

DURHAM NATURAL FOODS

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

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH
FIRST



Most fresh foods are naturally gluten free. To help keep your culinary and eating adventures fun, there are many gluten-free substitutes available at your local health food store.



Fight germs fast

Health First® Orega-First attacks bacterial, viral, fungal and parasitic infections. Naturally contains 80% carvacrol, an active ingredient for anti-viral applications.

ON SALE

\$3 off

15 ml



Is your multi FERMENTED?

New Chapter® Every Man's or Every Woman's One Daily Multivitamins innovative approach, delivering fermented multivitamins and minerals. Easy to take, and gentle on the stomach!

ON SALE

44⁹⁹

Your choice
72 tabs each



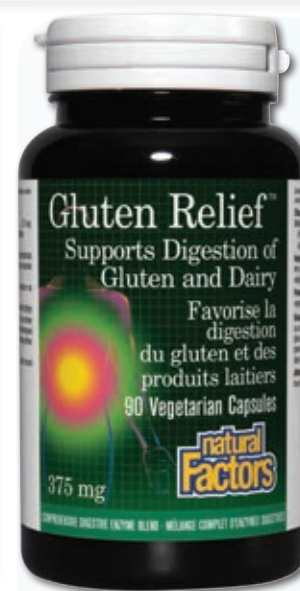
Plant-based daily nutrition

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

All flavours - 840 g



Digestion of gluten and dairy

Natural Factors® Gluten Relief® is formulated with a blend of enzymes needed for complete digestion of difficult-to-digest foods like cereal grains and milk products.

ON SALE

18⁴⁷

90 veg caps



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

• SALE DATES: MAY 1 - 16, 2015 • HEALTHFIRST.CA •

®+ TM +© 2014 Health First Network • All rights reserved • All other trademarks are owned by their respective owners.



FOR A HEALTHY BODY



Helps reduce joint pain in 7 days

SISU No.7 helps relieve joint pain and stiffness, and increases mobility in as little as 7 days, including people with osteoarthritis.

ON SALE

17⁹⁹

30 veg caps



Everyone will love it

Botanica Omegalicious™ High Potency Omega-3 Supplement is a creamy and delicious way to provide your family with 750 mg of pharmaceutical grade EPA-DHA in each tasty serving.

ON SALE

31⁹⁹

450 ml



All your seeds in one easy mix

Prairie Naturals® Organic Seeds combines hemp, chia, flax and buckwheat into an easy to use mixture perfect for smoothies or sprinkled on your breakfast.

ON SALE

21⁹⁹

454 g



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



Cleanest whey in the world

Progressive® WheyEssential™ All-in-One is a grass fed, New Zealand whey-based protein supplement plus fibre, omega-3 fats, a full day's supply of antioxidants and 13 vitamins and minerals.

ON SALE

62⁹⁹

All flavours - 840 g



Berry booster

Progressive® PhytoBerry® is a highly concentrated berry based whole food supplement that is loaded with natural antioxidants, featuring over 40 high ORAC value fruit concentrates.

ON SALE

56⁹⁹

900 g



BODY CARE



From botany to beauty

Andalou Naturals® Shampoos & Conditioners improves hair follicle longevity and vitality for healthy hair from root to tip.

ON SALE

8⁹⁹

340 ml
Shampoos & Conditioners



Botanical integrity

NOW® Essential Oils are grown free of pesticides, synthetic fertilizer and herbicidal residues.

Assorted Oils & Blends
30 ml

15% OFF
Now® Essential Oils



A full body treatment

Aroma Crystal Therapy Gardener's Dream® Cream helps alleviate dry skin, roughness, cracking, and itching. A great muscle and joint pain reliever too. Paraben Free!

ON SALE

22⁹⁹

180 ml



An estimated seven million Canadians are avoiding gluten these days. Some do so because they have Celiac disease. But, that is just the minority - a growing number of "average" Canadians are avoiding gluten based on recommendations from books and blogs that it is a healthier diet. Others are ditching gluten with hopes for weight loss. Meanwhile, some Canadians are avoiding gluten because doing so lessens their digestive symptoms. For many reasons, gluten is being looked at differently from Canadians, physicians and researchers, making us all wonder should gluten be in our diet?

WHAT IS NON-CELIAC GLUTEN SENSITIVITY?

Non-celiac gluten sensitivity was originally described in the 1980s, but it has been the popularity of the anti-wheat trend that has sparked a re-discovery of this disorder. People with non-celiac gluten sensitivity experience symptoms when they ingest gluten-containing foods. These symptoms overlap those seen in irritable bowel syndrome. Such symptoms can include headache, joint or muscle pain, numbness, skin rash, dermatitis, depression, foggy mind, fatigue or sleep abnormalities.

For those with Celiac disease their plight is severe; just one mouthful of gluten-containing food triggers an inflammatory reaction that damages their small intestine and causes bloating, gas, cramping, constipation, diarrhea and pain. As such, eating gluten-free foods is their healthiest diet.

