

DURHAM NATURAL FOODS

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

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

**HEALTH
FIRST**

Back to SCHOOL

FOR ALL AGES

Fall brings a new routine for all, from preschool to high school to careers. Look inside for simple ways to adjust to your new routine and be at your best all year long.



All flavours
456 - 526 g

Nourishing superfood

Genuine Health
Greens+ O contains
75% organic
ingredients and is
formulated for those
who have food
sensitivities. 100%
vegan, soy, dairy,
wheat and gluten free.

ON SALE

69⁹⁹

Great tasting omega-3

Ascenta® NutraSea™
supports cardiovascular
and brain health along
with development of the
brain, eyes and nerves.

500 ml

ON SALE

39⁹⁹

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.

All flavours 829 q - 876 q

ON SALE

54⁹⁹



Plant sourced calcium

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

450 ml

ON SALE

1999



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

39⁹⁹



Potent probiotic power!

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

30 veg caps

ON SALE

42⁹⁹

• SALE DATES: SEPTEMBER 4 – 19, 2015 • HEALTHFIRST.CA •



HEALTH STARTS HERE



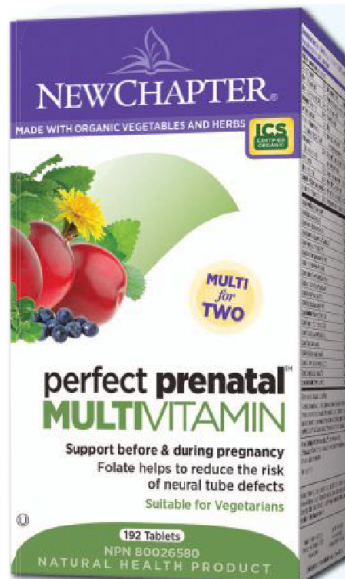
ON SALE

17⁹⁹

60 tablets

Digestive distress?

A.Vogel Artichoke • Milk Thistle Boldocynara® COMPLEX helps to relieve minor digestive disturbances such as heartburn, acid reflux, excess burping, bloating and nausea.



Multi for two

New Chapter® Perfect Prenatal™ Multivitamin provides support before and during pregnancy. Every daily dose provides 24mcg of vitamin D3, 18mg of iron, and 600mcg of folate and more.

192 tablets

ON SALE

68⁹⁹



30 FREE CAPSULES

"B" stress-free

SISU B Calm is a complete B complex formula plus rhodiola to support overall health, particularly in people under physical or mental stress.

150 veg caps

ON SALE

27⁹⁹

BONUS



30 FREE TABLETS

We've gone B12

Natural Factors® B12 Methylcobalamin 1000mcg helps improve energy production and nervous system function. Quick dissolving tablets that help absorption.

210 tablets

ON SALE

13⁴⁹

BONUS



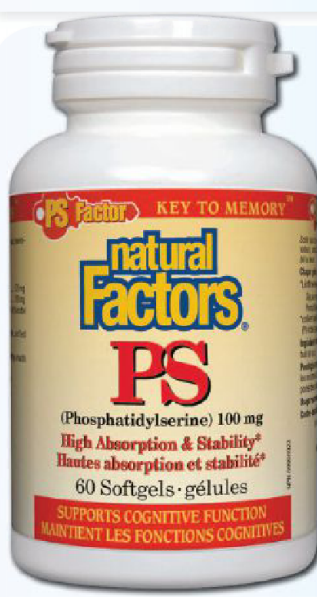
Your inner calm. On call.

Bach Rescue® Remedy provides effective stress relief from naturally sourced ingredients for everyday life.

20 ml

ON SALE

12⁹⁹



Key to memory™

Natural Factors® PS or Phosphatidylserine is a natural nutrient found in the brain. Healthy cell membranes support healthy brain functions such as memory, focus and clarity.

60 softgels

ON SALE

27⁹⁹



FOR KIDS



Rediscover the wisdom®

St. Francis Herb Farm® Deep Immune® Kids stimulates improved immune function in children who suffer from recurring colds and flu. This uniquely blended herbal combination is great tasting and safe for kids.

