

# DURHAM NATURAL FOODS

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

www.durhamnatural.com

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH  
FIRST

## Your Ultimate WINTER SURVIVAL KIT

Winter is coming. This winter, don't just survive; thrive by creating your own personalized **Ultimate Winter Survival Kit**. Look inside to determine what you need to face winter head on.

HOT DEAL



### 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.

30 ml + 15 ml FREE

ON SALE

27<sup>99</sup>

BONUS

30 FREE  
CAPSULES



### Gentle on the stomach

**SISU Ester-C® 600** is a unique, patented form of calcium ascorbate and is the only form of vitamin C proven to last up to 24 hours in the white blood cells of the immune system.

150 vegetarian capsules

ON SALE

20<sup>99</sup>

BONUS

30 FREE  
CAPSULES



### Healthy aging

**Progressive® MultiVitamins 50+ for men & women** are designed to support the needs of your body so you can live the healthy, vibrant life you want and let your age be just a number.

150 vegetarian capsules

ON SALE

28<sup>99</sup>

BONUS

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 vegetable capsules

ON SALE

54<sup>99</sup>

BONUS

BUY ONE GET  
ONE FREE



### The sunshine vitamin

**Prairie Naturals® Liquid Vitamin D3 1000 IU** is important for the proper absorption of calcium. Essential for bone strength and offers protection against both osteoarthritis and osteoporosis.

15 ml + 15 ml FREE

ON SALE

12<sup>99</sup>

BONUS

HOT DEAL



### Tired due to low iron?

**Salus Floradix® Formula** is a liquid iron supplement that is specially formulated for easy absorption and assimilation. Helps normalize low iron levels to boost energy, vitality and achieve optimal health.

500 ml + 250 ml

ON SALE

44<sup>99</sup>

BONUS

• SALE DATES: NOVEMBER 6 - 21, 2015 • HEALTHFIRST.CA •

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## Stay Strong this Winter



ON SALE

**54<sup>99</sup>**

All flavours  
399 - 445 g

### All-natural energy boost

**Genuine Health greens+ Extra Energy** provides immediate, long-lasting energy, along with essential nutrients for a healthier, energized body – in just one scoop per day.



ON SALE

**21<sup>99</sup>**

30 tablets

### Sleep comfortably

**A.Vogel Menopause** is made with 100% organic fresh sage extract. Clinically tested and proven to significantly reduce the frequency and severity of hot flashes and night sweats.



DUO PACK

ON SALE

**60<sup>99</sup>**

### Special deal for your health!

**NutraSea + D™ 2X Concentrated Fish Oil** gives you a balanced source of omega-3's combined with 1000 IU of vitamin D.

100 + 100 softgels

BONUS



### You are what you absorb™

**Platinum™ multivitamin easymulti®** contains essential vitamins and minerals plus a booster of omega-3 oils; all in a single dose softgel.

120 softgels

ON SALE

**39<sup>99</sup>**



### Winter time stress support

**Health First® Vitamin B-50 Complex** supports the nervous system combining folic acid and all of the B-vitamins in easy-to-swallow capsules.

240 capsules

ON SALE

**24<sup>99</sup>**



### Plant-based bone-building

**Health First® Cal-Mag Supreme** features Aquamin™ plant source calcium from an Icelandic species. Over 30% calcium plus 73 other minerals, including all 13 key minerals for bone health.

120 tablets

ON SALE

**39<sup>99</sup>**



### Shake simplicity

**Vega™ Protein & Greens** has 20 g of complete vegan protein and two full servings of veggies. No added sugar, low in calories, gluten and dairy free.

All flavours  
586 - 618 g

ON SALE

**29<sup>99</sup>**

GLUTEN FREE



### Internal deodorizer

**Health First® Chlorophyll** is sourced from non-GMO alfalfa and acts as an internal deodorizer to reduce body odour. Preservative free. Available in mint and unflavoured.

