

# DURHAM NATURAL FOODS

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

[www.durhamnatural.com](http://www.durhamnatural.com)

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH FIRST



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  
**39.99**

GLUTEN FREE



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  
**26.99**

## 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  
**33.99**

ON SALE  
**23.99**

Chlorella - 200 g

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  
**42.99**

WHOLEmega™  
144 softgels

ON SALE  
**48.99**

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

30 FREE CAPSULES



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

**45.99**

BONUS



High Potency Fish Oil with Vitamin D!

Renew Life Super Critical Omega-3

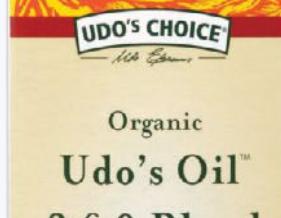
Oil is ideal for supporting cardiovascular health and brain function in as little as one capsule per day.

72 capsules

ON SALE

**43.99**

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

**22.99**

BONUS

• SALE DATES: OCTOBER 2 - 17, 2015 • [HEALTHFIRST.CA](http://HEALTHFIRST.CA) •

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### 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**

**59.99**



### High-potency care for your colon

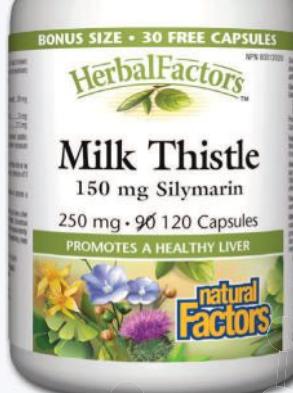
#### Renew Life Ultimate Flora Colon Care

delivers 80 billion fermented probiotics from 10 strains that specifically benefit colon health.

30 vegetable capsules

**ON SALE**

**39.99**



### 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**

**16.99**

**BONUS**



### 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**

**26.99**

**BONUS**

## 7 ways to reduce GMO exposure

**1 Buy organic.** Organic standards prohibit products that were grown and made with GMOs. Organic food and products are the best way to avoid GMOs.

**2 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.

**3 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.

**4 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.

**5 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.

**6 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!

**7 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**

**11.99**



### 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**

**54.99**

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**

**52.99**



### 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**

**17.99**

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

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beginning see your health care professional before publishing this product is not intended to replace any

published in this product may vary by store. Some quantities of specially offered sizes

or offers may be limited. This product is recyclable and

plastics are recycled and this product is recyclable too.

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