

DURHAM NATURAL FOODS

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

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH
FIRST

20% MORE
FREE



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

54⁹⁹

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

29⁹⁹

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

33⁹⁹

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

29⁹⁹

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

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



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

12⁹⁹

GLUTEN
FREE



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

ON SALE

45⁹⁹

BONUS



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

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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

7⁹⁹



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

17⁹⁹

Get Ready for Summer



Joint pain is a problem

Nature's Way® Hydraplenish® 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

23⁹⁹



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

14⁹⁹ each

ONE TIME DEAL



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

54⁹⁹

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

13⁹⁹

All flavours - 30 sachets

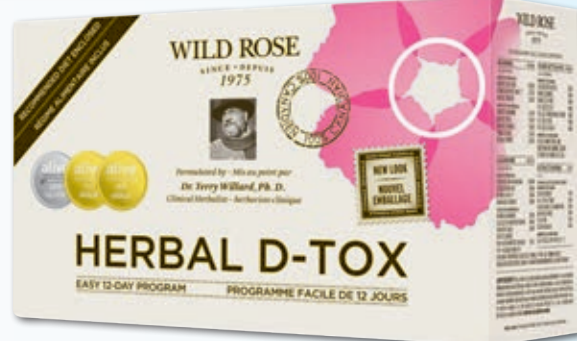


High-potency care for your colon

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

ON SALE

39⁹⁹



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

34⁹⁹

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

65⁹⁹



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

44⁹⁹

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

BONUS

**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

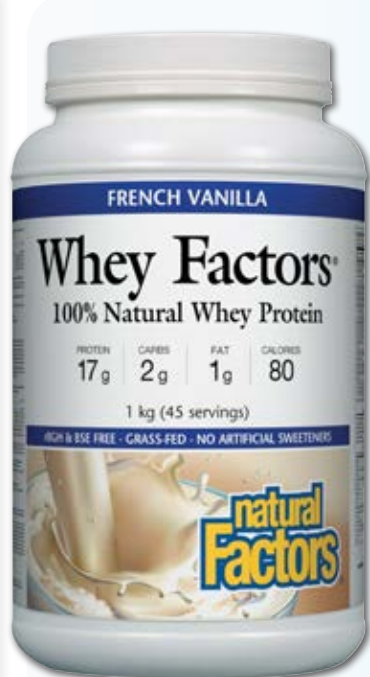


Maintain your health

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

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



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



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.

100% organic and non-GMO protein



100% organic and non-GMO protein

Progressive® Organics Brown Rice Protein provides 15g of protein and 7g of fibre per serving. Helps in alkalizing the body and improves immune function.

Progressive® Organics Hemp Protein provides 16g of protein and has a complete array of amino acids, and a protein utilization of 98.8%. Vegan, hypoallergenic and gluten free.

Available in Vanilla and Unflavoured

ON SALE

34⁹⁹

Brown Rice Protein
800 g / each

ON SALE

42⁹⁹

Hemp Protein
800 g / each



ON SALE

28⁹⁹

1 kit

Yeast?

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

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



ON SALE

30⁹⁹

Wheat Grass
150 g

ON SALE

30⁹⁹

Aqua Greens
200 g

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.

DUO PACK



Cholesterol too high? Take control.

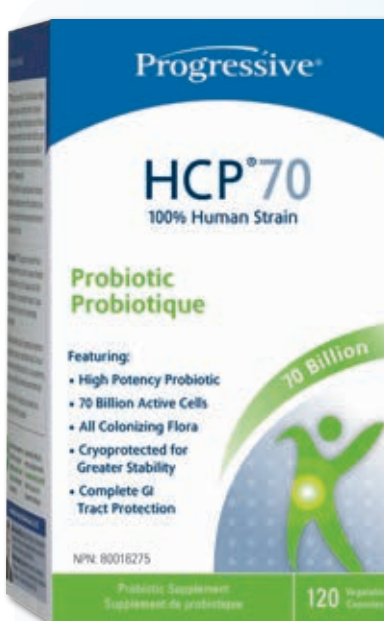
Prairie Naturals® Sytrinol™ is clinically proven to help reduce total cholesterol and improve LDL:HDL ratios with just one capsule a day.

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



GREAT VALUE!
20% MORE



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.

144 capsules

ON SALE

48⁹⁹

BONUS



ON SALE

21⁹⁹

300 g
Berry or Unflavoured

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.

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

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Monday 9:00
Tuesday 9:00
Wednesday 9:00
Thursday 9:00
Friday 9:00
Saturday 9:00
Sunday 12:00

Open 9:00
Close 6:00
6:00
6:00
8:00
8:00
5:00
5:00

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