

DURHAM NATURAL FOODS

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

www.durhamnatural.com

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

7 Surprising Facts About FERMENTATION

Did you know that fermented foods offer many health benefits from your head to your gut?

Follow the blue bubble icons  throughout the flyer to learn which products are fermented.

FREE BONEMD®
\$24.99 Value!



Plant-based bone-building

Health First® Cal-Mag Supreme features Aquamin™ plant source calcium from an Icelandic species. Over 30% calcium plus 73 other minerals, including all 13 key minerals for bone health.

120 tablets +
30 Capsules BoneMD® Free

ON SALE

39.99

BONUS



HEALTH FIRST

Fermented for superior digestion

Genuine Health fermented vegan proteins+ provides advanced digestive support. Contains 20g of fully fermented vegan protein. Available in chocolate, vanilla and unflavoured.

All flavours - 600 g

ON SALE

39.99



GLUTEN FREE

Fermented & organic

Prairie Naturals® Fermented Wheat Grass & Fermented Barley Grass are alkaline-balancing, nutrient-dense, green superfoods with energizing and cleansing properties. Non-GMO.

ON SALE

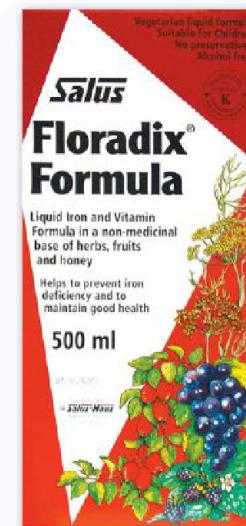
31.99

Wheat Grass - 150 g

ON SALE

31.99

Barley Grass - 150 g



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

35.99

Potent probiotic power!

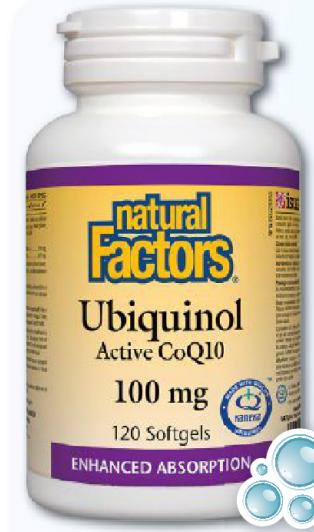
Renew Life Ultimate Flora Ultra Potent Probiotic delivers 100 billion beneficial bacteria per capsule to improve digestive health and strengthen immunity.

30 vegetable capsules



ON SALE

42.99



Love your heart

Natural Factors® Ubiquinol Active CoQ10 100 mg is the active form of coenzyme Q10 which is naturally produced by our cells. It helps maintain cardiovascular health.

120 softgels

ON SALE

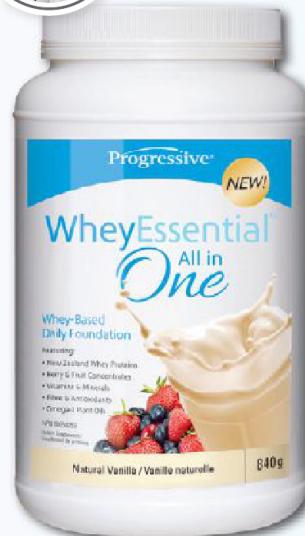
48.99

• SALE DATES: APRIL 1 - 16, 2016 • HEALTHFIRST.CA •

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Helping put your Health First®



Your one stop with whey

Progressive® WheyEssential™ All in One is a grass fed, New Zealand whey-based protein supplement with vitamins and minerals, omega-3 plant oils, antioxidants and fibre.

All flavours - 840 g

ON SALE
64.99



ON SALE

29.99

162 g

Irritable Bowels?

Renew Life IntestiNEW provides advanced intestinal support. Aiding the body with bowel irritability, digestive stress, and heartburn.



You are what you absorb™

Platinum Naturals® Easymulti® Super 45+ Multivitamin provides a wide spectrum of essential vitamins and minerals plus a booster of omega-3 oils; helping you to meet your daily nutritional needs.

