

# 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®



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.



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

**29.99**

30 veg caps

## 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

**44.99**

Your choice  
72 tabs each



### 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



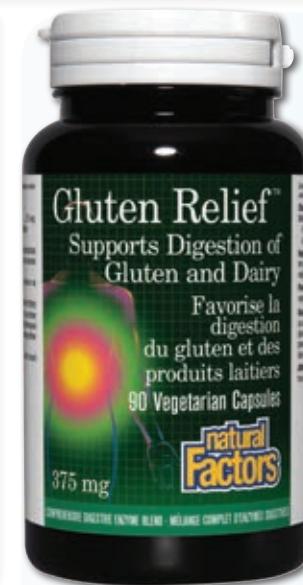
### Plant-based daily nutrition

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

**54.99**

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

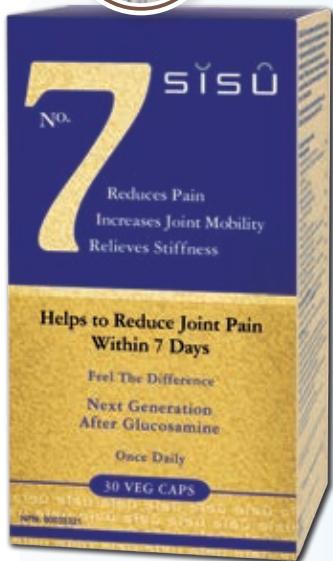
**18.47**

90 veg caps

• SALE DATES: MAY 1 - 16, 2015 • [HEALTHFIRST.CA](http://HEALTHFIRST.CA) •



## 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

**17<sup>99</sup>**

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

**31<sup>99</sup>**

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

**21<sup>99</sup>**

454 g

GLUTEN FREE



### 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

**25<sup>99</sup>**

226 g



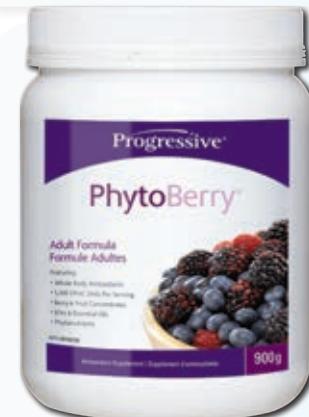
### Cleanest whey in the world

**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

**62<sup>99</sup>**

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

**56<sup>99</sup>**

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

**8<sup>99</sup>**

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

**22<sup>99</sup>**

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.

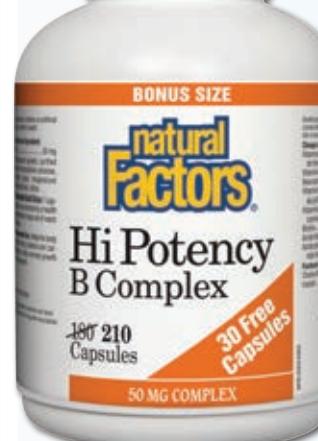
For those with Celiac disease their plight is severe; just one mouthful of gluten-containing food triggers an inflammatory reaction that damages their small intestine and causes bloating, gas, cramping, constipation, diarrhea and pain. As such, eating gluten-free foods is their healthiest diet.

#### 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**



**30 CAPSULES 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**  
**17.99**

210 caps

**BONUS**



**NEW**

**Stress and insomnia relief!**

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

**ON SALE**  
**39.99**

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



**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**  
**21.99**

600 ml



**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 tabs



**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**  
**4.99**

100 tabs

**FREE FIBRE SMART**

**ON SALE** **28<sup>99</sup>**  
1 kit + FREE  
60 veg caps

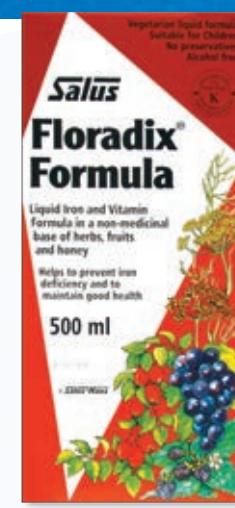
**Advanced herbal cleansing**

**Renew Life CleanseSMART** with **FREE FibreSMART**  
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.

**ON SALE** **24<sup>99</sup>**  
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.



**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** **35<sup>99</sup>**  
500 ml

**ON SALE** **21<sup>99</sup>**  
Menopause 30 tabs

**ON SALE** **22<sup>99</sup>**  
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**

**ON SALE** **2/\$10**  
90 tabs

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

**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** **15<sup>99</sup>**  
267 - 285 g

**ON SALE** **14<sup>99</sup>**  
Lotion SPF 40 90 ml

**ON SALE** **14<sup>99</sup>**  
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.

**ON SALE** **16<sup>99</sup>**  
180 caps

**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.

**NEW**

**ON SALE** **16<sup>99</sup>**  
500 ml

**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.

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

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	<b>Open</b>	<b>Close</b>
<b>Monday</b>	9:00	6:00
<b>Tuesday</b>	9:00	6:00
<b>Wednesday</b>	9:00	6:00
<b>Thursday</b>	9:00	8:00
<b>Friday</b>	9:00	8:00
<b>Saturday</b>	9:00	5:00
<b>Sunday</b>	12:00	5:00

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