

# DURHAM NATURAL FOODS

1191 Montrose Avenue  
705-566-3820

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

HEALTH  
FIRST™



12 FREE CAPSULES

The **ULTIMATE** in probiotic protection!

Renew Life Ultimate Flora Critical Care is for those who suffer from chronic intestinal problems, or want the best probiotic available.

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

72 veg caps  
NPN 80015173

BONUS



60 FREE GELCAPS

Support cardiovascular health!

Health First® Omega-First fish oil is tested for potency, purity and safety by International Fish Oil Standards (IFOS).

Visit [ifosprogram.com](http://ifosprogram.com) for independent testing results.

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

240 g/cps + 60 FREE  
NPN 80004324

BONUS

# BIG SUMMER SALE

HOT BUY



Increase circulation

Prairie Naturals® Ginkgo Biloba increases circulation which offers support for: vascular disease, tinnitus and healthy brain function including memory and concentration.

ON SALE  
**8<sup>99</sup>** 120 V-Capsules  
EN 158412



20% MORE FREE

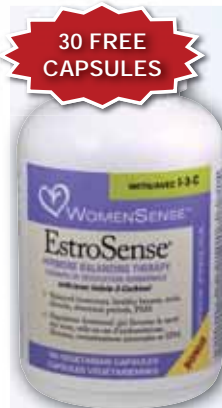
ON SALE  
**32<sup>99</sup>**

305 - 315 g  
EN 104865

The Ultimate Super Food™

Progressive® VegeGreens® is a comprehensive blend of green foods, plant extracts and over 60 ingredients providing a wide-spectrum of nutrients.

BONUS



30 FREE CAPSULES

Hormone imbalance?

WomenSense™ EstroSense® is recommended by health care professionals to help support a healthy liver and reduce symptoms of hormone imbalance. PNO.CA

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

150 veg caps  
EN 133658

BONUS



30 FREE TABLETS

For healthy bones, muscles and teeth

Natural Factors® Calcium Magnesium has the preferred one-to-one ratio. Helps build strong bones and helps maintain proper muscle function.

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

210 tabs  
NPN 80005541

BONUS



33% MORE FREE

Healthy weight loss

Natural Factors® Tonalin CLA stimulates muscle metabolism thereby increasing lean muscle mass and decreasing body fat.

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

120 sftgls  
NPN 80015976

BONUS

**BIG** SUMMER SALE



**Decadent and Delicious**

Vega Whole Food Vibrancy Bars are a unique blend of all-natural, raw, organic and plant based foods. They are rich in omega-3s, antioxidants and phytonutrients plus high in fibre and protein.

**ON SALE**  
**2/\$4**

50 g each



**Cholesterol too high? Take control.**

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

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

60 V-Capsules  
EN 158367



**Everyday cardiovascular support**

Kyolic® Everyday Support contains 300 mg of odourless Aged Garlic Extract™ which studies show may help reduce the risk of cardiovascular disease.

**ON SALE**  
**13<sup>29</sup>**

90 caps  
NPN 80003656



**Are you worn out? Candida may be the problem!**

Renew Life CandiGONE is the solution. This powerful cleansing formula is designed to help destroy and remove Candida and yeast from the body.

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

Kit  
EN 150203/150206



**A convenient way to increase fiber intake and maintain regularity**

NOW® Psyllium Husk is an excellent source of soluble fiber. Its bulking action can play an important role in maintaining regularity and gastrointestinal health.

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

200 caps  
NPN 80010953



**Support brain & nerve function**

NOW® Lecithin Granules play a major role in almost all biological processes - including nerve transmission, breathing and energy production.

**ON SALE**  
**13<sup>79</sup>**

454 g

**Health & Beauty**



**First aid for the whole family**

Treemenda™ Tea Tree Oil has a remarkable ability to disinfect cuts, scrapes and other wounds. Its compact size makes it perfect for travelling.

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

30 ml  
NPN 02242689



**GREAT VALUE**

**Beautiful hair**

Prairie Naturals® Big Sky Tea Tree Shampoo & Conditioner provides deep, gentle cleansing action with relief from itching and dandruff. Herbal extracts leave hair shiny and manageable.

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

500 ml + 500 ml

**BONUS**



**Non-whitening and natural sun protection!**

eco® Sunscreen uses all natural ingredients, with no artificial preservatives or fragrances. This non-whitening formula is biodegradable and water-resistant.

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

100 g each  
NPN 80026837



**NEW**

**Perfect for summer**

Gardener's Dream Lotion from Aroma Crystal Therapy will soothe your skin this summer! Total body care and moisturizing therapy with wild-crafted essential oils for after the bath or sun!

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

240 ml each



**BIG** Summer Health First Sale



**Summertime stress support**

Health First® B-50 Complex contains 50 mg/mcg of the major B vitamins to help metabolize carbohydrates, fats and proteins.

**ON SALE 23<sup>99</sup>**

240 caps  
NPN 2246884



**Kid approved for taste!  
Parent approved for health!**

Health First® kids'-first Multi is a delicious multi-flavoured multivitamin and mineral supplement in fun puppy-shapes for normal growth and development.

**ON SALE 16<sup>99</sup>**

120 chews  
NPN 80007765



**NEW**

**FREE PROTEINS+ BAR**

**It's your body and your workout, fuel it your way**

activfuel+ from Genuine Health is specially formulated for use before and during exercise of all intensities. activfuel+ helps you to build & prepare, fuel strength & endurance and rehydrate & replenish for your best performance. Available in delicious black raspberry lemonade flavour, with or without caffeine.

**ON SALE 44<sup>99</sup>** 439 g + 50 g proteins+ bar FREE

**BONUS**



**30 FREE CAPSULES**

**Feeling sluggish?**

Natural Factors® Milk Thistle with added dandelion and turmeric, provides superior herbal help for the liver and gallbladder.