All flavours - 500 ml

ON SALE

**16<sup>99</sup>**



### Reduce inflammation

**Health First® Curcumin Supreme** features the patented Meriva® Curcumin Phytosome®. 29X more bioavailable than regular curcumin for fast pain relief and increased mobility.

120 vegetable capsules

ON SALE

**42<sup>99</sup>**



# WHOLE EARTH & SEA™



## The "seed of nutrition"

**Whole Earth & Sea™ Women's and Men's, Women's 50+, and Men's 50+ Multivitamin & Mineral** contain 100% organic, non-GMO, nutrient-rich plants grown on Natural Factors farms that are harvested at their peak and immediately raw processed at our facilities using EnviroSimplex® to retain the vital bioenergetic vitamins, minerals, enzymes, phytonutrients, and antioxidants. The processing temperature always stays below 48°C (118°F) resulting in raw nutrition from whole plants that captures all the vibrant energy and goodness of nature.

ON SALE

**29<sup>99</sup>**

60 tablets



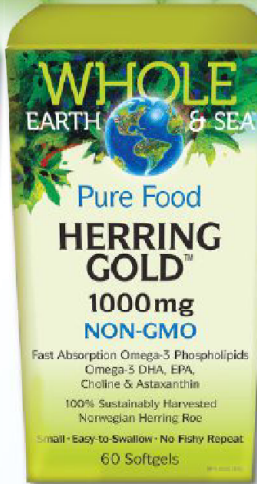
## A sustainable source of omega-3 phospholipids

**Whole Earth & Sea™ Herring Gold™ 500mg and 1000mg** comes from sustainably harvested spring-spawning Norwegian herring roe. It is a natural source of omega-3 DHA and EPA in an easily absorbed phospholipid form. Herring Gold also contains choline, important for brain and liver function, and astaxanthin, a powerful antioxidant.

ON SALE

**19<sup>99</sup>**

60 softgels  
500 mg



ON SALE

**35<sup>99</sup>**

60 softgels  
1000 mg



## Triple Strength DHA for brain power

**Whole Earth & Sea™ Cogni-Hi-Q™** is designed specifically to support healthy brain activity. Its rich omega-3 fatty acid content, in a near 3:1 ratio of DHA to EPA, comes from ROMEGA™ 30 herring roe extract. Each softgel contains choline, astaxanthin, and a significant dose of DHA and EPA in phospholipid form, which is easier for the body to absorb.

ON SALE

**26<sup>99</sup>**

60 softgels



Factors Farms

From our farms we harvest fresh organic, non-GMO ingredients that are used in these new Whole Earth & Sea products.

When it comes to supporting your health, everyone agrees that eating whole foods is the best way to get your nutrients. Nature doesn't deliver naked, isolated vitamins. Likewise, each bioenergetic supplement from Whole Earth & Sea brings together a complex matrix of vitamins, minerals, enzymes, and phytonutrients capturing all the vibrant energy and goodness of nature. Whole Earth & Sea is truly the next generation of vital, bioenergetic supplements.

SEE INSIDE FOR OUR STORY



# WHOLE EARTH & SEA™



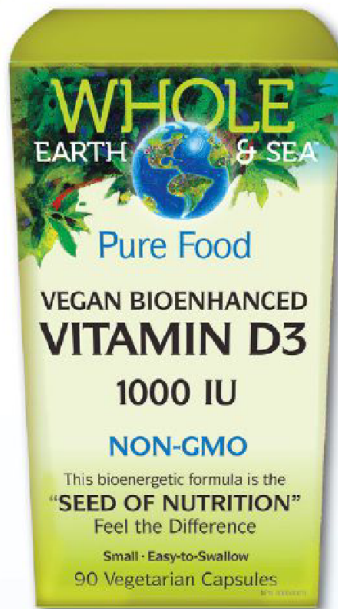
## 100% fish-free omega-3s

Whole Earth & Sea™ Marine Algae-3 is a sustainable plant source of EPA and DHA that provides all the heart and brain health benefits of these important omega-3 fatty acids. Extracted from specially selected microalgae, this fish-free oil has no fishy smell or aftertaste, and is an excellent vegan alternative to fish oil.

