

DURHAM NATURAL FOODS

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

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH
FIRST



NEW
FLAVOUR

Fermented for superior digestion

Genuine Health fermented vegan proteins+ provides advanced digestive support. Contains 20g of fully fermented vegan protein. Available in chocolate, vanilla and unflavoured.

600 g - All Flavours

ON SALE

39⁹⁹



The "berry" best vitamin C

Health First® Berry C Supreme® features non-acidic vitamin C enhanced with organic red bioflavonoids for the maintenance of good health and antioxidant support.

180 vegetable capsules

ON SALE

26⁹⁹

How do GMO's affect you?

With over 20 years on the market we still don't know what impact GMO's have on our health and environment. Should you be concerned? Look inside for more info and 7 ways to reduce your GMO's exposure.



Green smoothie boosters

Prairie Naturals® Organic Chlorella and **Spirulina** are fair trade, non-GMO and designed to purify, cleanse and detoxify your body.

ON SALE

33⁹⁹

Chlorella - 200 g

ON SALE

23⁹⁹

Spirulina - 200 g



20% MORE
FREE

Ingredients you can trust

New Chapter® WHOLEmega™ and **Bone Strength take care™** contain ingredients that are sustainably sourced, organic and non-GMO. Discover the New Chapter® difference!

ON SALE

42⁹⁹

WHOLEmega™
144 softgels

ON SALE

48⁹⁹

Bone Strength take care™
144 tablets

BONUS



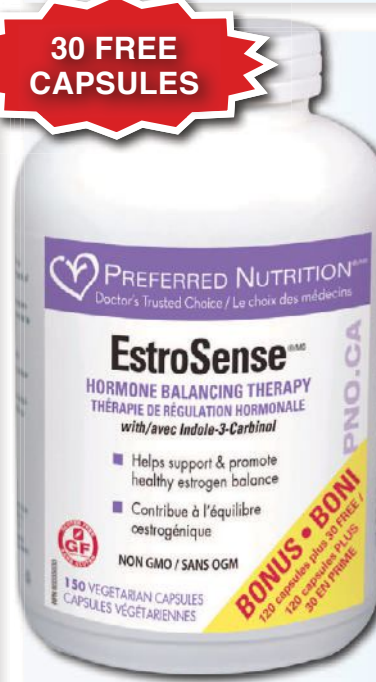
Sleep easy

Natural Factors® Stress-Relax® Tranquil Sleep combines L-Theanine with 5-HTP and melatonin for a fast acting sleep formula. Fall asleep quickly, stay asleep, sleep more soundly, and wake up feeling refreshed.

60 chewable tablets

ON SALE

14⁹⁹



No more PMS

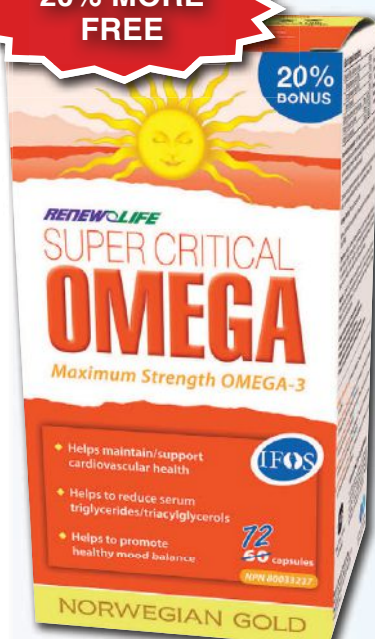
Preferred Nutrition® EstroSense® is recommended by health care professionals to help support a healthy liver and promote a healthy estrogen balance.

150 vegetarian capsules

ON SALE

45⁹⁹

BONUS



20% MORE
FREE

High Potency Fish Oil with Vitamin D!

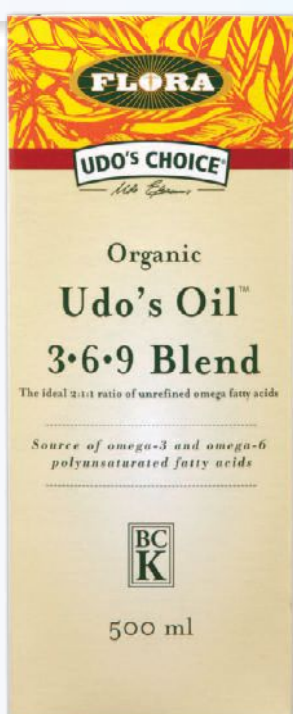
Renew Life Super Critical Omega Fish Oil is ideal for supporting cardiovascular health and brain function in as little as one capsule per day.

