

DURHAM NATURAL FOODS

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

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH
FIRST



Shopping locally improves a town's economy and fosters a vibrant community. It can also impact your health.

Learn 5 surprising ways your health can benefit from shopping locally.

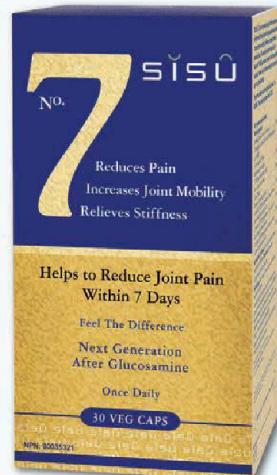


Kid approved taste!

Health First® Kids'-First Multi is a delicious multi-flavoured multivitamin and mineral complex in fun puppy-shapes for normal growth and development.

120 chewable tablets

ON SALE
17.99



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.

30 veg caps

ON SALE
17.99

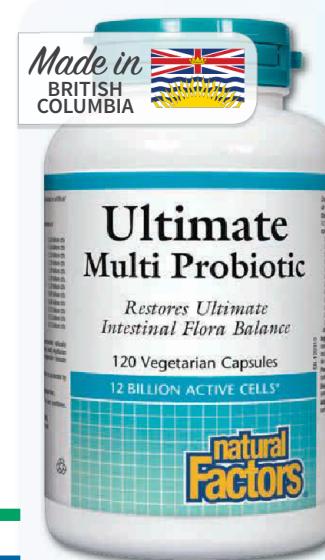


No fishy repeat

Whole Earth & Sea Herring Gold Omega-3 1000mg derived from the roe of Norwegian spring-spawning herring is rich in the essential omega-3 fatty acids DHA and EPA, as well as choline.

ON SALE
35.99

60 softgels



All you need is one™

Natural Factors® Ultimate Multi Probiotic restores intestinal flora balance with 12 billion fermented & active cells. Enteric coating ensures strains will reach intestines at full potency.

120 veg caps

ON SALE
29.99



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.

600 ml

ON SALE
21.99



Green smoothie boosters

Prairie Naturals® Organic & Fair Trade Chlorella and Spirulina are designed to purify, cleanse and detoxify your body.

ON SALE
31.99

Chlorella - 200 g

ON SALE
21.99

Spirulina - 200 g

• SALE DATES: AUGUST 7 - 22, 2015 • HEALTHFIRST.CA •

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HEALTH FOR YOUR WHOLE BODY



Whole food iron boost

MegaFood™ Blood Builder® provides 100% whole food iron with synergistic nutrients and organic beet root to maintain healthy levels of iron. Non-binding and gentle on the stomach.

60 tablets

ON SALE

36⁹⁹



ON SALE

29⁹⁹

162 g

Made in
BRITISH
COLUMBIA



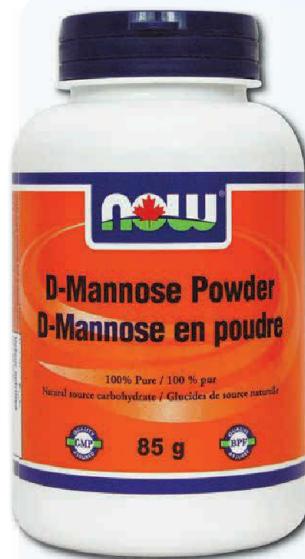
Control overactive bladder

Brad King's Ultimate Bladder Control contains a 100% natural form of a patented water-soluble pumpkin seed. Reduces urinary frequency, helps control urinary incontinence and reduces nighttime urinary frequency in men and women.

60 veg caps

ON SALE

19⁹⁹



Healthy urinary tract

NOW® D-Mannose Powder is a simple sugar that occurs in plants that can adhere to undesirable foreign substances, preventing them from sticking to the bladder.

85 g

ON SALE

32⁹⁹



Natural vitamin B supplement

Bio-Strath Original is a whole food yeast supplement containing plasmolysed yeast and 16 herbs. Helps to increase energy, overall vitality and well-being.

