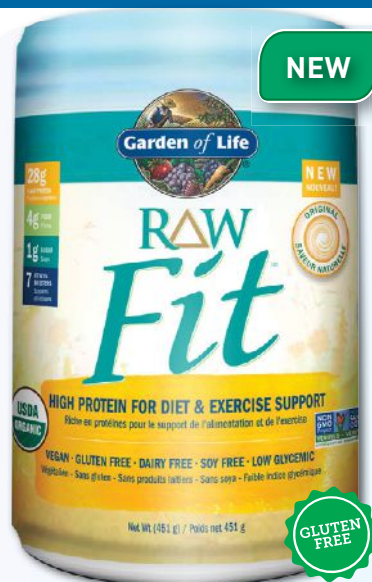


DURHAM NATURAL FOODS

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

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH
FIRST



NEW

Fit to feel fantastic!

Garden of Life® Raw Fit™ is an organic, raw, vegan, high protein powder that is proven to increase muscle mass. Low on the Glycemic Index, Raw Fit helps to metabolize fats and carbohydrates.

451 g

ON SALE

47⁹⁹



Reduce inflammation

Health First® Curcumin Supreme features the patented Meriva® Curcumin Phytosome®, 29X more bioavailable than regular curcumin for the relief of joint pain associated with osteoarthritis.

120 vegetable capsules

ON SALE

42⁹⁹

ENJOY MORE IN 2016

Laugh more. Love more. Live more. Explore our flyer for quick & easy tips to making better choices to improve your health in 2016.



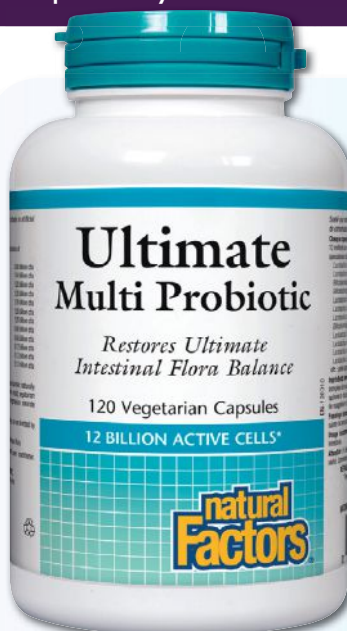
ON SALE

54⁹⁹

All flavours
399 - 445 g

100% Energy, 0% Crash

Genuine Health Greens+ Extra Energy provides an all natural, immediate, long-lasting energy boost along with essential nutrients for a healthier, energized body in just one scoop a day.



Restore intestinal flora balance

Natural Factors® Ultimate Multi Probiotic provides 12 billion live cells that temporarily modify gut flora.

120 vegetarian capsules

ON SALE

28⁹⁹



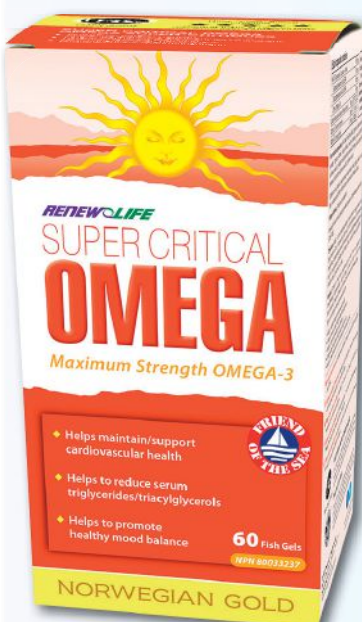
ON SALE

54⁹⁹

72 tablets

Is your multi fermented?

New Chapter® Every Man's or Every Woman's One Daily Multivitamin delivers vitamins and minerals cultured with organic yeast and live probiotics. Helps in the development of bones and teeth and to maintain immune function.



High potency fish oil with vitamin D!

Renew Life Super Critical Omega Fish Oil is a source of omega-3 fatty acids and helps to support cognitive health and brain function in as little as one capsule per day.