ON SALE

**15<sup>49</sup>**

30 vegetarian softgels



## Supports bone health

Whole Earth & Sea™ Vegan Bioenhanced Vitamin D3 1000 IU is sourced from organic, wild-harvested lichen. This unique non-GMO formula was developed especially for vegans and vegetarians, who are more likely to lack this essential nutrient. It provides the most bioactive form of vitamin D3, cholecalciferol, for strong bones and a healthy immune system.

ON SALE

**14<sup>49</sup>**

90 vegetarian capsules



## 100% soy-free natural vitamin E

Whole Earth & Sea™ Sunflower Vitamin E 400 IU contains d-alpha tocopherol from non-GMO sunflower seed oil. It is ideal for anyone looking to avoid soy-based vitamin E supplements. The sunflower oil is identity preserved, meaning its unique qualities are protected from seed to shelf. Vitamin E supports cardiovascular and immune health, and helps prevent premature aging.

ON SALE

**15<sup>49</sup>**

90 softgels



## Immunity and energy support

Whole Earth & Sea™ Super Mushroom combines six organic mushrooms – maitake, shiitake, reishi, cordyceps, chaga, and lion's mane. Each has well-known health benefits that improve immunity, increase energy, support cognitive health, and help with stress management. Added Wellmune® beta glucan and Farm Fresh Factors™ strengthen the immune system and support overall health.

ON SALE

**36<sup>99</sup>**

60 vegetarian capsules



# Factors Farms brings the “Seed of Nutrition”

From a simple seed, planted in the ground with a little water, nutrients from the soil, and a whole lot of energy from the sun, comes the wholesome nutrition that sustains our lives.

Natural Factors farms are certified 100% organic. Our crops are fertilized with compost and nitrogen-rich sea plants, and are meticulously cared for by hand. No synthetic pesticides (or even permissible organic pesticides) are used – EVER!



We have always been committed to growing non-GMO organic seeds, as exemplified in the banner article on GMOs called *Seeds of Extinction* that our founder wrote in 1985.

We have never grown anything GMO on Natural Factors farms. We make sure to choose true “species” non-GMO seeds for our seedlings, and we participate in seed saving programs.

What people just like you have said after visiting our farms:

*“All these incredible products start with this amazing soil. I’ve never seen soil so rich and full of nutrients before!”*

*“The quality of the crops are outstanding. And because they’re organic, I know they’re non-GMO.”*

The 100% organic, non-GMO



nutrient-rich plants grown on Natural Factors farms are harvested at their peak and immediately raw processed at our own facilities, using our proprietary EnviroSimplex® method to retain the vital bioenergetic vitamins, minerals, enzymes, phytonutrients, and antioxidants. We ensure the processing temperature always stays below 48°C (118°F). The end result is raw nutrition from whole plants, capturing all the vibrant energy and goodness of nature.

Even when you grow certified organic non-GMO plants, it’s important to test for GMOs and hundreds of other unwanted contaminants. We excel at making sure that every possible test has been conducted to ensure you receive the safest, most beneficial products possible.

What people just like you have to say about our testing processes:

*“I never would have imagined that there’d be so much technology involved in maintaining the qualities*



*that are in the plants.”*

In our state-of-the-art laboratories, we use “mass spectrometry” to test for over 400 substances. Mass spectrometry can test at the molecular – even atomic – level, detecting environmental pollutants such as pesticides, herbicides, and fungicides, as well as heavy metals and other undesirable substances.

**natural  
Factors**®



# WHOLE EARTH SEA <sup>#WES4ME</sup> *for me*

## S O C I A L M E D I A C O N T E S T !

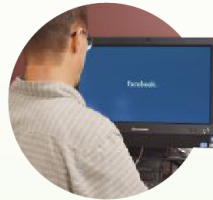
What's your favourite Whole Earth & Sea product? Don't just tell us – show us!