250 ml

ON SALE

22⁹⁹



Relief in 5 days

Genuine Health Fast Joint Care+ with patented Biovaflex™, a higher protein form of natural eggshell membrane (NEM). See pain relief 2 days sooner than any other NEMs on the market.

30 veg caps

ON SALE

24⁹⁹



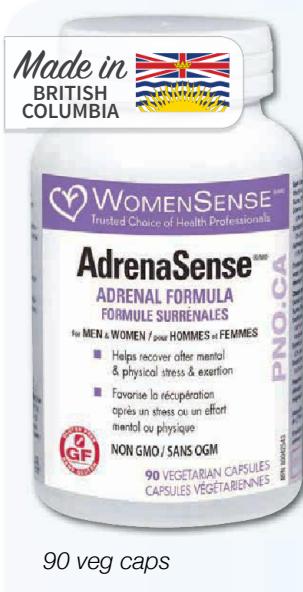
Sore muscles?

Prairie Naturals® Magnesium Solution helps reduce soreness, pain & inflammation. Convenient, great taste with no added sugar.

500 ml

ON SALE

29⁹⁹



Less stress, more energy

WomenSense® AdrenaSense® can support adrenal glands, reduce effects of stress and improve sexual function with herbal adaptogens such as rhodiola, suma, siberian ginseng and ashwagandha.

ON SALE

21⁹⁹



All-natural sweetener

NOW® Xylitol is a sugar alcohol naturally found in fruits and vegetables that makes an excellent, low-calorie sweetener.

454 g

ON SALE

8⁴⁹

WHY SHOP Locally?

5 SURPRISING WAYS YOUR HEALTH BENEFITS FROM SHOPPING LOCALLY:

Vibrant Local Retail Linked with Healthier

Citizens: Communities with a vibrant array of small local retailers are healthier according to studies. When researchers studied 3,060 counties in the United States, they found those with a greater proportion of small businesses had lower rates of mortality, obesity and diabetes.

Local Is Good for Our Environment: Shopping accounts for 1 in 5 trips we take. The average household drove 2000 km for shopping in the late 1970s. Today, we drive about 5500 km. What has changed? Big stores need big spaces and as such tend to be farther from our neighbourhoods, prompting us to hop into our cars and drive a ways to shop.

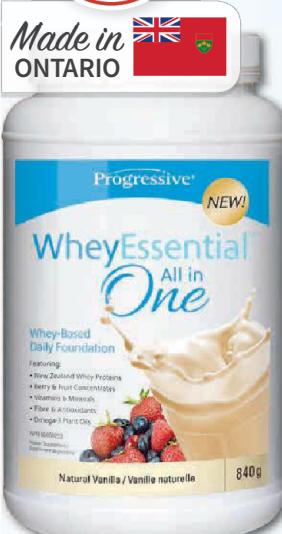
Shopping Locally Gets You Outside & Active: Local shops tend to be smaller and nestled into communities, encouraging you to get outside and be active. You are more likely to walk to a local retailer and walking is great for your health. Walking outside helps manage weight and promotes heart health. In addition, according to a 2011 study, outdoor activity also results in an improvement in mental wellbeing (increased energy, positive engagement, decreases tension, anger and depression).

Local Donors Promote Healthy Communities:

Non-profit organizations receive an average 250% more support from smaller business owners than they do from large businesses. Non-profit organizations support our health in many ways including mental health (help lines, support groups) and physical health (sports teams, breakfast and food programs).

Better Service Means Better Health: Local businesses often hire people with a good understanding of the products they are selling and take time to get to know customers. This is a vital asset, particularly at a health food store, when you are looking for a supplement to optimize your personal health, seeking foods that work with your family's food allergies or the perfect beauty product for your loved ones' sensitive skin.

Check out our website for more on why you should shop locally.



MADE IN CANADA

Your one stop
with whey

**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.

All flavours - 840 g

ON SALE

64⁹⁹



The elixir of life

Botanica Fermented Kombucha is a fermented black tea that aids in cleansing, detoxifying and revitalising the body.

