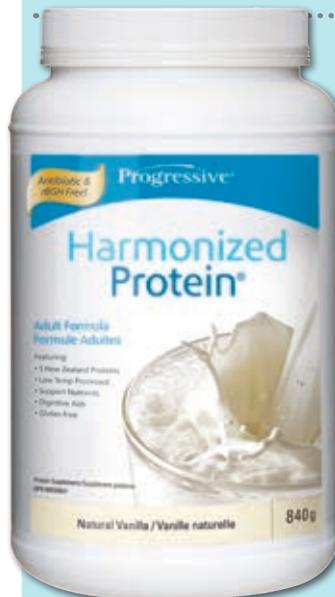
31.99

Spirulina - 200 g

ON SALE

21.99

Chlorella - 200 g



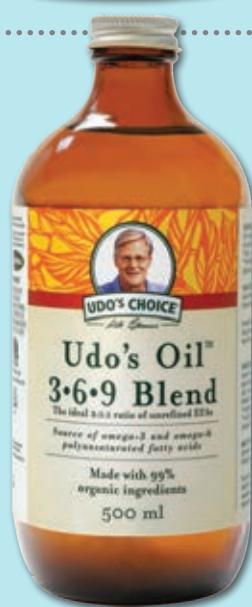
The cleanest protein possible®

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

54.99

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

23.99

500 ml



Supplements to Boost your Performance

Maintain good health

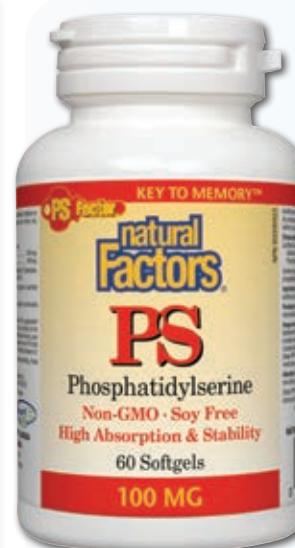
SISU Magnesium, an easy-to-swallow vegetarian capsule providing 250 mg elemental magnesium to support heart health and help to maintain proper muscle function.



ON SALE

12.99

100 veg caps



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

28.99

60 softgels



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

9.99

90 + 90 tablets



Fight fatigue

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

ON SALE

19.99

60 Licaps®



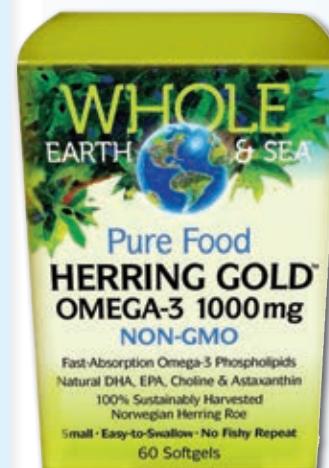
Restore testosterone levels

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

36.99

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

34.99

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



VALUE PACK

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

17.99

50 ml + 50 ml



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

7.99

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 mucus and seasonal allergies.

ON SALE

24.99

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

19.99

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

19.99

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

6.99

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**

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®

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 **BONUS**

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.

DURHAM NATURAL FOODS
1191 Montrose Avenue, Sudbury, ON
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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



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



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.

HEALTH FIRST

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