60 fish gels

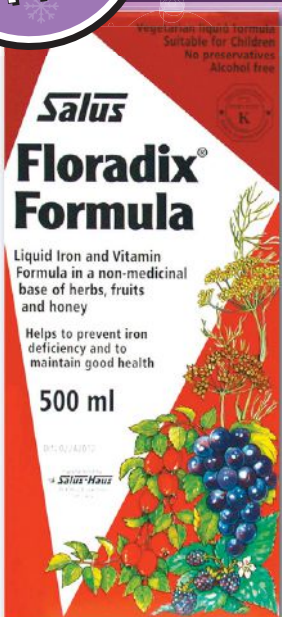
ON SALE

43⁹⁹

2016
TIP

FERMENT MORE OFTEN:

Fermented foods are packed with nutrients, as well as probiotics that keep your digestive system happy. From yogurt to fermented drinks, try eating fermented foods more often.



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

ON SALE

35⁹⁹



Strong & beautiful

BioSil™ helps the body to generate collagen for stronger, healthier and thicker hair, stronger nails and fewer fine lines and wrinkles.

90 vegetarian capsules

ON SALE

40⁹⁹

• SALE DATES: JANUARY 8 - 23, 2016 • HEALTHFIRST.CA •

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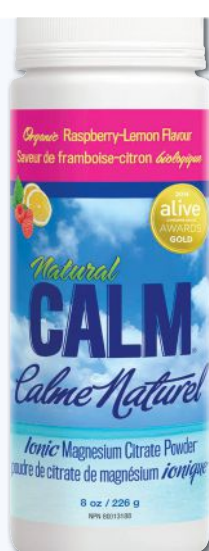
Your inner calm. On call.

Bach® Rescue® Remedy provides effective stress relief from naturally sourced ingredients for everyday life. Contains five Bach Flower Remedies to help you relax.

20 ml

ON SALE

12⁹⁹



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.

All flavours
226 g

ON SALE

27⁹⁹



20 FREE
SOFTGELS



Prostate health starts here!

Prairie Naturals® Prost-Force is the supplement for men wanting to maintain prostate health, naturally.

140 softgels

ON SALE

42⁹⁹

BONUS



ON SALE

49⁹⁹

90 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.

2016
TIP

STAY IN THE GAME:

Don't get sidelined by the common cold. Arm your immune system with the help of natural immune boosters such as vitamin C, oregano & homeopathic remedies.



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

15⁹⁹



Hand harvested and wild crafted

Natural Factors® Organic Oil of Oregano is a potent herbal antimicrobial that effectively tackles bacteria.

30 ml

ON SALE

15⁹⁹



ON SALE

36⁹⁹

252 g

Cleanse & energize

Prairie Naturals® Morning Rise & Shine is a mix-and-go lemon and aloe drink that helps boost metabolism, balance your pH, detoxify and rejuvenate cells and organs every morning. All ingredients are non-GMO.



ON SALE

14⁹⁹

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.

ENJOY MORE IN 2016 WITH HEALTH FIRST!



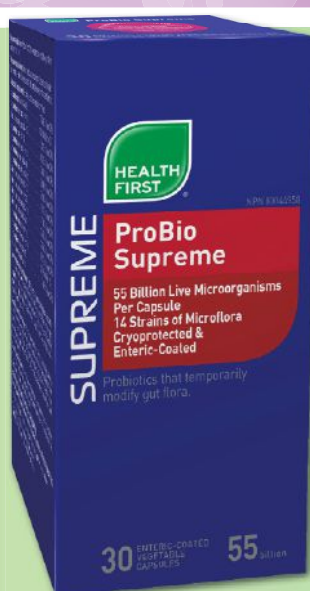
Metabolism support!

Health First® B-100 Supreme contains 100 mg of the major B vitamins to metabolize carbohydrates, fats and proteins, together with the popular adaptogen Maca root.