Men's and Women's - 60 softgels

ON SALE
47.99

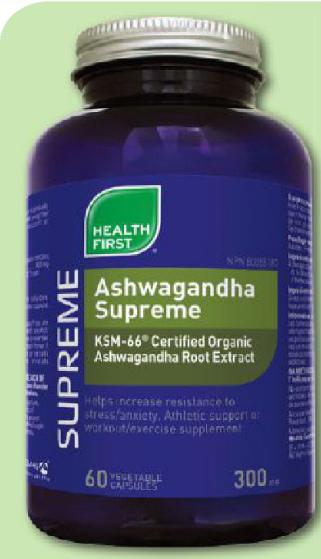


Immunity and energy support

Whole Earth & Sea™ Super Mushroom combines six organic mushrooms that improve immunity, increase energy, support cognitive health, and help with stress management.

60 vegetarian capsules

ON SALE
36.99



Reduce stress! Improve workouts!

Health First® Ashwagandha Supreme uses KSM-66®, a clinically-studied ashwagandha that increases resistance to stress and anxiety and provides support for athletic workouts. Certified organic.

60 vegetable capsules

ON SALE
16.99



GREAT VALUE!

First choice in heart health

Health First® Omega-First® Fish Oil liquid is rich in fatty acids with non-farmed anchovy, mackerel and sardines sourced from the Pacific and tested for impurities.

Lemon - 500 ml + 250 ml

ON SALE
42.99

BONUS



"B" stress free

SISU B Complex 100 helps the body to metabolize proteins and is a factor in the maintenance of good health.

60 veg caps

ON SALE
15.99



Prevent urinary tract infections

Health First® UTI Supreme contains clinically-studied UTIRose™ hibiscus along with cranberry and d-mannose which are shown to reduce recurrent urinary tract infections.

60 vegetable capsules

ON SALE
18.99



Nervous system health

Health First® B12 Supreme helps to prevent B12 deficiency and contains synergistic vitamins B6 and folic acid.

120 lozenges

ON SALE
14.99

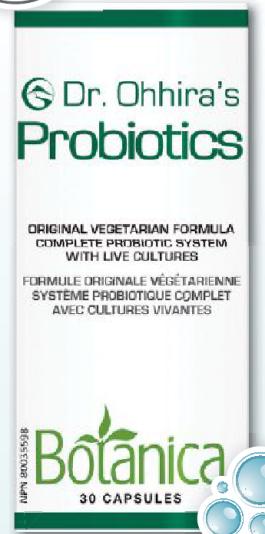
7 Surprising Facts About FERMENTATION

Fermented foods contain nutrients, enzymes and probiotics that offer many health benefits. Here are 7 surprising things you might not know about the value of adding more fermented foods to your life.

- 1 Fermenting grains may improve their antioxidant potential, according to in vitro studies.
- 2 Polish researchers reported that fermenting cabbage to create sauerkraut enhances nutrients: vitamin C, B vitamins and glucosinolate.
- 3 Beware of imitators. Some processed yogurts, soy sauces, relishes and sauerkrauts are not healthy fermented foods as they contain added sugar and salt.
- 4 Eating a diet that contains a variety of fermented foods is linked with a healthy gut microflora, according to the Journal of Physiological Anthropology (2014).
- 5 Probiotics found in some fermented foods can beneficially affect the brain, gut, skin, vaginal tract, immune and cardiovascular systems, according to Frontiers Microbiology (2015).
- 6 Fermented dairy products have a beneficial effect on skin health and function, according to a 2015 review.
- 7 In 2015, the British Journal of Nutrition reported that fermented dairy products are integral to diets that are protective against cardiovascular disease.

GRAB SOME HEALTHY FERMENTED FOODS!

Fermented foods like miso, kefir, sauerkraut, tempeh, kombucha, kimchi, yogurt and cheese are available at your local Health First Network store.