50 ml

ON SALE

14⁹⁹



Naturally delicious

Nature's Way® Alive!® Gummies are a gelatin free, gluten free, children's gummy multivitamin made with 26+ fruits and vegetables.

90 gummies

ON SALE

15⁹⁹

GLUTEN FREE



So natural you can eat it

Green Beaver™ Natural Toothpaste contains natural active ingredients and is made with real flavours to help support and maintain healthy teeth and gums.

ON SALE

4⁹⁹

75 ml

Back to SCHOOL FOR ALL AGES

No Stress: Starting back to work or school can be stressful. Plan ahead to reduce feeling rushed or stressed: pack your briefcase and fill in permission slips the night before.

Avoiding Sick Days: Some nutrients are well known to support the immune system including vitamin C, zinc, probiotics and vitamin D. Good personal hygiene can stop microbes that cause snotty noses and upset tummies. The brain gets rid of harmful toxins when you sleep.

Brain Food: The ultimate brain food is fish because it contains the omega-3 fatty acids EPA & DHA. DHA enhances cognitive performance relating to learning, cognitive development, memory and speed of performing cognitive tasks.

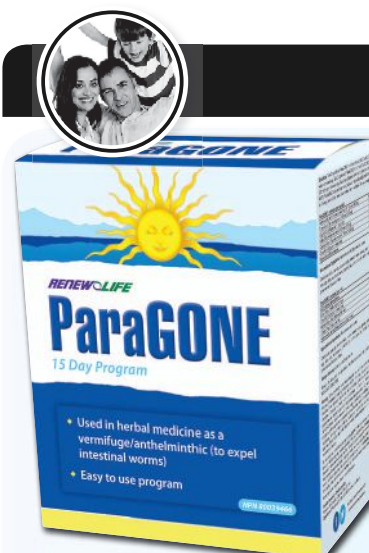
The Ultimate Lunch Box Ingredient: Consider dark chocolate as a little treat for your brain for it's natural attention-boosting powers. A study noted chocolate increased participant's attention spans, and significantly lowered blood pressure bringing a sense of peace and efficiency to the brain.

Smart Snacks: Pumpkin seeds are a good source of zinc - found in the part of the brain where learning and memory occurs. Blueberries contain pterostilbene - an antioxidant that moves into fatty areas of the body, such as the brain. At the end of your long day, your brain may enjoy the benefits of a small glass of red wine, as purple grapes are also a source of pterostilbene.

Rocking Your New Routine: It takes about 66 days before a new habit doesn't feel new anymore. In the meantime, be at your best as you get back into the swing of things this fall by fueling your brain, taking a few moments to breath in your day and getting enough sleep.

Visit our website for more on how to make this the best back to school ever!

HEALTHY LIVING



ON SALE
29⁹⁹

1 kit

Advanced parasite cleansing system

Renew Life® ParaGONE is a powerful parasite cleansing formula containing natural ingredients that are proven to destroy and eliminate parasites from the body.



ON SALE
36⁹⁹

60 softgels
Women's or
Men's Formula

Certified for sport™

Platinum™ Activ-X™ is designed to increase energy, help you train harder and recover faster. Featuring essential vitamins, minerals, antioxidants, omega oils and adaptogens.



For fast and effective relief

Health First® Joints-First helps relieve pain and maintain joint health.
500 ml

ON SALE
24⁹⁹



Prevent vitamin D deficiency

Health First® Vitamin D Supreme is a vital nutrient, especially during Canadian winter months! Health experts believe as many as 80% of Canadians are vitamin D deficient.

180 + 180 tab

ON SALE
16⁹⁹

BONUS



Nutrients for your eyes

Health First® Vision Supreme has been shown to prevent macular degeneration and improve visual function through antioxidant nutrients.

50 tabs

ON SALE
19⁹⁹



A rich source of GLA

Health First® Evening Primrose Oil is cold-pressed and hexane-free with a minimum of 9.5% GLA and 10 IU of natural Vitamin E to keep the oil shelf-stable.