**ON SALE 17<sup>49</sup>**

120 caps  
NPN 80012020

**BONUS**



**33% MORE FREE**

**Protect your cells**

Natural Factors® Vitamin E has guaranteed levels of "tocopherols" in a natural source mixed E. Ideal for overall health support and anti-oxidant protection.

**ON SALE 15<sup>99</sup>**

240 softgls  
NPN 80013025

**BONUS**



**33 FREE CAPSULES**

**Support healthy blood sugar**

NOW® Chromium Picolinate is an essential trace mineral that helps the body metabolize carbs and fats and supports healthy glucose metabolism.

**ON SALE 13<sup>49</sup>**

333 caps  
NPN 80015690

**BONUS**



**30 FREE SOFTGELS**

**Support your heart & circulation**

Natural Factors® Wild Pacific Salmon Oil is rich in EFAs with a 1:1 ratio of EPA to DHA. Beneficial for heart disease, blood pressure, and rheumatoid arthritis. No acid reflux or aftertaste.

**ON SALE 13<sup>99</sup>**

210 softgls  
NPN 80004547

**BONUS**



**FREE PROBIOTICS**

**Revitalizing tonic**

Botanica KefiActive™ Kombucha is a raw fermented tea, which revitalizes the body by improving digestion, detoxifying and helping to maintain a healthy intestinal tract.

**ON SALE 31<sup>99</sup>**

500 ml + 10 caps FREE  
EN 159350

**BONUS**



**FREE KATHY SMITH DVD**

**PGX PROGRAM GET MOVING**

**PGX DAILY**

"PGX Daily is just as important as exercise" -Kathy Smith

• Promotes Weight Loss  
• Lowers Cholesterol  
• Balances Blood Sugar

120 Softgels - 750mg

NPN 80017389



**30 FREE SOFTGELS**

**Love your hair!**

Prairie Naturals® Hair-Force synergistically combines 22 naturally-sourced nutrients recognized for their role in restoring, healing and nourishing hair. Create beautiful, healthy hair from within.

**ON SALE 42<sup>99</sup>**

210 softgls  
NPN 80025524

**BONUS**

**Will change your life even if you don't**

Natural Factors® PGX® Daily can help you lose weight effectively and gradually by creating a sense of fullness and slowing the digestion of food allowing you to eat less and stay full for longer. PGX can also reduce the glycemic index of a meal by up to 50% contributing to healthy blood sugar levels and improving insulin sensitivity. Naturally, the beneficial effects of PGX will be enhanced by a healthy diet and exercise plan.

**ON SALE 26<sup>99</sup>** **ON SALE 49<sup>99</sup>**

120 softgls 240 softgls

**BONUS**

**BUY ONE GET ONE FREE**

**Vega™ Shake & Go Smoothie**  
WHILE SUPPLIES LAST

MSRP 24<sup>99</sup> 300 g each

**BONUS**

**Take the PrimeZyme digestive challenge!**

Health First® PrimeZyme is an effective full-spectrum digestive enzyme formula that will help your digestion or you'll receive your money-back!

**ON SALE 29<sup>99</sup>**

180 caps  
EN 135284

**NEW LOOK**

**Feel the good!**

Emergen-C® is an electrolyte-enhanced formula which can replenish critical fluids and minerals lost through perspiration. When the summer temperatures rise, Emergen-C® is the perfect antidote to leave you feeling refreshed and hydrated.

**ON SALE 15<sup>99</sup>**

30 pkts  
NPN 80028231

**Support weight loss**

Waist Away Green Tea & Raspberry Ketone is an effective combination of Green Tea Extract, a proven weight loss ingredient and Raspberry Ketone a new discovery in weight loss.

**ON SALE 24<sup>99</sup>**

90 caps  
NPN 80029931

**Every meal, every day**

Udo's Oil™ 3-6-9 Blend is a source of omega-3, -6 and -9 fatty acids from fresh-pressed, unrefined seed oils, including organically grown flax, sesame, and sunflower.

**ON SALE 21<sup>99</sup>**

500 ml

**Support your active lifestyle**

Progressive® Active MultiVitamins are designed for adults on-the-go, containing higher potencies of the key nutrients responsible for supporting a more active lifestyle. Available in men's and women's formulas.

**ON SALE 33<sup>99</sup>**

120 caps each  
EN 12555 / EN 12556

**The health science of pain relief**

Traumeel®S from Heel is scientifically proven to regulate inflammation, relieve pain and accelerate healing.

**ON SALE 33<sup>99</sup>**

100 g  
DIN-HM 80007675

**Get fast relief + repair for sore joints - naturally!**

fast arthritis relief+, fast back care+ and fast joint care+ from Genuine Health contain the patented ingredient Natural Eggshell Membrane providing essential nutrients, including collagen, to build and repair cartilage, while significantly reducing inflammation.

**ON SALE 38<sup>99</sup>** each arthritis relief+ 60 caps  
EN 172754

**ON SALE 31<sup>99</sup>** back care+ 90 caps  
EN 172744

joint care+ 30 caps  
EN 151149

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS

**HEALTH FIRST**

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)

Please see your health care professional before beginning any type of therapy. Information published in this flyer is not intended to replace medical advice. Products and pricing may vary by store. Some quantities of specially offered sizes or offers may be limited.

This flyer has been printed with vegetable (soy) based inks. All printing metal plates are recycled & this product is recyclable too.

**DURHAM NATURAL FOODS**  
1191 Montrose Avenue  
705-566-3820

**4**

CANADA'S LEADING INDEPENDENT HEALTH & WELLNESS RETAILERS • HEALTHFIRST.CA