

DURHAM NATURAL FOODS

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

www.durhamnatural.com

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

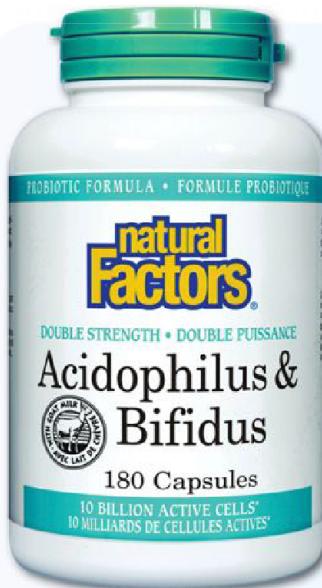
HEALTH
FIRST®

Make Better Choices to

**HELP FIGHT
INFLAMMATION**

Quashing inflammation is not just about soothing sore joints! Inflammation is linked to ailments that afflict us from head to toe.

Look inside for better choices to attack inflammation.



10 billion active cells

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

180 capsules

ON SALE

16⁹⁹



30 FREE TABLETS

B12
Methylcobalamin
BIOLOGICALLY ACTIVE FORM OF B12
Quick Dissolve
180 210 Sublingual Tablets
natural Factors 1000 mcg

ON SALE
54⁹⁹

We've gone B12

Natural Factors® B12 Methylcobalamin 1000 mcg helps improve energy production and nervous system function. Quick dissolving tablets that help absorption.

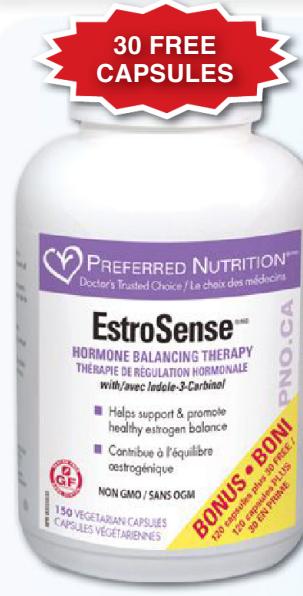
210 sublingual tablets

ON SALE
12⁹⁹

No more PMS...

Preferred Nutrition® EstroSense™ is recommended by health care professionals to help support a healthy liver and promote a healthy estrogen balance.

150 vegetarian capsules



30 FREE CAPSULES

PREFERRED NUTRITION®
Doctor's Trusted Choice / Le choix des médecins
EstroSense
HORMONE BALANCING THERAPY
Thérapie de régulation hormonale
with/avec Indole-3-Carbinol
■ Helps support & promote healthy estrogen balance
■ Continue à l'équilibre oestrogénique
NON GMO / SANS OGM
150 VEGETARIAN CAPSULES
120 + 30 FREE CAPSULES

ON SALE
48⁹⁹



Plant based bone-building

Health First® Cal-Mag Supreme + K2 features Aquamin™ plant-sourced calcium from the Icelandic red algae that helps to remineralize bone cells. Added vitamin K2 aids in absorption.

450 ml

ON SALE
19⁹⁹



VALUE PACK

Gentle on the stomach

SISU Ester-C® 600 mg is a unique, patented form of calcium ascorbate and is the only form of vitamin C proven to last up to 24 hours in the white blood cells of the immune system.

120 + 120 vegetarian capsules

ON SALE
29⁹⁹



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
GLUTEN FREE

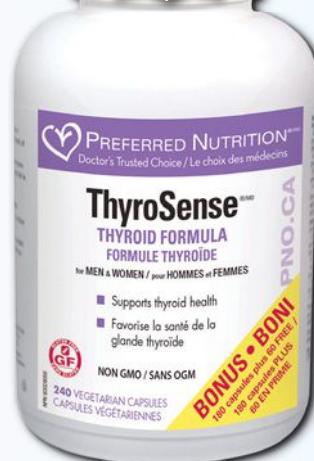
54⁹⁹

• SALE DATES: MARCH 4 - 19, 2016 • HEALTHFIRST.CA •

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BETTER CHOICES FOR YOUR WHOLE BODY



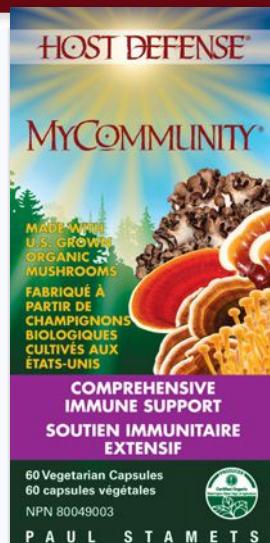
60 FREE CAPSULES

Help for your underactive Thyroid!
Preferred Nutrition® ThyroSense® supports thyroid health in men & women. 240 vegetarian capsules

ON SALE

38.99

BONUS



Comprehensive immune support

Host Defense® MyCommunity® is a blend of 17 potent mushroom species. A combination of mushroom mycelium and fruit bodies provide a diverse range of constituents to help balance the immune system.

ON SALE

10% OFF



Vega™ bars for all situations.

Vega™ Protein Bars

ON SALE **2.79/each**

Vega™ Snack Bars

ON SALE **1.99/each**

Vega™ One Bars

ON SALE **2.99/each**



Whole body detox

ReCleanse® Herbal Cleanse has been formulated to gently and effectively support your body's natural detoxifying and elimination process. Gently cleanses deeper each time and with regular use.

ON SALE

19.99

kit



Hot flashes?

Health First® Meno Supreme contains the clinically-proven hops extract Lifenol® to relieve hot flashes and other uncomfortable menopausal symptoms. One-per-day formula!

45 vegetable capsules

ON SALE

21.99



Stress support for busy people

Health First® Vitamin B-50 Complex

supports the nervous system combining folic acid and all of the B-vitamins in easy-to-swallow capsules.