250 ml

ON SALE

16⁹⁹



Nervous system
health

Health First® B12

Supreme helps to prevent B12 deficiency and contains synergistic vitamins B6 and folic acid.

60 lozenges

ON SALE

8⁹⁹



Reduces chronic
pain

Health First®

Magnesium Supreme provides 100% glycinate form of Magnesium allowing for greater absorption. Helps to maintain proper muscle function and prevent magnesium deficiency.

90 veg caps

ON SALE

13⁹⁹



Metabolism
support!

Health First® B-100

Supreme contains 100 mg of the major B vitamins to metabolize carbohydrates, fats and proteins, together with the popular adaptogen Maca root.

60 veg caps

ON SALE

13⁹⁹



Supreme cardio
support

Health First® CoQ10

Supreme uses premium Japanese-made Kaneka Q10. Formulated in an organic sunflower oil base, together with 50mg of the "red wine antioxidant" Resveratrol.

120 gelcaps

ON SALE

29⁹⁹



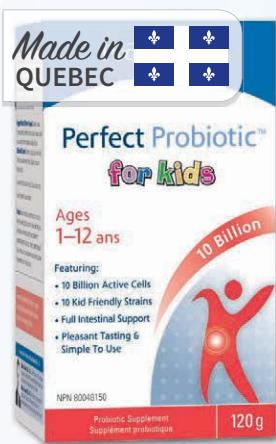
Friendly bacteria for 55+

Udo's Choice® Super Advanced Adult Probiotic contains a much higher percentage of Bifidobacteria per serving in order to meet the specific digestive needs of those 55+.

60 veg caps

ON SALE

47⁹⁹



For little tummies

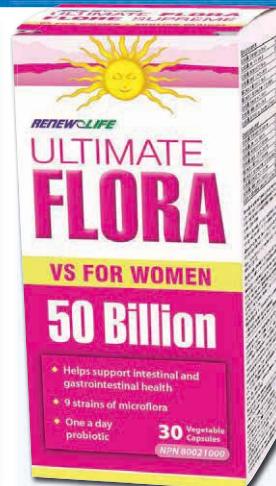
Progressive® Perfect Probiotic™ for Kids

features 10 billion active cells and 10 kid-friendly strains for full intestinal support. Pleasant tasting and simple to use.

120 g

ON SALE

29⁹⁹



No more yeast infections!

Renew Life Ultimate Flora VS For Women contains 50 billion beneficial bacteria from strains that support a healthy vagina and digestive tract.

30 veg caps

ON SALE

29⁹⁹



Inflammation doesn't stand a chance!

Ultra EPA Omega by **Renew Life** delivers 1000mg of EPA in each capsule to reduce inflammation and support cardiovascular health.

30 capsules

ON SALE

26⁹⁹



Will change your life even if you don't

PGX® Daily Ultra Matrix can help you lose weight effectively and gradually by creating a sense of fullness and slowing the digestion of food allowing you to eat less.

120 softgels

ON SALE

29⁹⁹



Bars for all situations

Vega™ Protein Bar

ON SALE **2⁴⁹/each**

Vega™ Snack Bar

ON SALE **1⁹⁹/each**

Vega™ One Bar

ON SALE **2⁹⁹/each**



**Made in
BRITISH
COLUMBIA**



For everyday stress

Natural Factors Stress-Relax 100% Natural

GABA for fast-acting relief of nervousness and acute stress. Completely safe and remarkably effective without side effects.

60 chewable tablets

ON SALE

17⁴⁹



Hot flashes?

Health First® Meno Supreme contains the clinically-proven hops extract Lifenol® to relieve hot flashes and other uncomfortable menopausal symptoms. One-per-day formula!

45 veg caps

ON SALE

19⁹⁹

Beyond organic meal replacement

Garden of Life® RAW Meal™ was designed as a meal replacement, is naturally filling and increases energy, all while providing a healthy balance of raw food nutrients.

ON SALE

46⁹⁹

All flavours
1025 - 1166 g

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

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**HEALTH
FIRST**