60 vegetable capsules

ON SALE

14⁹⁹



Supreme probiotic value

Health First® ProBio Supreme offers 55 billion live microorganisms from 14 probiotic strains of the lactobacillus and bifidobacteria families to modify gut flora.

30 vegetable capsules

ON SALE

29⁹⁹



Canadians need their D

Health First® Vitamin D3 Liquid is a vital nutrient in the development and maintenance of bones and teeth. 1000 IU a day helps to prevent vitamin D deficiency, especially during Canadian winter months!

50 ml

ON SALE

10⁹⁹



Nutrients for your eyes

Health First® Vision Supreme has been shown to prevent macular degeneration and improve visual function through antioxidant nutrients.

50 tablets

ON SALE

19⁹⁹

30 FREE
SOFTGELS



Shape of things to come®

Natural Factors® Tonalin® CLA theSlimFactor® stimulates muscle metabolism thereby increasing lean muscle mass and decreasing body fat.

120 softgels
1000 mg

ON SALE
22⁹⁹

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.

941 ml

ON SALE
37⁹⁹



2016
TIP

SNACK WISELY:

Eating more fibre & protein can help crush those monstrous cravings for junk food that expand your waistline & spike your blood sugar. Garcinia promotes feelings of fullness.



ON SALE
28⁹⁹

kit

Advanced herbal cleansing

Renew Life CleanseSMART is a 30 day cleanse that deeply cleanses the entire body without the need to follow a strict diet. Helps ease elimination, improve digestion and increase energy.

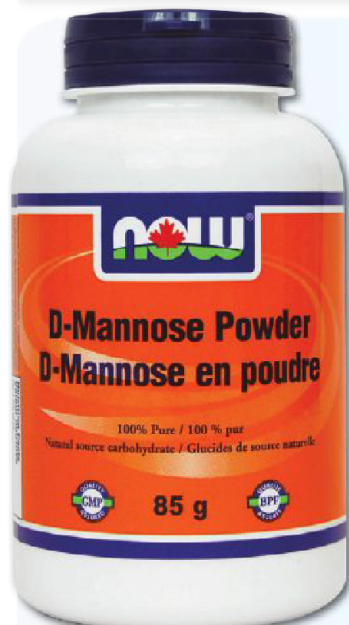


Put the brakes on your appetite

Himalaya™ Pure Herbs Garcinia is sourced from the evergreen forests of India. The active ingredient in the Garcinia fruit rind, called Hydroxycitric acid, supports long term weight control and healthy cholesterol levels.

60 caplets

BUY 2 GET 1
FREE



Healthy urinary tract

NOW® D-Mannose Powder is a simple sugar that occurs in plants that can adhere to undesirable foreign substances, preventing them from sticking to the bladder.

85 g

ON SALE
32⁹⁹



Optimize nutrient uptake

NOW® Super Enzymes are a comprehensive blend of bromelain, ox bile, pancreatin and papain that support healthy digestive function and optimize the breakdown of fats, carbohydrates and protein.

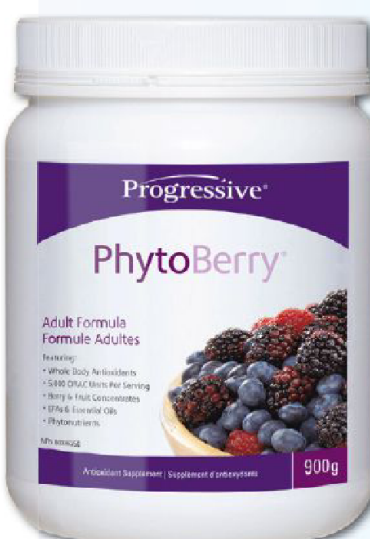
180 capsules

ON SALE
31⁹⁹

2016
TIP

MAXIMIZE TO ENERGIZE:

The body can amplify energy production when it has the right nutrients: B vitamins, probiotics, digestive enzymes & multivitamins. Regular detoxing may also help.