Stop by participating Health First Network retailers and look for our "Whole Earth Sea For Me" poster



Snap a photo of your favourite Whole Earth & Sea product in front of the poster



Upload it to Facebook, Twitter or Instagram with the hashtag #WES4Me and tell us in a few words, why you love that particular product



Bam! You're entered into our Whole Earth Sea For Me contest



*Herring Gold is my fav #WES4Me*

**WEEKLY PRIZE**



### THE GRAND PRIZE:

3 nights in beautiful Kelowna, BC, including: airfare for 2 to Kelowna from within Canada, up to a value of \$700 per person and two meals at two local wineries.

### FOUR WEEKLY PRIZES:

One (1) Tense® wooden watch given away each week. Designed and manufactured in British Columbia. Tense watches are sustainably crafted out of reclaimed wood. Stylish, eco-friendly fashion!



Follow us on social media!





# Your Ultimate WINTER SURVIVAL KIT

## 1) Defend Against Viruses

Ward off viruses with a strong immune system with supplements including: zinc, Echinacea, vitamin C, resveratrol, quercetin, oil of oregano, elderberry, garlic, olive leaf and Astragalus. Boost your immune system with Probiotics. Eating mushrooms or taking mushroom supplements also boosts your immune system through your gut.

## 2) Overcoming Colds and Flu

Homeopaths can have a significant effect in conditions including influenza-like symptoms. Cinnamon and bergamot essential oils may help with chills. Eucalyptus is used as a chest rub to help alleviate congestion. Soothing teas and soups make it easier to overcome common colds or flu.

## 3) Discover D-Light

Canadian winters don't offer much sunlight exposure, as such our skin doesn't make enough vitamin D; involved in calcium absorption in the gut, maintenance of blood phosphate levels, bone growth and remodeling.

## 4) Yawning More this Winter?

Darker days affect sleep-wake cycles. Melatonin, only produced during dark hours, regulates our sleep-awake cycle. Winter affects our body's natural rhythm, causing sleep issues, weight gain, and daytime drowsiness. Melatonin is available in supplement form.

## 5) Play More, Go Fish

Fish is a source of omega-3 fatty acids, more specifically EPA. EPA plays an important role in how you feel. Omega-3 fatty acids help your brain stay happy, and may also protect your brain. Sources of omega-3 fatty acids include fish, flax, chia and hemp.

## Ready to enjoy the winter?

Visit us in-store or online for more tips to stock your **Ultimate Winter Survival Kit** to help keep you and your family feeling their best this winter.



**10% OFF**

All sizes

## Comprehensive immune support

**Host Defense® Mushrooms** are made with U.S. grown organic mushrooms and contain a full spectrum of active micronutrients.



## Rediscover the wisdom®

**St. Francis Herb Farm® Deep Immune®** is used primarily as an antiviral to tonify a weak immune system. Reinforces the basic functions of the body and helps maintain equilibrium.

50 ml

**ON SALE**

**14<sup>99</sup>**



**ON SALE**

**14<sup>99</sup>**

Assorted flavours  
30 packets

## Effervescent vitamin drink mix

**Ener-C 1000mg Vitamin C** is full of 25 nutrients and vitamins to make you feel and perform at your best. Contains B-vitamin complexes and electrolytes that help to increase and maintain energy levels.

## Strengthen Your Immunity

## Immune system support

**Celt Naturals Immuno-Care®** modulates immune function, reduces allergy symptoms, reduces inflammation and supports cellular function. Convenient one-a-day dose!

30 vegetable capsules



**ON SALE**

**35<sup>99</sup>**



**FREE THROAT SPRAY**

**ON SALE**

**29<sup>99</sup>**

100 ml +  
30 ml FREE

## Strengthen your immune system

**A.Vogel Echinaforce® with FREE Echinaforce® Sore Throat Spray** is clinically proven for its antibacterial, antiviral and anti-inflammatory effects. Helps relieve cold & flu symptoms.