Helping put your Health First®

Travel friendly probiotics

Dr. Ohhira's Probiotics by **Botanica** contain 12 select probiotic strains in a unique fermented, shelf stable formula. Helps restore the friendly bacteria necessary for optimal health.

30 capsules

ON SALE

43⁹⁹

Optimal daily dose

Natural Factors® Vitamin K2 100mcg is an advanced, fat-soluble form of vitamin K derived from fermented natto bean.

120 vegetarian capsules

ON SALE

16⁹⁹

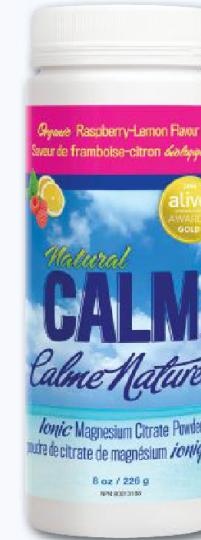
Fermented whey for better digestion

A.Vogel Molkosan® is prepared from organic, Swiss alpine milk. Lactofermented whey stimulates digestion, improves lactose intolerance and promotes healthy intestinal flora.

All flavours - 200 ml

ON SALE

10⁴⁹



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.

226 g

ON SALE

29⁹⁹



Sleep easy

Natural Factors® Stress-Relax® Tranquil Sleep combines L-Theanine with 5-HTP and melatonin for a fast acting sleep formula. Fall asleep quickly, stay asleep, sleep more soundly, and wake up feeling refreshed.

60 chewable tablets

ON SALE

15⁹⁹

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.





Strong & beautiful

Preferred Nutrition®

BioSil™ helps fight against wrinkles, brittle nails, joint inflammation and bone loss due to age-related collagen loss.

90 vegetarian capsules

ON SALE

40⁹⁹



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



Yeast?

Renew Life CandiGONE

is a 15 day program designed to provide relief from candida overgrowth and symptoms of mild UTIs.

Kit

ON SALE

28⁹⁹



Pure, organic

Prairie Naturals® Organic Aqua Greens are a nutritious green superfood blend of raw, organic chlorella and spirulina. Can help with inflammation and is an excellent source of antioxidants.

ON SALE

34⁹⁹

200 g

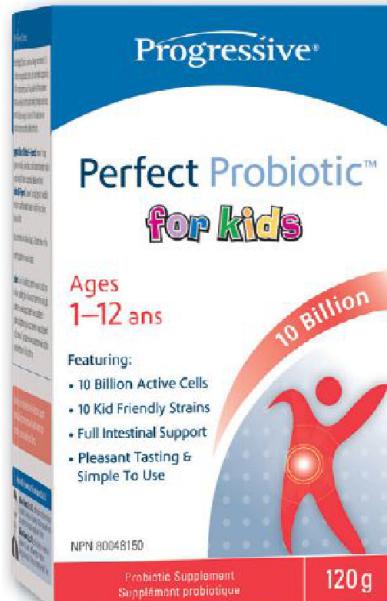


Try convincing your muscles it's a rest day.

ON SALE
43⁹⁹
All flavours
801 - 837 g

Recover faster, train again sooner, perform better.

30g PROTEIN | **6g** BCAAs | **6g** GLUTAMINE + TURMERIC TART CHERRY PROBIOTICS



For little tummies

Progressive® Perfect Probiotic™ for kids features 10 billion active cells and 10 kid-friendly strains for full intestinal support. Pleasant tasting and simple to use.

ON SALE

31⁹⁹

120 g



Love your heart

Natural Factors® Maximum Triple Strength RxOmega-3 is a highly concentrated form of omega-3 fatty acids extracted from a safe, pure source to support cognitive health and heart health.

150 Enteripure™ softgels

ON SALE

34⁹⁹



Internal deodorizer

Health First® Chlorophyll is sourced from non-GMO alfalfa and acts as an internal deodorizer to reduce body odour. Preservative free. Available in mint and unflavoured.

All flavours - 500 ml

ON SALE

16⁹⁹

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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