

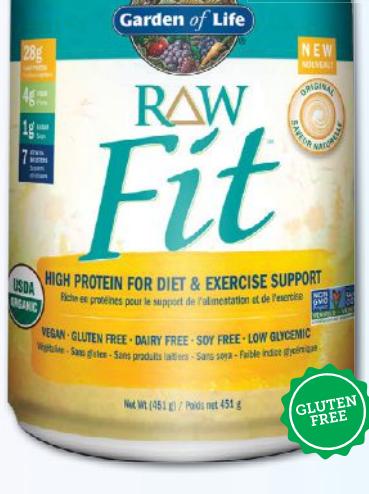
DURHAM NATURAL FOODS

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

www.durhamnatural.com

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH FIRST



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

47.99



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

42.99

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.



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

28.99



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

43.99

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.



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

40.99

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

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30 FREE
SOFTGELS

BONUS SIZE - FORMAT BONI

natural
Factors
Tonalin
the Shape Of Things To Come®
CLA
the SlimFactor®
Conjugated Linoleic Acid
Acide linoléique conjugué
120 Softgels
gélules
1000 MG

33% MORE
DE PLUS

Shape of things to come®

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

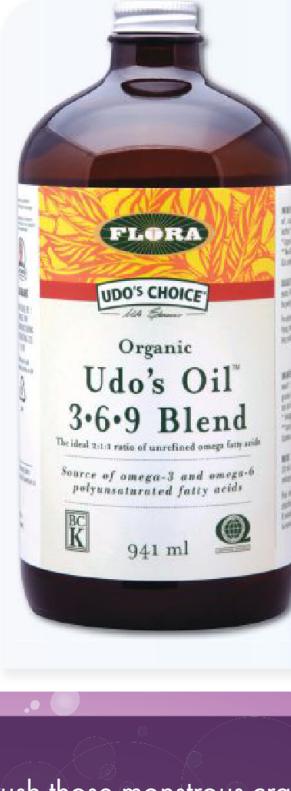
120 softgels

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



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



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



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



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



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® Hydralenish® 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, omega-3s, greens, antioxidants and vitamins and minerals to keep you going strong.

ON SALE

2⁹⁹

All flavours

64 g

BONUS