72 capsules

ON SALE

43⁹⁹

BONUS



Vegan Omegas

Udo's Choice® Organic Udo's Oil™ 3-6-9 Blend is a carefully blended, unrefined, vegan, organic, EFA oil from flax, sesame, sunflower, evening primrose seeds, rice, oat germ & soy lecithin.

500 ml

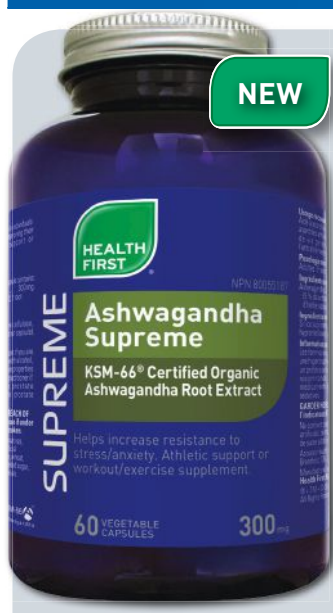
ON SALE

22⁹⁹

• SALE DATES: OCTOBER 2 - 17, 2015 • HEALTHFIRST.CA •

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All Health First® items featured are **GMO free**



NEW

Reduce stress! Improve workouts!

Health First® Ashwagandha Supreme uses KSM-66®, a clinically-studied ashwagandha that increases resistance to stress and anxiety and provides support for athletic workouts. Certified organic.

60 vegetable capsules

ON SALE
16⁹⁹



Iron made easy
Health First® Iron Supreme is an easily absorbed iron product that is well tolerated by the body and is non-constipating.

60 vegetable capsules

ON SALE
11⁹⁹

DUO PACK



Supports your child's brain development

Health First® Kids-First Omega are orange flavoured chewable gelcaps rich in omega-3 DHA for cognitive functioning and eye development in children.

120 + 60 chewable gelcaps

ON SALE
26⁹⁹

BONUS



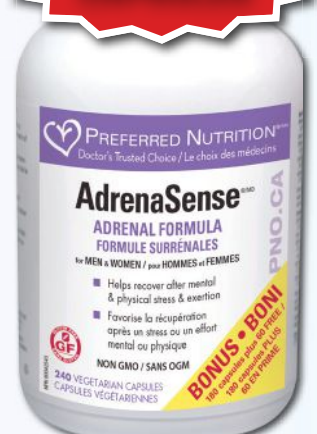
Easy breathing
Health First® Respir-First is an herbal liquid for relieving a variety of respiratory conditions: bronchitis, coughs and colds, excess mucous and seasonal allergies.

500 ml

ON SALE
17⁹⁹

We believe **GMO's** should be labeled

60 FREE CAPSULES



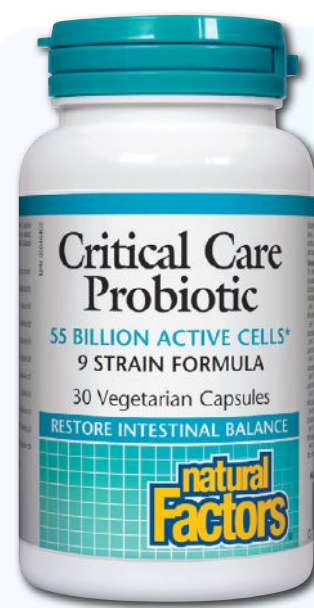
240 vegetarian capsules

Less stress, more energy

Preferred Nutrition® 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
42⁹⁹

BONUS



55 billion active cells
Natural Factors® Critical Care Probiotic is a 9-strain formula that is naturally resistant to gastric acid and provides powerful support for gastrointestinal and immune system health.

30 vegetarian capsules

ON SALE
21⁹⁹



Manage your Magnesium

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

100 vegetable capsules

ON SALE
12⁹⁹



Relieve pain and inflammation
Botanica Turmeric Liquid Phytocaps help to modulate inflammatory pathways that affect the heart, joints, liver and cellular health. Dual extraction technology delivers the broadest spectrum of herbal constituents.

60 capsules

ON SALE
28⁹⁹

Boost your immunity



Harness the power of nature

Natural Factors® ECHINAMIDE® Anti-Viral Fresh Herbal Tincture is super-extracted from organic, whole herb echinacea. Clinically tested and proven to fight off infections, especially of the upper respiratory tract.

50 ml

ON SALE
10⁴⁹

GREAT TASTE!



Reduce respiratory symptoms

Nature's Way® Original Sambucus Cold and Flu Care is a unique black elderberry extract proven to be bioavailable for optimal effectiveness. Provides antioxidants for the maintenance of good health.

