

# 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

## SUPPLEMENTS FOR A HAPPY GUT

Ever had to endure bloating, cramping or an otherwise unhappy gut?

Check out these Five supplements that make your Gut happy

GREAT VALUE



### First choice in heart health

Health First® Omega-First® liquid is rich in fatty acids with non-farmed anchovy, mackerel and sardines sourced from the Pacific and tested for impurities.

500 ml + 250 ml

ON SALE  
**39.99**

BONUS



### Hearty, nutritious and wholesome

NOW® Whole Chia Seed is an excellent plant source of healthy fats, fibre and a good source of calcium.

500 g

ON SALE  
**11.99**



NEW FORMULA

Do more. Better.

Vega™ One All-in-One Nutritional Shake contains 20g of protein, 50% of your daily vitamins & minerals and 6 servings of greens, all from real, whole food ingredients. Get everything you need in one delicious scoop.

827 g - 876 g

ON SALE  
**54.99**



ON SALE  
**57.99**

530 g

### 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.



### Strong & beautiful

Preferred Nutrition® BioSil™ helps fight against wrinkles, brittle nails, joint inflammation and bone loss due to age-related collagen loss.

90 veg caps

ON SALE  
**39.99**

• SALE DATES: JUNE 5 - 20, 2015 • [HEALTHFIRST.CA](http://HEALTHFIRST.CA) •



FREE BAR



### Synergy from seed to supplement

Whole Earth & Sea™ Pure Food Multivitamin & Mineral provides a full range of nutrients to overcome physical stress, dietary limitations and/or metabolic inefficiencies.

60 tablets Men's or Women's

ON SALE  
**29.99**

BONUS



### Boosters POW!

MegaFood® Smoothie Booster ultra blendable whole food Powder to add to whatever your drinking. No preservatives or sweeteners (of course).

ON SALE  
**21.99**  
each

Daily Energy, Daily Turmeric, Daily Purify & Daily C-Protect  
Each 30 day supply



### Put the micro back in your mini

Waist Away® Garcinia Cambogia can aid with a weight management routine by helping the body to metabolize carbohydrates and fats.

90 caps

ON SALE  
**19.99**



30 FREE SOFTGELS

natural  
**Factors**  
Mixed Vitamin  
**e 400 IU**  
240 Softgels  
NATURAL SOURCE

30 FREE SOFTGELS  
BONUS SIZE

240 Softgels

### Antioxidants are powerful

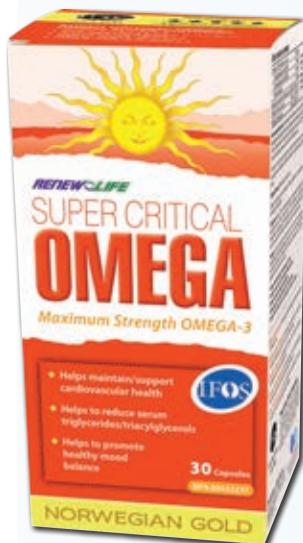
Natural Factors® Vitamin E is primarily used for its powerful antioxidant benefits. It helps to protect cell membranes against damage caused by free radicals and prevents the oxidation of LDL ("bad") cholesterol.

240 softgels

ON SALE  
**17.99**

BONUS

## FOR YOUR GOOD HEALTH

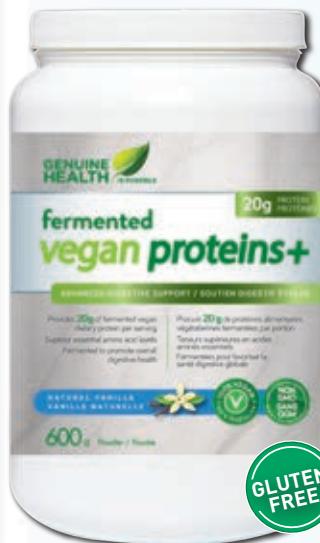


### High potency fish oil with vitamin D!

Renew Life Super Critical Omega Fish Oil is ideal for supporting cardiovascular health and brain function in as little as one capsule per day.

30 caps

ON SALE  
**24.99**



### Fermented for superior digestion

Genuine Health Fermented Vegan Proteins+ provides advanced digestive support. Contains 20g of fully fermented vegan protein. Available in vanilla and unflavoured.

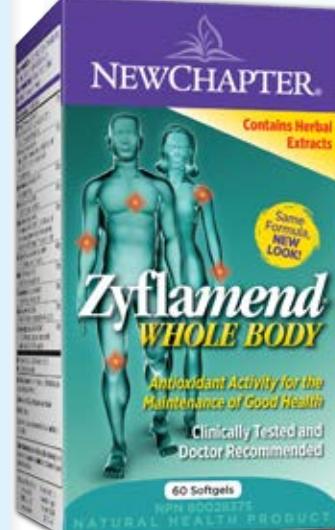
600 g

ON SALE  
**39.99**

### Herbal joint pain reliever

New Chapter® Zyflamend® is a full-spectrum blend of 10 remarkable herbs and is traditionally used as an anti-inflammatory to help relieve joint pain.

60 softgels



ON SALE  
**29.99**

### Feeling Gassy? Bloated?

Udo's Choice® Ultimate Digestive Enzyme breaks down lactose and supports the relief of discomforts associated with dairy intolerances.

120 veg caps



ON SALE  
**23.99**

# SUPPLEMENTS FOR A HAPPY GUT

We want you to enjoy health. Here are a handful of supplements that can help keep you and your gut happy.

