

DURHAM NATURAL FOODS

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

www.durhamnatural.com

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH
FIRST

HEALTHY HOLIDAY Celebrations

Ready to indulge? Here are 5 ways to making this your best, & healthiest holidays ever!



Botanical integrity

NOW® Essential Oils are grown free of pesticides, synthetic fertilizer and herbicidal residues. Makes a great gift or stocking stuffer.

Assorted Oils & Blends

20% OFF
NOW® Essential Oils



Eat well. Digest better.

Health First® PrimeZyme® is an effective full-spectrum digestive enzyme formula that will help your digestion.

180 capsules

ON SALE
29⁹⁹



ON SALE
57⁹⁹

All flavours
510 g - 530 g

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.



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
827 g - 876 g

ON SALE
54⁹⁹



60 vegetarian capsules

The most bioavailable curcumin

Natural Factors® CurcuminRich™ Theracurmin™ is an antioxidant for the maintenance of good health. Theracurmin™ is more bioavailable than other leading forms of curcumin.

ON SALE
17⁹⁹



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 vegetable capsules

ON SALE
42⁹⁹

• SALE DATES: DECEMBER 4 - 19, 2015 • HEALTHFIRST.CA •

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GIVE THE GIFT OF HEALTH



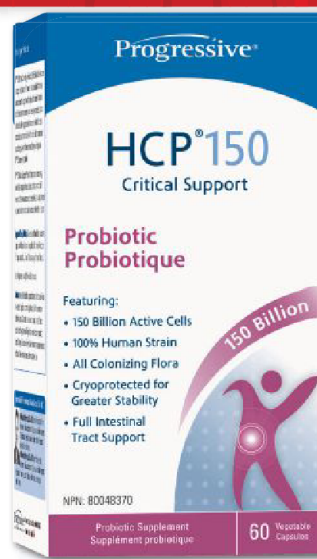
120 vegetable capsules

Have a healthy pregnancy

Progressive® MultiVitamins Prenatal Formula is designed to support the unique nutritional needs of women during all stages of childbirth, from conception through to the completion of nursing.

ON SALE

34⁹⁹



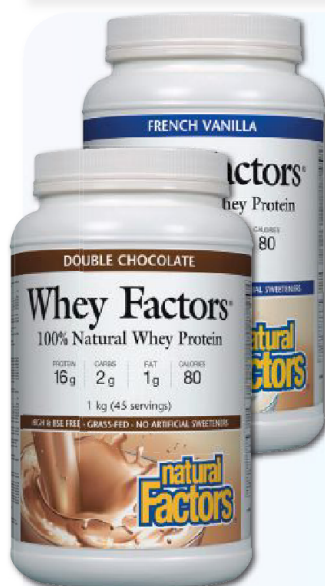
60 vegetable capsules

Overindulgence? Probiotics to the rescue!

Progressive® HCP® 150 features 6 human strains that implant healthy flora throughout the entire digestive tract with nutrients to support flora viability.

ON SALE

59⁹⁹



Mixes easily & tastes great

Natural Factors® Whey Factors® is ideal for people of all ages & activity levels to help maintain existing lean muscle mass and help build & repair body tissue.

All flavours
1 kg

ON SALE

32⁹⁹



Start tomorrow off right!

PartySmart® is clinically proven to provide anti-oxidant support to the body. Great for holiday parties, a night on the town or vacations!

ON SALE

3²⁹

1 vegetarian capsule

Box of 10x1

vegetarian capsule **\$29.99**



20 SOFTGELS
FREE

Love your hair

Prairie Naturals® Hair-Force combines a blend of 22 natural nutrients recognized for their role in restoring, repairing and nourishing hair.

200 softgels

ON SALE

43⁹⁹

BONUS



FREE
LIP BALM

Winter care for your skin

The Green Beaver Company™ Boreal Body Lotion with **FREE Boreal Lip Balm** is specially formulated to replenish dry skin caused by harsh Canadian winters.

240 ml + FREE 10 ml
Lip Balm

ON SALE

13⁹⁹

BONUS

HEALTHY HOLIDAY Celebrations



Ready to indulge? Here are 5 ways to making this your best, & healthiest holidays ever!

- 1 LAUGH IT UP**
Don't let the holidays stress you out. Stress leads to the release of an inflammatory compound called IL-6 that has been linked to many diseases.
- 2 STUFF YOUR PLATE**
Want to avoid feeling sluggish & sleepy at your next holiday event? Avoid carbohydrate-based foods as they cause your blood sugar to spike and then crash.
- 3 EAT. DRINK. BE MERRY!**
Be ready for the digestive distress that comes when you indulge in holiday goodies by stocking up on digestive enzymes, prebiotics & probiotics.
- 4 PARTY INTO THE NIGHT**
Shake off winter weariness by drinking more water & being active. Our indoor environment becomes dry increasing our body's need for water & making us feel tired.
- 5 GIVE A GIFT OF HEALTH**
Consider bringing your hostess the gift of health: elegant soaps, soothing bath products or enchanting teas. These gifts are also great stocking stuffers along with natural toothpaste, fair trade chocolate and organic candies.

Now that you're prepared, laughing and feeling energized go and indulge in this holiday season. May this holiday season be your best (and healthiest) one yet!

KEEP HEALTHY DURING THE HOLIDAYS



**20%
MORE FREE**



72 tablets

Fresh from farm to tablet

MegaFood™ Women's or Men's One Daily Multivitamins are made from a variety of fresh whole foods and organic herbs. Support optimum health and well-being.