120 ml

ON SALE
13⁹⁹



Prepare, Sustain and Recover

Vega™ Sport is a three-stage system specifically developed to help athletes perform at their best - before, during and after training and competition. Take your workout to the next level!

All sizes

20% OFF
Vega™ Sport line

GLUTEN FREE

GMO foods grown & imported to Canada

GMO's are plants or animals created by merging DNA from different species. The goal of GMO's was to end world hunger, but they haven't yet. In 20 years GMO's have made their way into almost 80% of food on our shelves, but they aren't labeled and you probably don't know where to find them. Here's where to look:

CROP	GROWN	WHERE ON SHELVES
Corn	Canada	Cereal – Chips – Cornstarch – Corn Syrup – Sweetener
Canola	Canada	Canola oil – Eggs – Milk - Meat
Soy	Canada	Soy oil – Soy protein – Soy lecithin – Tofu – Soy beverages – Soy puddings
Sugar Beet	Canada	Sugar
Cotton – Seed Oil	US	Cottonseed oil – Vegetable oil in processed foods (potato chips, etc.)
Papaya	US	Fruit juices – Other processed foods

For more info on GMO's and their impact visit us in-store or on our website.

30 FREE CAPSULES



When nature doesn't call

Renew Life CleanseMORE is a powerful colon cleansing product that works without the use of harsh, purgative type laxatives which can be addictive. It is effective for relieving occasional constipation.

150 vegetable capsules

ON SALE

24⁹⁹

BONUS



NEW FLAVOUR

ON SALE

5⁴⁹

60 g

Now with organic dark chocolate

Prairie Naturals® Organic Coconut Chips are an all-natural way to enjoy a sweet treat. They can be eaten straight out of the bag or incorporated into some of your favourite recipes. Gluten free, non-GMO, 100% vegan.

HOT DEAL!



ON SALE

62⁹⁹

120 tablets + 30 tablets FREE

BONUS

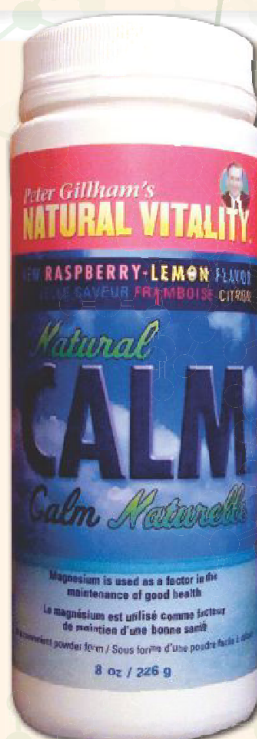
Nurturing prenatal blend

MegaFood® Baby & Me™ with FREE Blood Builder® is an excellent source of essential vitamins and minerals particularly important to supplement during pregnancy and lactation. Easy to digest and can be taken on an empty stomach.

The anti-stress drink

Natural Calm® Ionic Magnesium Citrate Powder is the solution to both restoring a healthy magnesium level and balancing your calcium intake—the result of which is natural stress relief.

226 g



ON SALE

27⁹⁹

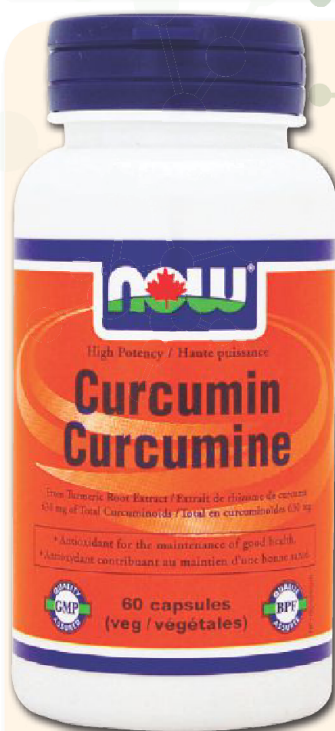
Say goodbye to inflammation

NOW® Curcumin helps to relieve joint inflammation. Also provides antioxidants for the maintenance of good health.

60 vegetable capsules

ON SALE

29⁹⁹



Improve energy and stamina

Brad King's Ultimate Maca Energy™ is a nutrient-rich superfood that is ideal for busy moms, stressed out executives, athletes and active individuals.

180 vegetarian capsules



ON SALE

15⁹⁹

Body Care

Natural gloss & shine

Herbatint® Permanent Haircolour Gel is formulated using safe ingredients balanced with extracts from natural herbs. No ammonia, no damage, just healthy shine.

