

DURHAM NATURAL FOODS

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

www.durhamnatural.com

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH
FIRST



BEATING HEART DISEASE



Did you know that 9 out of 10 Canadians have at least 1 risk factor for heart disease, but only 12% are aware of it?

Let's beat heart disease by eating and drinking away the factors that cause it.



Great tasting omega-3

NutraSea® Omega-3 supports cardiovascular and brain health along with development of the brain, eyes and nerves.
500 ml

ON SALE

39⁹⁹



ON SALE

22⁹⁹

All flavours
300 g

Love your heart

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.



DUO PACK

Cholesterol too high? Take control.

Prairie Naturals® Sytrinol™ is clinically proven to help reduce total cholesterol and improve LDL:HDL ratios with just one capsule a day.

60 + 60 V-Capsules

ON SALE

57⁹⁹

BONUS



Balance your gut!

Renew Life® Ultimate Flora 50 Billion probiotic provides 50 billion cultures per capsule. It works to improve digestive health in a convenient once daily dose.

30 vegetable capsules

ON SALE

29⁹⁹



NEW
FORMULA

Recover faster

Vega™ Sport Performance Protein helps you to build and repair strong muscles. Each serving contains 30 grams of complete protein, 6 grams each BCAAs and glutamine, tart cherry, turmeric and probiotics.

All flavours
801 - 837 g

ON SALE

43⁹⁹



The "berry" best vitamin C

Health First® Berry C Supreme features non-acidic vitamin C enhanced with organic red bioflavonoids for the maintenance of good health and antioxidant support.

180 vegetable capsules

ON SALE

28⁹⁹

• SALE DATES: FEBRUARY 5 - 20, 2016 • HEALTHFIRST.CA •

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+ HEALTH & WELLNESS FROM THE HEART +

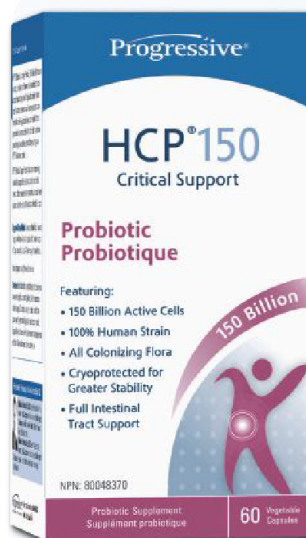


30 tablets

Strengthen your immune system

A.Vogel Echinaforce® Extra is clinically proven for its antibacterial, antiviral and anti-inflammatory effects. Helps relieve cold & flu symptoms.

ON SALE
14⁹⁹



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.

60 vegetable capsules

ON SALE
59⁹⁹



ON SALE
59⁹⁹

All flavours
510 - 566 g

Nourishing superfood

Genuine Health Greens+ is highly alkaline-forming and rich in antioxidants, nourishes and protects your body, increases energy, promotes healthier bones – and so much more.



Easy breathing

Health First® Respir-First is an herbal liquid for relieving a variety of respiratory conditions: bronchitis, coughs and colds, excess mucous and seasonal allergies.

500 ml

ON SALE
17⁹⁹



Supports sexual health

Health First® Maca Root capsules support the emotional aspects of sexual health and healthy mood balance. Gelatinized for easy digestion. Organic Peruvian source.

180 vegetable capsules

ON SALE
29⁹⁹



Naturally delicious

Nature's Way® Alive!® Gummies are a gelatin free, gluten free, children's gummy multivitamin made with 26+ fruits and vegetables.

90 gummies

ON SALE
16⁹⁹



Healthy glucose levels

Health First® GTF Chroma-Cinn provides support for healthy glucose metabolism. Helps the body to metabolize carbohydrates and fats.

90 vegetable capsules

ON SALE
8⁹⁹



Canadians need their D

Health First® Vitamin D Supreme is a vital nutrient, especially during Canadian winter months! Health experts believe as many as 80% of Canadians are vitamin D deficient.

180 tablets

ON SALE
8⁹⁹



A full body treatment

Gardener's Dream® Cream helps alleviate dry skin, roughness, cracking, and itching. A great muscle and joint pain reliever too. Paraben Free!

180 ml

ON SALE
22⁹⁹



BEATING HEART DISEASE



SIX FACTORS INVOLVED IN HEART DISEASE ARE:

- + Calcium build-up in arteries
- + Inflammation
- + Elevated cholesterol levels high blood pressure
- + Eating too much sugar
- + Being inactive or overweight

Love your heart! According to scientific studies, here are healthy lifestyle choices that may help beat the factors involved in heart disease:

+ DRACULA HATES IT, BUT WE LOVE IT!

Studies show aged-garlic supplements may reduce calcium build-up in arteries. Garlic is "used in herbal medicine to help maintain cardiovascular health in adults," according to Health Canada.

+ CUT YOUR CHOLESTEROL

Cholesterol builds up in arteries creating plaques. Plaques block blood flow to the heart. Dig into more plant-based foods, which are naturally high in cholesterol-trapping fibre.

+ REPLACE YOUR SWEETS

Sugary treats promote obesity and heart disease. We consume 22% more calories today than in 1970, attributed primarily to a greater sugar intake. Try alternative natural sweeteners such as stevia, agave or xylitol.