240 capsules

ON SALE **24.99**



NEW FORMULA

Purely Canadian

The Green Beaver Company™ Hair Care and Body Lotions are newly reformulated and contain only pure natural ingredients from Mother Nature.

Select varieties
300 ml

ON SALE

20% OFF



DUO PACK

Iron made easy

Health First® Iron Supreme is an easily absorbed iron product that is well tolerated by the body and is non-constipating.

60 + 60 vegetable capsules

ON SALE

24.99



NEW FORMULA

A complete daily multi

Health First® Multi-First® One Daily

combines all of the essential vitamins now with Aquamin™ calcium. For the maintenance of good health.

180 vegetable capsules

ON SALE

31.99

Make Better Choices to

—HELP FIGHT— INFLAMMATION

Here are 4 ways to make better choices to reduce inflammation.

BLOCK

Antioxidants block free radicals from triggering inflammation. Incorporate organic fruits and vegetables in every meal. Indulge in snacks of nuts or seeds, or nut/seed butters.

NOURISH

Minerals, such as magnesium, can be found in nuts and seeds. A magnesium deficiency leads to stress in the body and leads to inflammation. According to a 2015 review in the journal *Nutrients*, consuming whey protein has anti-inflammatory benefits.

MODULATE

Inflammation is controlled by the immune system. Omega-3 fatty acids found in fish and some seeds have a modulating effect on the immune system. Probiotics found in fermented foods do too.

CLEANSE

Ditch the foods with colouring, preservatives and added sugar. Eat more chlorophyll instead! According to a study reported in *Inflammation*, chlorophyll can block the activation of messengers that make inflammation flare up.

Quick Tips for Inflammation:

- When choosing foods choose fresh and aim for variety.
- A rainbow on your plate means a rainbow of antioxidants to shut down inflammation.
- Vitamin C is an antioxidant.
- Resveratrol provides antioxidants.

Don't stop living life because of pain!
Make better choices and reduce inflammation. Visit us in-store and online for more health tips.



WHEN YOU SEE THIS SYMBOL



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



BETTER CHOICES FOR INFLAMMATION



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!

360 capsules

ON SALE

57.99



Relax your Muscles

Trophic™ Chelazome™ Magnesium has increased bioavailability with the chelation process. Magnesium helps the whole body function and has increasing importance.

90 Vcaps™

ON SALE

11.99



VALUE PACK

Value Pack

Emballage valeur

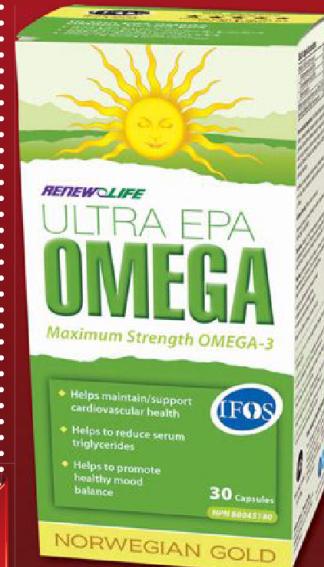
Enjoy your day without the pain

A.Vogel Absolut Arnica is used to soothe muscle and joint pain in the knees and hands without the side effects of synthetic painkillers.

ON SALE

21.99

50 ml + 50 ml



Inflammation doesn't stand a chance!

Norwegian Gold Ultra EPA Omega by Renew Life delivers 1000mg of EPA in each capsule to reduce inflammation and support cardiovascular health.

30 capsules

ON SALE

26.99



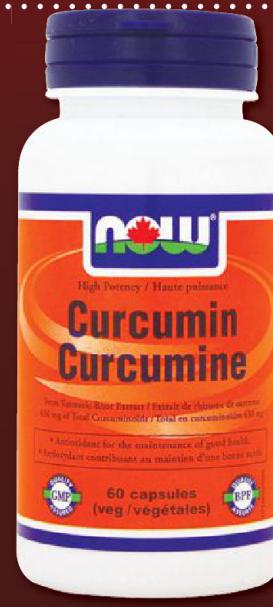
Reduce body odour

Nature's Way® Chlorofresh® is a concentrated chlorophyll complex that reduces digestive tract odours.

90 softgels

ON SALE

15.99



Herbal remedies for all of your health needs

NOW® Curcumin is the major bioactive component found in the roots of Turmeric. It contains antioxidants for the maintenance of good health.

60 vegetable capsules

ON SALE

15% OFF



ON SALE
59.99

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.



High potency EPA

NutraSea hp™ provides DHA and a high dose of EPA for cognitive health, cardiovascular support, muscle recovery and brain function.

200 ml

ON SALE
37.99



GLUTEN FREE

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.

ON SALE
59.99



When nature doesn't call...

Renew Life CleanseMORE is a powerful colon cleansing product that works without the use of harsh, purgative type laxatives which can be addictive. It is effective for relieving occasional constipation.

120 vegetable capsules

ON SALE
24.99

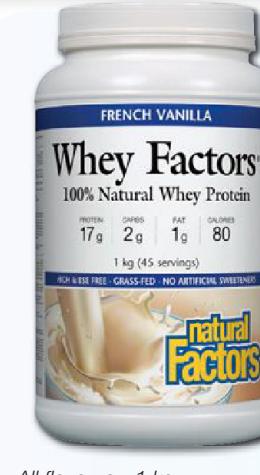


For little tummies

Renew Life FloraBEAR is a blend of 4 strains of probiotics normally found in children that help ensure a healthy microbacterial environment in the intestinal tract.

120 chewable tablets

ON SALE
21.99



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.

ON SALE
34.99



20% MORE

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

50.99

72 tablets



BONUS

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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