

DURHAM NATURAL FOODS

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

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH
FIRST

Does Your Supplement
KNOWLEDGE
Make the Grade?

Discover how well you know the
nutrients your body needs, and what
they do inside this month's flyer.



Made in Germany

Salus Kindervital is a pleasant tasting liquid multivitamin & mineral supplement for children to support normal growth.
250 ml

ON SALE
21⁹⁹



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



The most bioavailable curcumin

Natural Factors® CurcuminRich™ Double Strength Theracurmin™ is an antioxidant for the maintenance of good health. Theracurmin™ is more bioavailable than other leading forms of curcumin.

60 vegetarian capsules

ON SALE
37⁴⁹



60 FREE
gelcaps

Rich in omega-3 fatty acids

Health First® Omega-First® is a super strength fish oil concentrate which helps support cardiovascular health, cognitive health and brain function.

240 + 60 FREE gelcaps

ON SALE
52⁹⁹

BONUS



BONUS
Bottle
Included!

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.

72 + 30 FREE tablets

ON SALE
59⁹⁹

BONUS



Strong & beautiful

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

120 vegetarian capsules

ON SALE
54⁹⁹

• SALE DATES: SEPTEMBER 2 - 17, 2016 • HEALTHFIRST.CA •

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How well do you know the benefits of essential nutrients?

Feeling sluggish and having trouble healing are just some effects of vitamin and mineral deficiencies. From energy, to fighting infection, to protecting your DNA, vitamins and minerals are healthy nutrients at the head of this class.

Let's examine EFAs - they're an integral part of every cell in your body. EFAs effect how your cell's receptors function, influencing hormones, blood clotting, inflammation...and, even how some genes are expressed!

Green foods get top marks - they're a source of vitamins, minerals, and protein! Greens are a source of fiber and antioxidants too.

The good guys of your body's microbiome, probiotics keep harmful bacteria at bay. To get top marks, you also would answer that probiotics help with nutrient absorption, and may improve the immune response.

Eating protein is good for your muscles, bones and waistline. Studies suggest protein may also boost metabolism and help with blood pressure control. The true test is, are you eating enough? Your body's need for protein increases after age 65.

Getting an A+ so far?

Then you'll love these new nutrient discoveries!

Gut feelings do exist! Anger, anxiety and depression are some of the feelings clinical studies, including a 2015 study from the Netherlands, suggest may be influenced by microbes in our gut.

Not a great student? Declining behaviour in students may be prevented with supplementation of vitamins, minerals and essential fatty acids, says a 2016 study in the British Journal of Nutrition.

Eating green leafy vegetables keeps mental abilities sharp, says researchers from the Memory and Aging Project, a study involving 950 older adults.

Want to learn more? Come in and chat with one of our knowledgeable staff who would be happy to answer any questions you might have! Or, test your knowledge by taking our fun quiz.

Nutrient Quiz:

www.healthfirstnetwork.ca/blog/quiz.



The benefits of fish oil minus the fishy taste

Botanica Omegalicious® High Potency Fish Oil supports memory and cognitive functions with a creamy taste and texture everyone will love.

Select Varieties
450 ml

ON SALE

31⁹⁹



Great Berry Flavour

Renew Life Ultimate Flora Kids Probiotic 10 Billion helps to improve digestion and increase immune system health.

30 chewable tablets

ON SALE

13⁹⁹



Rediscover the wisdom®

St. Francis Herb Farm® Deep Immune® Kids stimulates improved immune function in children who suffer from recurring colds and flu. This uniquely blended herbal combination is great tasting and safe for kids.

50 ml

ON SALE

15⁹⁹



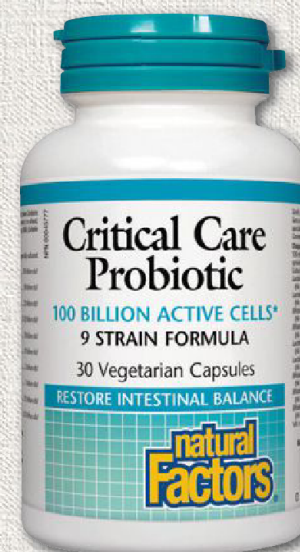
Organic & lightly toasted

Prairie Naturals® Organic Coconut Chips are an all-natural way to enjoy a sweet treat. They can be eaten straight out of the bag or incorporated into some of your favorite recipes, such as homemade granola. Gluten free, non-GMO, 100% vegan.