+ PROBIOTICS CAN REGULATE INFLAMMATION.

In Nutrition Review, when researchers analyzed 26 clinical studies they concluded probiotics reduce many markers of inflammation. Some probiotic species also lower cholesterol levels.

+ USE YOUR KNIFE ON A PLANT INSTEAD.

Diets rich in plant-based proteins were linked to lower blood pressure, says the Journal of the American Medical Association.

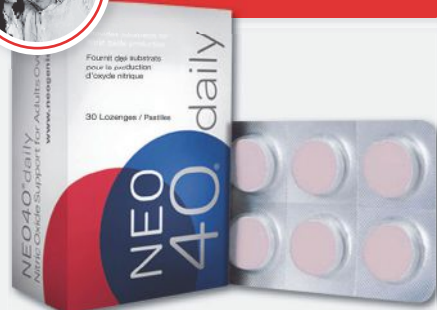
+ BUST-A-MOVE, DO A DOWNWARD DOG OR TREK DOWN A PATH.

Being active promotes heart health and promotes weight management.

Researchers around the world have discovered there are many factors that cause heart disease. However, we now know that we can beat each one of these factors of heart disease by choosing to eat, drink and bust-a-move. *Go on and love your heart!*



+ PROTECT THE HEARTS OF THOSE YOU LOVE +



Improve circulation

Neo40® Daily helps naturally restore and replenish your body's nitric oxide levels.

ON SALE

30 lozenges

54⁹⁹



Trusted liquid gels now 20% smaller!

NutraSea® Omega-3 Liquid Gels are beneficial for the maintenance of good health, and in support of cardiovascular health and brain function.

100 soft gels

ON SALE

31⁹⁹



Support brain and nerve function

NOW® Lecithin Granules are an easy way to ensure your body gets the optimum level of this important nutrient. Low in fat and delicious sprinkled on cereal.

454 g

ON SALE

20⁹⁹



Great tasting magnesium

Salus® Magnesium Liquid helps in the development and maintenance of bones, teeth and proper muscle function.

500 ml + 250 ml

ON SALE

49⁴⁹

BONUS



Ensure you have your B's

Natural Factors® Hi Potency B Complex is a complete combination of B vitamins that help convert protein, carbohydrates and fats into energy.

210 capsules

ON SALE

19⁹⁹

BONUS



WHEN YOU SEE THIS SYMBOL



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



30 FREE
SOFTGELS

The power of CoQ10

Natural Factors® Coenzyme Q10 helps fight age-related fatigue, supports heart health and provides antioxidant protection to cells.

150 softgels

ON SALE

20⁹⁹

BONUS



60 fish gels

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.

ON SALE

23⁹⁹



Maintain good health

Vitamost® Legacy Formula FLW® is designed to help support cardiovascular health with protective antioxidants.

300 tablets

ON SALE

64⁹⁹



60 vegetarian capsules

The most bioavailable curcumin

Natural Factors® CurcuminRich™ Double Strength Theracurmin™ is 300x more bioavailable than regular curcumin and is an antioxidant for the maintenance of good health.

ON SALE

33⁹⁹



Green smoothie boosters

Prairie Naturals® Organic & Fair Trade Chlorella and **Spirulina** are designed to purify, cleanse and detoxify your body.

ON SALE

33⁹⁹

Chlorella - 200 g

ON SALE

26⁹⁹

Spirulina - 200 g



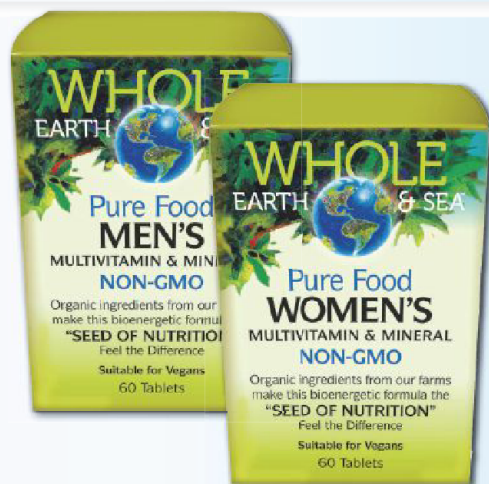
Zero never tasted better

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!

100 packets

ON SALE

7⁹⁹



The "seed of nutrition"

Whole Earth & Sea™ Multivitamin & Mineral provides a full range of nutrients to overcome physical stress, dietary limitations and/or metabolic inefficiencies.

ON SALE

29⁹⁹

60 tablets
Men's or Women's



Plant-based daily nutrition

Progressive® VegEssential™ All-in-One is an alkaline-forming whole-food, drawing on almost 100 plant-based ingredients to deliver a broad spectrum of micro & macro nutrients.

All flavours - 840 g

ON SALE

54⁹⁹



Support bone health

Health First® Magnesium Citrate is easy-to-absorb and supports bone health. Magnesium also maintains proper muscle functions which may assist with leg cramps.

180 capsules

ON SALE

17⁹⁹

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

For a full list of Health First Members, to learn more about Health First and our products visit www.healthfirst.ca.

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