## 1. PROBIOTICS

Probiotics are protectors of your digestive tract and mediators for your immune system. A happy gut contains a plethora of probiotics. Unfortunately, probiotics are only available in small amounts in a handful of foods. Plus, probiotics are destroyed by stress, illness and medication.

## 2. ENZYMES

The body produces digestive enzymes to assist the gut in breaking down food. Is your gut grumpy after you eat too much, or eat late in the day? The body produces fewer enzymes as the day goes on, and we produce them less efficiently as we age.

## 3. FISH OIL

Inflammation is at the core of many digestive complaints. Fish oil contains effective anti-inflammatory fatty acid, called eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Research studies suggest fish oil may improve gut health in many ways.

## 4. CLEANSING

Toxins can build up in the digestive system – the same place where we absorb nutrients. Cleansing the digestive system helps it repair and restore. A cleanse formula that focuses on the liver and colon can help keep your gut happy.

## 5. FERMENTED PROTEIN POWDER

Fermenting whey protein may make it easier to digest. The International Journal of Food Microbiology reported that fermenting whey protein lowers the levels of two milk compounds that are hard to digest: lactose and beta-lactoglobulin (the main cause of a milk allergy).



## FOR A HEALTHY BODY

### Relax your Muscles

#### Trophic™ Magnesium

Chelazome™ has increased bioavailability with the chelation process. Magnesium helps the whole body function and has increasing importance.

90 vcaps

ON SALE

**11 99**



### Ear ache relief

#### St. Francis Herb Farm® Ear Oil

traditionally used in western medicine to effectively reduce inflammation, pain and discomfort in the ear canal.

30 ml

ON SALE

**12 99**



### Herbal helper

#### Health First® Fenugreek & Blessed Thistle

have been used in combination for overall digestive health and for help with a mothers milk production.

ON SALE

**24 99**

Fenugreek and Blessed Thistle  
60 veg caps each

BONUS



### New Lemon-Lime flavour

Health First® Cal-Mag Supreme + K2 features Aquamin™ plant-sourced calcium from the Icelandic red algae that helps to remineralize bone cells. Added vitamin K2 aids in absorption.

450 ml

ON SALE

**19 99**



### Iron made easy

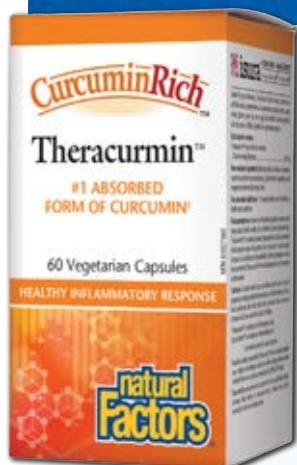
#### Health First® Iron Supreme

Iron Supreme is an easily absorbed iron product that is well tolerated by the body and is non-constipating.

60 veg caps

ON SALE

**11 99**



### The most bioavailable curcumin

Natural Factors® CurcuminRich™

Theracurmin™ is an antioxidant for the maintenance of good health. Theracurmin is 300x more bioavailable than regular curcumin.

ON SALE

**18<sup>99</sup>**

### Instant Energy

NOW® Instant Energy B12 makes you feel alert and energized no matter the situation. Convenient fast-acting packets are perfect for the person on the go.

75 packets

ON SALE

**14<sup>99</sup>**



20% MORE

### Potent probiotic power!

Renew Life® Ultimate Flora Ultra Potent Probiotic delivers 100 billion beneficial bacteria per capsule to improve digestive health and strengthen immunity.

36 veg caps

ON SALE

**42<sup>99</sup>**



### For fast and effective relief

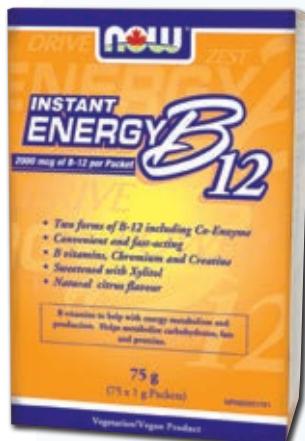
Health First®

Joints-First helps relieve pain and maintain healthy joint health.

500 ml

ON SALE

**24<sup>99</sup>**



### Have a healthy pregnancy

Progressive® Prenatal Formula is designed to support the unique nutritional needs of women during all stages of childbirth, from conception through to the completion of nursing.

120 veg caps

ON SALE

**34<sup>99</sup>**



### Bars for all situations

Vega™ Protein Bar

ON SALE **2<sup>49</sup>/each**

Vega™ Snack Bar

ON SALE **1<sup>99</sup>/each**

Vega™ One Bar

ON SALE **2<sup>99</sup>/each**



### Foundational nutrition

Garden of Life® RAW Protein™ is an excellent source of certified organic, RAW, vegan protein with added benefits of essential amino acids, fat-soluble vitamins, probiotics and digestive enzymes.

ON SALE

**41<sup>99</sup>**

All flavours  
652 - 732 g

GLUTEN FREE



### Menopause support

WomenSense™

MenoSense® contains natural ingredients that have been clinically demonstrated to help relieve the symptoms associated with menopause and peri-menopause.

180 veg caps

ON SALE

**29<sup>99</sup>**



### Protect your prostate for life

Prairie Naturals® Prost-Force™ is the supplement for men wanting to maintain prostate health, naturally.

120 softgels

ON SALE

**39<sup>99</sup>**

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

For a full list of Health First Members, to learn more about Health First and our products visit [www.healthfirst.ca](http://www.healthfirst.ca).

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