ON SALE

52⁹⁹

BONUS



120 softgels

Improve mood & mental outlook

Genuine Health omega3+ joy contains EPA concentrate, an essential omega-3 fatty acid clinically proven to help improve mood and mental outlook, including the seasonal blues.

ON SALE

39⁹⁹



360 capsules

Beyond pain relief

Purica® Recovery® Extra Strength targets the root cause of pain and provides effective and sustained relief. Lessen pain, relax stiffness and regain mobility!

ON SALE

55⁹⁹



ON SALE

21⁹⁹

30 capsules

Protect your prostate

A. Vogel Sabalasan® Prostate 1 prevents and relieves symptoms of mild to moderate benign prostate hyperplasia such as weak urine flow, incomplete voiding and frequent urination.



Relieve your cough!

Health First® Orega Supreme contains thyme and oregano, traditionally used for relieving coughs and bronchitis symptoms.

ON SALE

19⁹⁹



DUO PACK

ON SALE

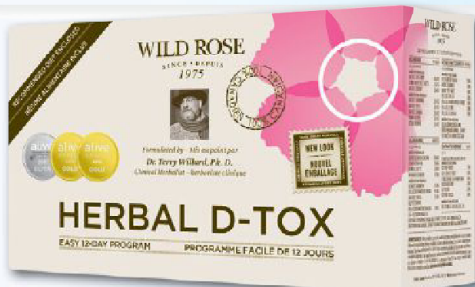
24⁹⁹

60 + 60 vegetable capsules

Herbal helper

Health First® Fenugreek & Blessed Thistle have been used in combination for overall digestive health and for help with a mother's milk production.

BONUS



Cleanse for good health

Wild Rose Herbal D-Tox is an effective 12-day program that helps support the cleansing and elimination of toxins from the body.

ON SALE

34⁹⁹

Kit



Give your liver a break!

Health First® Liver Supreme helps support liver function with a patented form of silybin Phytosome® called Siliphos®, which is derived from milk thistle.

ON SALE

58⁹⁹



120 chewable tablets

Kid approved for taste! Parent approved for health!

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

ON SALE

16⁹⁹

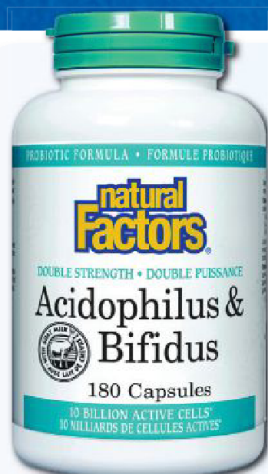


WHEN YOU SEE THIS SYMBOL



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

3



180 capsules

Protect your gut this holiday season

Natural Factors® Double Strength Acidophilus & Bifidus keeps a proper pH balance in the small intestine, inhibiting yeast growth. Also helps maintain the health of the large intestine.

ON SALE

16⁹⁹



DUO PACK

Healthy hair naturally

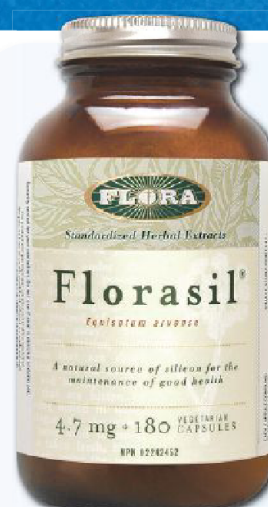
Prairie Naturals® Shampoos & Conditioners are fragranced with pure, natural aromatic plant oils. Herbal extracts and natural plant emollients leave hair shiny and manageable.

All duo packs

ON SALE

16⁹⁹

BONUS



The beauty mineral

Flora™ Florasil® uses silica to help rejuvenate the collagen in your system and restore elasticity to the skin.

180 vegetarian capsules

ON SALE

31⁹⁹



ON SALE

22⁹⁹

All flavours
300 g

Vitamin C & lysine formula

Dr. W. Gifford-Jones, MD Medi-C Plus™ uses the powerful combination of lysine and vitamin C to help maintain a healthy heart. This powder mixes easily with water or juice.



30 CAPSULES FREE

Aids the body in times of excessive stress

Natural Factors® Magnesium Citrate is an important electrolyte that helps maintain proper muscle function and good health.

210 capsules

ON SALE

14⁹⁹

BONUS



The perfect once daily fish oil

Renew Life Critical Omega is designed to deliver a therapeutic amount of omega-3 fatty acids in a one-a-day dose. It is the ideal choice for the maintenance of good health.

60 fish gels

ON SALE

23⁹⁹



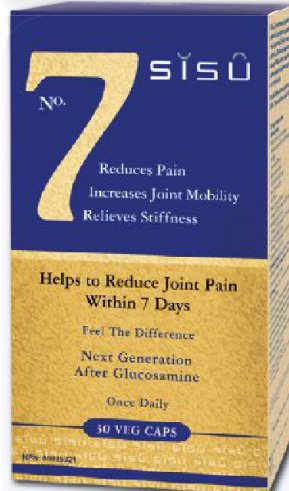
ON SALE

59⁹⁹

All flavours
487 g - 525 g

Total body support

Genuine Health greens+ whole body nutrition harnesses the power of supercharged whole food ingredients and fermentation to optimize key body systems. 100% vegan, non-GMO, dairy, gluten and soy free.



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 vegetable capsules

ON SALE

17⁹⁹



GREAT VALUE!

The sunshine vitamin!

Health First® Vitamin D3 1000 IU can help maintain proper vitamin D levels, especially during the winter months when Canadians do not get sufficient amounts of vitamin D.

500 gelcaps

ON SALE

13⁹⁹

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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