135 ml

ON SALE

14⁹⁹



A full body treatment

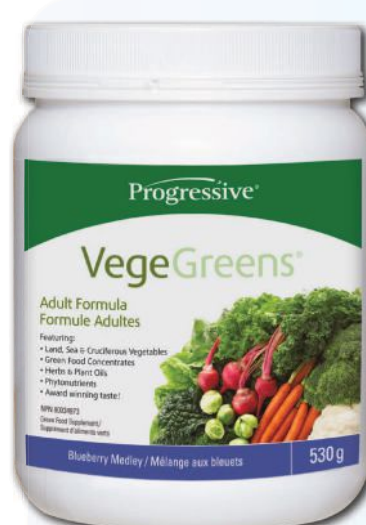
Aroma Crystal Therapy Gardener's Dream® Cream helps alleviate dry skin, roughness, cracking, and itching. A pain reliever that's Paraben free!

180 ml



ON SALE

22⁹⁹



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.

530 g - All flavours

ON SALE

59⁹⁹



High-potency care for your colon

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

30 vegetable capsules

ON SALE

39⁹⁹

30 FREE CAPSULES



Feeling sluggish?

Herbal Factors™ Milk Thistle from **Natural Factors®** with added dandelion and turmeric, provides superior herbal help for the liver and gallbladder.

120 capsules

ON SALE

16⁹⁹

BONUS

15 FREE SOFTGELS



Superior bioavailability of CoQ10

Natural Factors® Ubiquinol QH® Active CoQ10 helps fight age-related fatigue, supports heart health and provides antioxidant protection to cells.

75 softgels

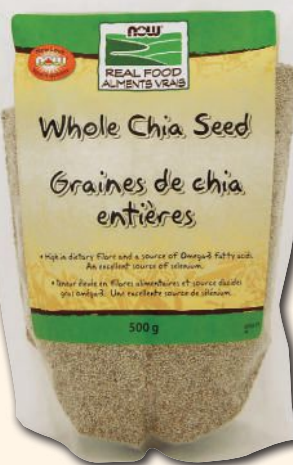
ON SALE

26⁹⁹

BONUS

7 ways to reduce GMO exposure

- Buy organic.** Organic standards prohibit products that were grown and made with GMOs. Organic food and products are the best way to avoid GMOs.
- Look for Non-GMO labels.** Many companies label their foods when they are GMO-free. If a product carries the Non-GMO Project Verified Label, it has been tested and found to have less than 0.9% GMO contamination.
- Avoid foods that are most likely to be GMOs.** There are 9 GMO crops on the market today: corn, soybean, cotton, sugar beets, alfalfa, canola, Hawaiian papaya, yellow crookneck squash, and zucchini. Those crops often end up in the following foods when processed: corn syrup, corn starch, corn oil, beef, milk, chicken, farmed fish, soy lecithin, soy protein, vegetable oil, and cottonseed oil.
- Look for cane or organic sugar** to avoid GMO sugar beets. If the package does not say cane or organic sugar, it is likely a GMO product.
- Support farmers who fight GMO's.** Buy food directly from farmers who do not plant GM corn, canola or soy, or use GM grains for meat, dairy or egg production.
- Write to Health Canada** to demand labeling on all foods that contain GMOs. Politicians need to hear the message loud and clear: we all have a right to know what's in our food!
- Educate your family and friends.** Spread the word by telling people about the unknown and negative impacts of GMOs. Sign petitions to have your food labeled and then share it.



Wholesome goodness

NOW® Whole Chia Seed is a whole food source of omega-3 fatty acids, antioxidants, and protein, and is also naturally high in dietary fibre.

500 g

ON SALE

11⁹⁹



Fruit Stem Cell Science®

Andalou Naturals embodies beauty in action with natural beauty products that are good for people and the planet. Made with 70% certified organic, non-GMO and fair trade ingredients.

All sizes

15% OFF

Andalou Naturals

Plant-based daily nutrition



Progressive® VegEssential™ All-in-One is an alkaline-forming whole-food, drawing on almost 100 plant-based ingredients to deliver a broad spectrum of micro & macro nutrients.

ON SALE

54⁹⁹

840 g - All flavours



Odourless organic garlic

Kyolic® Aged Garlic Extract™ Formula 104 supports healthy cholesterol levels and overall cardiovascular health.

360 capsules

ON SALE

52⁹⁹

Defend yourself this season!

Health First® Cold-Defense uses a powerful blend of herbs based on Traditional Chinese medicine to prevent and relieve symptoms of cold & flu. Take at the first sign of illness to control viruses and bacteria before they control you.

60 vegetable capsules

ON SALE

17⁹⁹



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

HEALTH FIRST

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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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