

DURHAM NATURAL FOODS

1191 Montrose Avenue, Sudbury, ON • 705-566-3820

www.durhamnatural.com

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH FIRST



Balance your gut!

Renew Life Ultimate Flora Critical Care probiotic provides 50 billion cultures per capsule. It works to improve digestive health in a convenient once daily dose.

72 veg caps

ON SALE

54.99

BONUS



Take the PrimeZyme digestive challenge!

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

180 capsules

ON SALE

29.99

BONUS

BIG SUMMER SALE

Stock up during our **BIG SUMMER SALE** with **HOT** deals for every Canadian



Support for your lifestyle

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

120 veg caps

ON SALE

33.99

20% MORE FREE



Maximize your meals

Renew Life DigestMORE Ultra Strength is a plant based, digestive enzyme formula which works to break down food into the smallest usable nutrients and helps reduce indigestion and bloating.

72 veg caps

ON SALE

29.99

BONUS



Experience all three stages

Vega™ Sport offers three stages; Prepare, Sustain & Recover. Push harder and longer taking your fitness to the next level. Recharge and repair so you can do it all over again.

All sizes

ON SALE

20% OFF

Vega™ Sport line



Botanical integrity

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

Assorted Oils & Blends

15% OFF

NOW® Essential oils

BONUS



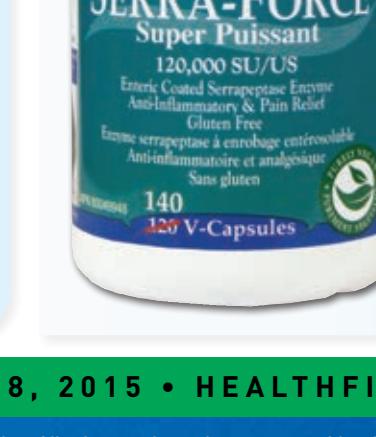
Vegan source of omega-3 & -6

Flora™ Flax Oil is made from certified organic, non-GMO and gluten free Canadian flaxseed. Can be taken on its own, in smoothies, on salads, or used on your skin.

500 ml

ON SALE

12.99



BEST PRICE
of the year!

All natural pain relief

Prairie Naturals® Super Strength Serra-Force 120,000 SU helps to reduce symptoms such as pain, nose, ear and throat infections as well as inflammation in the face and mouth.

120 + 20 V-capsules

45.99

BONUS

• SALE DATES: JULY 3 - 18, 2015 • HEALTHFIRST.CA •

© 2015 Health First Network • All rights reserved • All other trademarks are owned by their respective owners.

1

Put your Health First®



Healthy glucose levels

Health First® GTF Chroma-Cinn provides support for healthy glucose metabolism. Helps the body to metabolize carbohydrates and fats.

90 veg caps

ON SALE

7.99



A complete daily multi

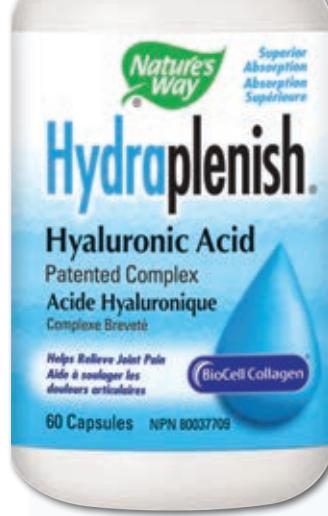
Health First® Multi-First Iron-Free Formula combines all of the essential vitamins along with Flora-GLO® and red bioflavonoids for antioxidant protection.

100 veg caps

ON SALE

17.99

Get Ready for Summer



Joint pain is a problem

Nature's Way® Hydralenish® contains the patented BioCell Collagen II™ complex for healthy connective tissue and synovial fluid. This can help alleviate pain in all joints.

60 capsules

ON SALE

23.99



New & improved formula!

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

Lotion SPF 40 90 ml

Spray SPF 27 90 ml

ON SALE

14.99 each

ONE TIME DEAL



BUY 2 - SAVE \$20

Special deal for your health!

Ascenta® NutraSea® 2x Concentrated Fish Oil gives you a balanced source of omega-3's. NutraSea® is an easy way to get your daily recommended intake of omega-3.

ON SALE

54.99

100 + 100 softgels

BONUS



Effervescent vitamin drink mix

Ener-C™ 1000mg Vitamin C is full of 25 nutrients and vitamins to make you feel and perform your very best. Helps to increase and maintain your energy levels, due to the invigorating force of the B-vitamin complexes and electrolytes it contains.

ON SALE

13.99

All flavours - 30 sachets



High-potency care for your colon

Renew Life Ultimate Flora Colon Care delivers 80 billion probiotics from 10 strains that specifically benefit colon health.

30 veg caps

ON SALE

39.99



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

34.99

1 kit



Maintain good health

Vitamost® FLW is designed to help support cardiovascular health with protective antioxidants. Going strong for 20+ years with an original formula for optimum digestion & nutrient utilization.

300 tabs

ON SALE

65.99



No more PMS...

WomenSense™ EstroSense® is recommended by health care professionals to help support a healthy liver and reduce symptoms of hormone imbalance.