**BONUS**

## The sociable garlic!

**Kyolic® Aged Garlic Extract™** maintains the health benefits and nutritional value of whole, raw, organic garlic without digestive irritation, odor or aftertaste.

All sizes



**20% OFF**

Kyolic® Line



WHEN YOU SEE THIS SYMBOL



THE PRODUCT HAS BEEN VERIFIED NON-GMO BY THE NON-GMO PROJECT.





ON SALE

46<sup>99</sup>

All flavours  
1025 - 1166 g

### Beyond organic meal replacement

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



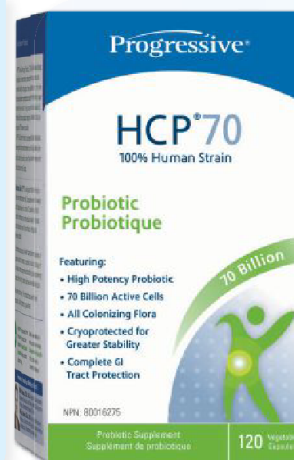
### The CLEAR choice for fibre!

**Renew Life Organic Clear Fibre** is a prebiotic fibre that is useful in curbing hunger, lowering cholesterol levels, balancing blood sugar, and easing diarrhea or constipation.

270 g

ON SALE

18<sup>99</sup>



### Human colonizing probiotic

**Progressive® HCP® 70** features 6 human strains of healthy flora that implant throughout the entire digestive tract, with nutrients to support flora viability.

120 vegetable capsules

ON SALE

68<sup>99</sup>



### Vegan source of omega-3 & 6

**Flora™ Organic 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.

941 ml

ON SALE

20<sup>99</sup>



### Soothe your stomach

**Nature's Way® Fenugreek Seed** is used around the world as a culinary spice and food that is soothing to the stomach. In herbal medicine it is used to increase breast milk production.

180 capsules

ON SALE

12<sup>99</sup>



### Inflammation doesn't stand a chance!

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

30 capsules

ON SALE

26<sup>99</sup>



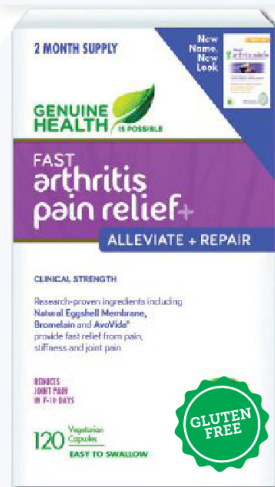
### Zero never tasted better

**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!

ON SALE

7<sup>99</sup>

100 packets



### Relief in 7 to 10 days

**Genuine Health Fast arthritis pain relief+** with patented BioFlex™, a higher protein form of natural eggshell membrane (NEM). Reduces pain, inflammation and nourishes and repairs damaged joints.

120 vegetarian capsules

ON SALE

59<sup>99</sup>



### Intestinal relief!

**Health First® Aloe Vera Juice** helps soothe inflammation of the intestinal tract. Certified organic. Available in pomegranate or unflavoured.

All flavours - 946 ml

ON SALE

11<sup>99</sup>

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

DURHAM NATURAL FOODS

1191 Montrose Avenue, Sudbury, ON  
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Monday  
Tuesday  
Wednesday  
Thursday  
Friday  
Saturday  
Sunday

Open	Close
9:00	6:00
9:00	6:00
9:00	6:00
9:00	8:00
9:00	8:00
9:00	5:00
12:00	5:00

For a full list of Health First Members, to learn more about Health First and our products visit [www.healthfirst.ca](http://www.healthfirst.ca). Please see your health care professional before beginning any type of therapy. Information published in this flyer is not intended to replace medical advice. Products and pricing may vary by store. Some quantities of specially offered sizes or offers may be limited. This flyer has been printed with vegetable (soy) based inks. All printing metal plates are recycled & this product is recyclable too.



HEALTH FIRST