Original or Chocolate
60 g

ON SALE

5²⁹



100 billion active cells

Natural Factors® Critical Care Probiotic provides acute targeted support to restore beneficial bacteria lost through antibiotic use and supports immune system health.

30 vegetarian capsules

ON SALE

38⁹⁹



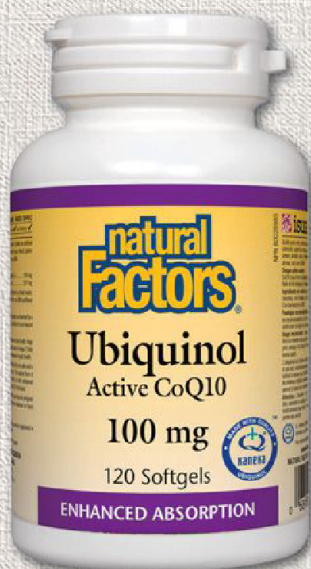
ON SALE

15% off

All products

Purely Canadian

The Green Beaver Company™ products are made from pure natural ingredients from Mother Nature.



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

58⁴⁹



A Healthy Prostate, a Healthy Life

Dr. Whitaker Prostate Health is a unique complex of proven herbs and nutrients to help maintain optimal prostate health.

120 softgels

ON SALE

60⁹⁹

VEGA ONE SMOOTHIE

Blueberry Orange

Start your day with a flavorful nutrition boost

- 1 scoop VegaOne French Vanilla
- 1 whole orange, peeled
- 1 cup non-dairy milk
- 1 cup frozen blueberries

Blend Until Smooth.

vega For more recipes visit myvega.com



ON SALE

54⁹⁹

827 g



DUO-PACK

ON SALE

26⁹⁹

60 + 60 vegetable capsules

Iron made easy

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



Stress and insomnia relief!

Health First® Stress Relief Supreme contains Cyprac® lemon balm extract, clinically studied for reducing stress symptoms and insomnia due to mental stress.

60 vegetable capsules

ON SALE

19⁹⁹



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.

100 tablets

ON SALE

36⁹⁹



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

22⁹⁹

WHEN YOU SEE THIS SYMBOL



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





**Your
Choice**

High potency EPA

NutraSea hp™ Omega-3 provides DHA and a high dose of EPA for cognitive health, cardiovascular support, muscle recovery and brain function.

200 ml or 120 softgels

ON SALE

37⁹⁹



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.

All flavours
399 - 445 g

ON SALE

57⁹⁹



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.

All flavours
487 g - 525 g

ON SALE

62⁹⁹

SUPPLEMENTS FOR Stress Relief



Stress is a part of our daily lives. Sometimes the body's natural defenses are enough to battle stress, however there are times when our bodies' natural defenses are just not enough. Stress-Relax products can help by reducing the impact of stress, calming nerves and providing a good night's sleep.

ON SALE

16⁹⁹

Mental Calmness -
60 chewable tabs

ON SALE

17⁹⁹

100% Natural GABA -
60 chewable Tabs

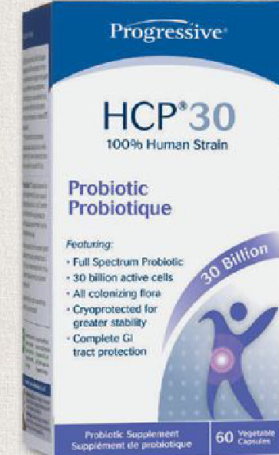
ON SALE

17⁹⁹

Tranquil Sleep -
60 chewable Tabs



for more info visit
naturalfactors.com



Full Spectrum Probiotic

Progressive® HCP®30 featuring 6 human strains that provide live microorganisms that temporarily modify gut flora.

60 vegetable capsules

ON SALE

28⁹⁹



Is your multi fermented?

New Chapter® Every Man's or Woman's One Daily 40+ Multivitamin deliver fermented multivitamins and minerals that are easy to take, letting you create a supplementation routine that's simple and reliable.

ON SALE

56⁹⁹

72 tablets



**30 Capsules
FREE**

"B" stress-free

SISU B Calm is a complete B complex formula plus rhodiola to support overall health, particularly in people under physical or mental stress.

150 veg caps

ON SALE

27⁹⁹

BONUS



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

ON SALE

39⁹⁹

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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