HOW TO EAT GLUTEN-FREE

Many fresh foods are naturally gluten-free including most vegetables, fruits, nuts, seeds, eggs, fish and meat. To help keep your culinary and eating adventures fun, there are many gluten-free substitutes available at your local health food store including gluten-free bread, crackers, pastas, flours, cereals, soups and sauces.

Gluten-containing grains are a source of selenium, phosphorus, magnesium and fibre, and are commonly fortified with B vitamins. If you are cutting grains out of your diet, be sure to seek out these nutrients in other foods or in supplements.

PLEASE CHECK OUT OUR STORE WEBSITE FOR MORE TIPS TO HELP YOU GO GLUTEN FREE

FOR A HEALTHY BODY



Ensure you have your B's

Natural Factors® Hi Potency B Complex is a complete combination of B vitamins that help convert protein, carbohydrates and fats into energy.

ON SALE

17⁹⁹

210 caps

BONUS



Premium coconut oil

Nature's Way® Liquid Coconut Oil is great for cooking, maintains the full aroma and taste of fresh coconuts and contains up to 93% MCTs.

ON SALE

21⁹⁹

600 ml



Stress and insomnia relief!

Health First® Stress Relief Supreme contains CyraCos® lemon balm extract, clinically studied for reducing stress symptoms and insomnia due to mental stress.

ON SALE

39⁹⁹

60 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

42⁹⁹

120 tabs



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



The best start for your baby

Health First® Folic Acid helps to prevent neural tube defects when taken prior to pregnancy and during early pregnancy.

ON SALE

4⁹⁹

100 tabs



**FREE FIBRE
SMART**

ON SALE

28⁹⁹

1 kit + FREE
60 veg caps

Advanced herbal cleansing

Renew Life CleanseSMART with **FREE FIBRE SMART** is a 30 day cleanse that deeply cleanses the entire body without the need to follow a strict diet. Helps ease elimination, improve digestion and increase energy.

BONUS



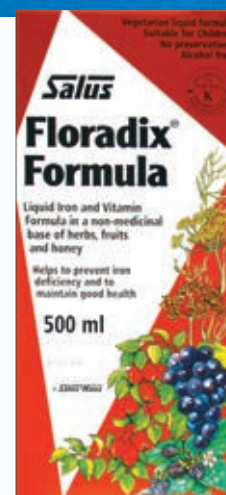
120 veg caps

When nature doesn't call...

Renew Life CleanseMORE is a powerful colon cleansing product that works without the use of harsh, purgative type laxatives which can be addictive. It is effective for relieving occasional constipation.

ON SALE

24⁹⁹



Tired due to low iron?

Salus Floradix® Formula is a liquid iron supplement that is specially formulated for easy absorption and assimilation. Helps normalize low iron levels to boost energy, vitality and achieve optimal health.

ON SALE

35⁹⁹

500 ml



ON SALE

21⁹⁹

Menopause
30 tabs

ON SALE

22⁹⁹

Sabalasan®
30 caps

His & her's hormone support

Menopause and **Sabalasan® Prostate 1** by **A. Vogel**. Take care of your body and overall wellbeing with herbal remedies from A. Vogel.



HOT DEAL

We've gone B12

Natural Factors® B12 Methylcobalamin - 1000 mcg helps improve energy production and nervous system function. Quick dissolving tablets that help absorption.

ON SALE

2/\$10

90 tabs



Just add water, shake and go

Vega™ Protein Smoothie is a convenient protein boost you can have as a snack or part of a healthy breakfast, containing 15 grams of plant-based protein and two servings of veggies.

ON SALE

15⁹⁹

267 - 285 g



**GLUTEN
FREE**

ON SALE

14⁹⁹

Lotion SPF 40
90 ml

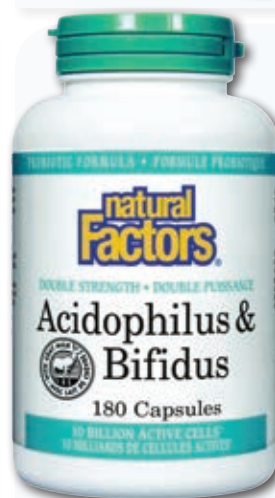
ON SALE

14⁹⁹

Spray SPF 27
90 ml

New & improved formula!

Green Beaver™ Natural Mineral Sunscreen is certified organic and suitable for all skin types. Natural, vegan and gluten-free and non-whitening.



10 billion active cells

Natural Factors® Double Strength Acidophilus & Bifidus keeps a proper pH balance in the small intestine, inhibiting yeast growth. Also helps maintain health of the large intestine.

ON SALE

16⁹⁹

180 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

NOT ALL PRODUCTS SHOWN ARE AVAILABLE AT ALL HEALTH FIRST NETWORK® STORES.

DURHAM NATURAL FOODS

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

	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

For a full list of Health First Members, to learn more about Health First and our products visit www.healthfirst.ca.

Please see your health care professional before beginning any type of therapy. Information published in this flyer is not intended to replace medical advice. Products and pricing may vary by store. Some quantities of specially offered sizes or offers may be limited. This flyer has been printed with vegetable (soy) based inks. All printing metal plates are recycled & this product is recyclable too.