Berry booster

Progressive® PhytoBerry® is a highly concentrated berry based whole food supplement that is loaded with natural antioxidants, featuring over 40 high ORAC value fruit concentrates.

900 g

ON SALE
57⁹⁹



30 FREE
CAPSULES

Healthy aging

Progressive® MultiVitamins Men's 50+ or Women's 50+ 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 capsules

ON SALE
29⁹⁹

BONUS

2016
TIP

JUST BREATHE:

Taking a few deep breaths beneficially lowers your blood pressure and heart rate. Research studies also suggest deep breathing boosts your immune system.



When joint pain is a problem

Nature's Way® Hydraplenish® contains the patented BioCell Collagen II™ complex for healthy connective tissue and synovial fluid and helps to alleviate joint pain associated with osteoarthritis.

60 capsules

ON SALE
23⁹⁹



All-in-one meal bar

Vega™ One Bars provide 12g of plant-based protein, 4g of fibre, 1 billion non-dairy probiotics, omegas, greens, antioxidants and vitamins and minerals to keep you going strong.

ON SALE
2⁹⁹

All flavours
64 g



ALL GROCERY ITEMS ARE GMO-FREE. WHEN YOU SEE THIS SYMBOL THE PRODUCT HAS BEEN VERIFIED NON-GMO BY THE NON-GMO PROJECT.



3



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



Premium coconut oil

Nature's Way® Liquid Coconut Premium Oil is now available in new and exciting flavours. It is great for cooking and contains up to 93% MCTs.

600 ml

ON SALE

21⁹⁹



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

10⁹⁹



Highly absorbable liquid solutions

Prairie Naturals® B Complex Solution and **Magnesium Solution** are 100% soluble, highly absorbable supplements. Simple to take and easy to absorb.

500 ml

ON SALE

29⁹⁹



The benefits of fish oil minus the fishy taste

Botanica Omegalicious™ High Potency Fish Oil is a delicious way to get your daily dose of omega-3 with a creamy taste and texture everyone will love.

450 ml

ON SALE

31⁹⁹



The cleanest protein possible®

Progressive® Harmonized Protein® features a synergistic blend of 5 high quality, New Zealand sourced proteins. Professionally formulated with no artificial additives.

All flavours - 840 g

ON SALE

54⁹⁹



SALAD SPINNER SMOOTHIE

- 3 tsp greens powder
- 1 scoop protein powder - (unflavoured)
- 2-3 tsp fish oil or vegetarian alternative
- 1 tbsp chia seeds - ground
- ½ cup celery juice
- ½ cup vegetable juice
- ¼ cup chopped celery
- 1 clove of garlic
- ½ tsp fresh grated ginger
- 1 tbsp fresh lemon juice
- 1 tbsp flat leaf parsley
- Ice

Place all the above ingredients in your blender. Blend and enjoy!

2016 TIP

STARVE THOSE MUNCHIES:

Pump-up the protein level of your breakfast to prevent those monstrous mid-morning cravings by adding hemp hearts, chia seeds or protein powder to your oatmeal, granola or smoothie.



Naturally coloured and sweetened

SISU U-Cubes™ are pectin-based gummies, made with non-GMO ingredients and everything else you look for in a children's multivitamin and mineral supplement.

120 gummies

ON SALE

19⁹⁹



Will change your life even if you don't

PGX® Daily Ultra Matrix Softgels can help you lose weight effectively and gradually by creating a sense of fullness and slowing the digestion of food allowing you to eat less.

240 softgels

ON SALE

49⁹⁹

DUO PACK



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.

60 + 60 vegetable capsules

ON SALE

34⁹⁹

BONUS



High-potency care for your colon

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

30 vegetable capsules

ON SALE

39⁹⁹

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

HEALTH FIRST

DURHAM NATURAL FOODS

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705-566-3820 • www.durhamnatural.com

| | 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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