

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!



Eat well. Digest better.

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

180 capsules

ON SALE
29.99



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



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.

ON SALE
57.99

All flavours
510 g - 530 g



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

54.99

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.



60 vegetarian capsules

ON SALE

17.99

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

42.99

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

®+ TM +© 2014 Health First Network • All rights reserved • All other trademarks are owned by their respective owners.



GIVE THE GIFT OF HEALTH



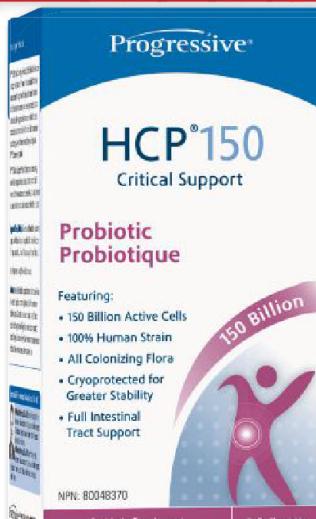
Have a healthy pregnancy

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

120 vegetable capsules

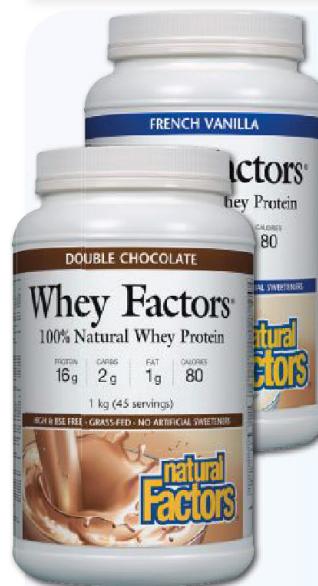


Overindulgence?
Probiotics to the rescue!

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

60 vegetable capsules



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 antioxidant 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



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



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!



20%
MORE FREE



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

72 tablets



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.

ON SALE
21⁹⁹

30 capsules



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



Relieve your
cough!

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

ON SALE
19⁹⁹



DUO PACK

ON SALE
24⁹⁹

60 + 60 vegetable
capsules

BONUS

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.

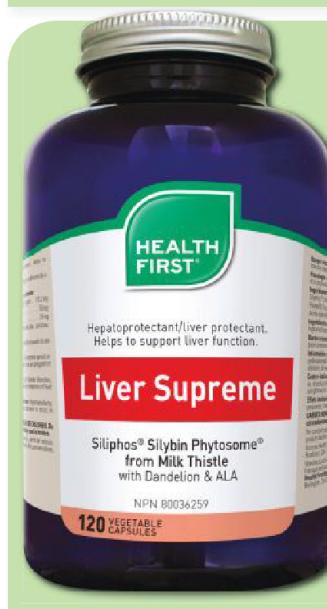


Cleanse for good health

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.
120 vegetable capsules

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.

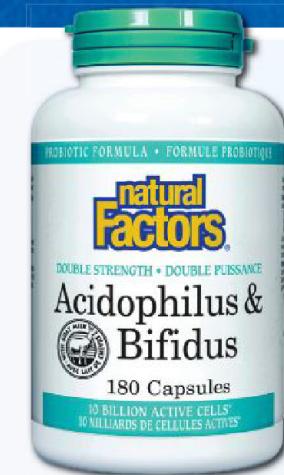
ON SALE
16⁹⁹



WHEN YOU SEE THIS SYMBOL



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



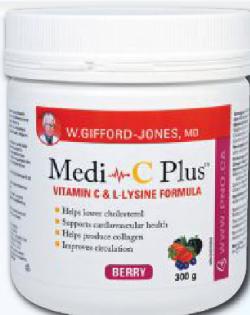
Protect your gut this holiday season

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

180 capsules



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.



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.

DUO PACK



Healthy hair naturally

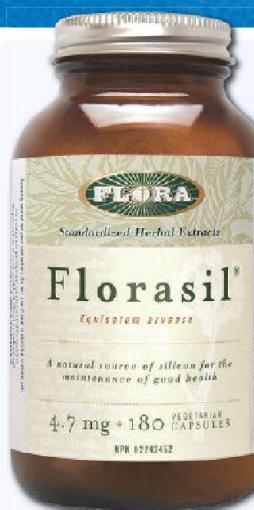
Prairie Naturals® Shampoos & Conditioners are fragranced with pure, natural aromatic plant oils. Herbal extracts and natural plant emollients leave hair shiny and manageable.

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

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



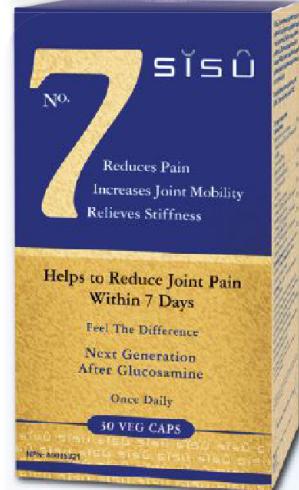
The perfect once daily fish oil

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



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

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.

DURHAM NATURAL FOODS

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

Open Close

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

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.

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