180 gelcaps

ON SALE
24⁹⁹



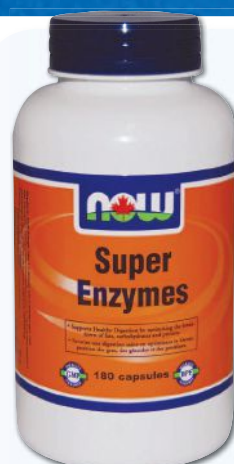
Kid approved taste

Salus® Kindervital® Liquid Multivitamin for Children is a unique herbal tonic that supplies bone- and tissue-building vitamins and minerals that are important for growing children.

ON SALE

21⁹⁹

250 ml



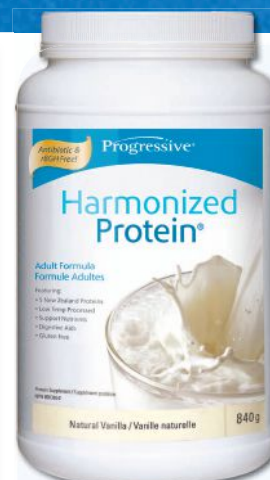
180 capsules

Optimize nutrient uptake

NOW® Super Enzymes are a comprehensive blend of bromelain, ox bile, pancreatin and papain that support healthy digestive function and optimize the breakdown of fats, carbohydrates and protein.

ON SALE

30⁹⁹



All flavours 840 g

The cleanest protein possible®

Progressive® Harmonized Protein® features a synergistic blend of 5 high quality, New Zealand sourced proteins. Professionally formulated and energetically balanced with no artificial additives.

ON SALE

54⁹⁹



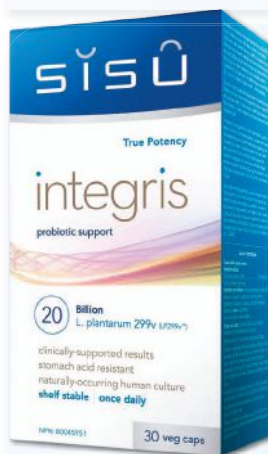
60 veg caps

The most bioavailable curcumin

Natural Factors® CurcuminRich™ Double Strength Theracurmin™ is an antioxidant for the maintenance of good health. Theracurmin is 300x more bioavailable than regular curcumin.

ON SALE

34⁹⁹



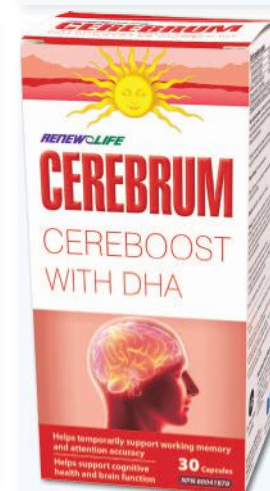
30 veg caps

One capsule, once a day

SISU Integrigris 20 Billion is a room temperature stable, high-potency, single-strain probiotic providing targeted, clinically-proven results.

ON SALE

35⁹⁹



Boost your brain

Renew Life® Cerebrum™ helps to improve memory, focus and cognitive performance by 10% for 6 hours after taking it. Ideal for seniors, professionals and post-secondary students.

30 caps

ON SALE

26⁹⁹



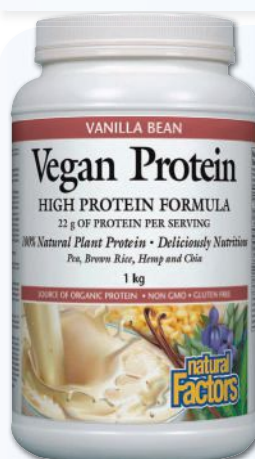
Everyone will love it

Botanica Omegalicious™ High Potency Omega-3 Supplement is a creamy and delicious way to provide your family with 750mg of pharmaceutical grade EPA-DHA in each tasty serving.

ON SALE

31⁹⁹

450 ml



All flavours - 1 kg

Maintain lean muscle mass

Natural Factors® Vegan Protein delivers 22g of high quality non-GMO plant protein per serving. This balanced formula contains a full spectrum of essential amino acids.

ON SALE

32⁹⁹



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.

15 ml

ON SALE

\$3 off

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

DURHAM NATURAL FOODS

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

	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