

# DURHAM NATURAL FOODS

1191 Montrose Avenue, Sudbury, ON • 705-566-3820  
[www.durhamnatural.com](http://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

21 99



### 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

29 99



### 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

37 49



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

52 99



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

59 99



### 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

54 99

• SALE DATES: SEPTEMBER 2 - 17, 2016 • [HEALTHFIRST.CA](http://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](http://www.healthfirstnetwork.ca/blog/quiz).



### The benefits of fish oil minus the fishy taste

#### Botanica OmegaGorgeous® High Potency Fish Oil

supports memory and cognitive functions with a creamy taste and texture everyone will love.

Select Varieties  
450 ml

ON SALE

**31.99**



### 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

**13.99**



### 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

**15.99**



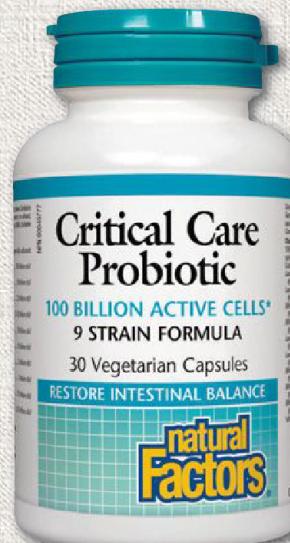
### Organic & lightly toasted

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

**5.29**



### 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

**38.99**



ON SALE

**15% off**

All products

### Purely Canadian

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



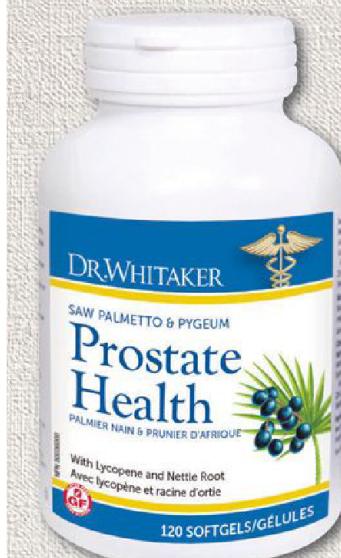
### Love your heart

**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

**58<sup>49</sup>**



### 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

**60<sup>99</sup>**



### 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

**22<sup>99</sup>**

### 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](http://myvega.com)

ON SALE

**54<sup>99</sup>**

827 g



DUO-PACK

ON SALE

**26<sup>99</sup>**

60 + 60 vegetable capsules



### Stress and insomnia relief!

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

60 vegetable capsules

ON SALE

**19<sup>99</sup>**

### Iron made easy

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



### 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

**10<sup>99</sup>**



### 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

**36<sup>99</sup>**

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

**37<sup>99</sup>**



### 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

**57<sup>99</sup>**



### 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

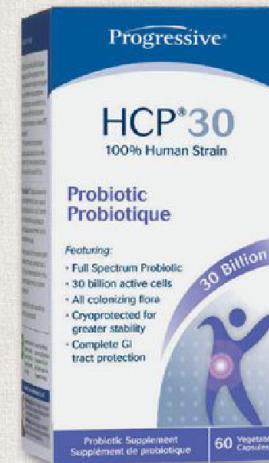
ON SALE

**62<sup>99</sup>**

### Full Spectrum Probiotic

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

60 vegetable capsules



ON SALE

**28<sup>99</sup>**

## 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  
**16<sup>99</sup>**

ON SALE  
**17<sup>99</sup>**

ON SALE  
**17<sup>99</sup>**

Mental Calmness -  
60 chewable tabs

100% Natural GABA -  
60 chewable Tabs

Tranquil Sleep -  
60 chewable Tabs



### 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

**56<sup>99</sup>**



72 tablets



### "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

**27<sup>99</sup>**



ON SALE

**39<sup>99</sup>**

NOT ALL PRODUCTS SHOWN ARE AVAILABLE AT ALL HEALTH FIRST NETWORK® STORES.

## DURHAM NATURAL FOODS

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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](http://www.healthfirst.ca).

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