120 veg caps

ON SALE

44.99

Big Summer Sale

**GREAT
VALUE**



Manage your Magnesium

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

125 veg caps

ON SALE

12⁹⁹

**30 FREE
SOFTGELS**



Shape of things to come®

Natural Factors® Tonalin® CLA the SlimFactor®

stimulates muscle metabolism thereby increasing lean muscle mass and decreasing body fat.

120 softgels 1000 mg

ON SALE

22⁹⁹

BONUS

BONUS

BONUS

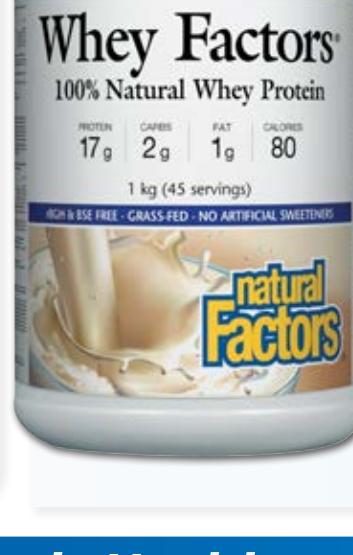
Maintain your health

NOW® Biotin is an important component of enzymes in the body that break down certain substances like fats, carbohydrates, and protein.

100 capsules

ON SALE

7⁹⁹



Mixes easily and tastes great

Natural Factors® Whey

Factors® is ideal for people of all ages & activity levels to help maintain existing lean muscle mass and help build & repair body tissue.

1 kg

ON SALE

32⁹⁹

BONUS

BONUS

BONUS

Whole Body Health

Ultimate liver protection

Himalaya® LiverCare® is a well-researched combination of nourishing herbs. Assists in supporting the liver's normal function and everyday detoxification.

90 veg caps

ON SALE

24⁹⁹

**30 FREE
SOFTGELS**



The power of CoQ10

Natural Factors®

Coenzyme Q10 helps fight age-related fatigue, supports heart health and provides antioxidant protection to cells.

120 + 30 softgels

ON SALE

20⁹⁹

BONUS

BONUS

BONUS

ON SALE

59⁹⁹

All flavours - 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.

ON SALE

59⁹⁹

100% organic and non-GMO protein



Yeast?

Renew Life CandiGONE is a 15 day program designed to provide relief from candida overgrowth and symptoms of mild UTIs.

ON SALE

28⁹⁹

1 kit

ON SALE

34⁹⁹

Brown Rice Protein
800 g / each

ON SALE

42⁹⁹

Hemp Protein
800 g / each

Big Summer Sale



Healthy joint function

Natural Factors® Glucosamine & Chondroitin Sulfate
occurs naturally in the body and are building blocks of healthy cartilage and other connective tissue.
240 capsules

ON SALE

26⁹⁹



BEST PRICE
of the year!

Sleep is still required

Natural Factors® Melatonin can help provide a more restful and natural sleep without any drowsy side-effects.

210 sublingual tablets

ON SALE

9⁴⁹

BONUS



Get your greens

Prairie Naturals® Organic Wheat Grass and **Aqua Greens** allow you to get your greens when it isn't always easy to get your daily vegetables. Organic and high quality greens that help detox the body and stay healthy.

ON SALE

30⁹⁹

Wheat Grass
150 g

ON SALE

30⁹⁹

Aqua Greens
200 g



DUO PACK

Cholesterol too high? Take control.

Prairie Naturals® Sytrinol™ is clinically proven to help reduce total cholesterol and improve LDL:HDL ratios with just one capsule a day.

60 + 60 V-capsules

ON SALE

57⁹⁹

BONUS



Human colonizing probiotic

Progressive® HCP® 70 features 6 human strains that implant healthy flora throughout the entire digestive tract with nutrients to support flora viability.
120 veg caps

ON SALE

69⁹⁹



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!

100 packets

ON SALE

6⁹⁹



Relief for your joints and the rainforest

New Chapter® Turmeric Force™ with whole, active phytonutrients, works to provide a 100% herbal response to joint inflammation and discomfort. A portion of sales will be donated to the Friends of the Children's Eternal Rainforest.

ON SALE

48⁹⁹

144 capsules

BONUS



Vitamin C & L-Lysine formula

Dr. W. Gifford-Jones, MD Medi-C Plus™ uses the powerful combination of lysine and vitamin C to help maintain a healthy heart. This powder mixes easily with water or juice.

ON SALE

21⁹⁹

300 g

Berry or Unflavoured



Prevent urinary tract infections

Health First® UTI Supreme contains clinically-studied UTIrose™ hibiscus with antibacterial shown to reduce recurrent UTI's. Also features cranberry and d-mannose.

60 veg caps

ON SALE

18⁹⁹

HEALTH FIRST

DURHAM NATURAL FOODS

1191 Montrose Avenue, Sudbury, ON

705-566-3820 • www.durhamnatural.com



CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS • HEALTHFIRST.CA

	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, products visit www.healthfirst.ca. Please see any health care professional before beginning any therapy. Information published in this Flyer is not intended to replace medical advice. This Flyer is not a medical document. Some quantities of specially offered sizes or offers may be limited. All printed material is recycled & this product is recyclable too.

