



the **Gentle Rain**
NATURAL HEALTH FOOD STORE
Stratford's health food store since 1979

SALE! SUNDAY AUGUST 19TH- WEDNESDAY SEPTEMBER 5TH

CannaCell®



HEMP
STEM
CELLS



Flow Flavoured Spring Water

- naturally occurring electrolytes & minerals
- cucumber & mint
- lemon & ginger

save 30c



\$1.69 500ml

Bentilia Pastas

- non gmo lentil pasta
- certified gluten free
- 25% protein
- 45% dietary fiber

save \$1.60



\$8.89

Benlian Rice Snacks

- made with olive oil
- gluten free

save 30c



\$1.49 100g

Inca's Gold Quinoa Flakes

- organic quinoa
- low in calories
- excellent source of plant based protein

save 80c



\$4.69 570g

Simply Natural Pasta Sauces

- organic tomatoes
- slow cooked
- Flavours: Marinara, Tomato Basil, Roasted Garlic & Roasted Peppers

save \$1.70



\$6.29

Bulk Organic Coconut Flour

- high in fiber & protein
- helps maintain blood sugar level
- helps digestive health
- paleo & keto

20% off



\$6.57 kg

ALL Bulk Peanut Butter

- both organic & conventional natural peanut butter

10% off



\$8.98 - \$13.99

Bulk Coconut Shredded & Flaked

- organic & unsweetened
- perfect for sprinkling on top of pancakes, salads, or oatmeal

15% off



\$10.79 - \$11.04

Nuun Hydration Tabs

- healthy hydration electrolyte tabs
- Variety of different flavours available!

save \$1



\$8.99



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gentlerain
HEALTH FOOD STORE

Information Evenings

Come along to an information evening at the Gentle Rain, to hear from our staff about various health topics.

This month, on **Tuesday August 21st @ 7:30pm**

Barb & Nancy are teaming up to talk about the Ketogenic lifestyle. We are requesting you preregister for this evening (sign up at cash or info@thegentlerain.ca).

Find more information about this evening on our Facebook page or our website (thegentlerain.ca).

Other NEWS

We are in the process of designing a **NEW** website! As part of our website, we will have a calendar of events, so that you can easily see when our **NEXT** information evening will be held and the topic of choice.

If there is something you would **LOVE** to learn more about, send us a request via email and that may very well **BE** the next informational evening!

Health First Kids Chew Multi's

save up to \$3

- helps normal growth development
- helps to maintain eyesight & healthy skin

\$10.99 60's

\$18.99 120's



Andalou Cannacell

NEW

- made with hemp stem cells for a glowing complexion.

Enter to win an amazing gift basket of this **NEW** line in the supplement room. We have 7 gift baskets! One is the men's line & the other is the women's line!

15% OFF



Did You know...

Fun fact

that the original Levi Strauss jeans were made from Hemp?

* all schoolbooks were made from hemp or flax paper until the 1880's.

* it was legal to pay taxes with hemp in America from 1631 until early 1800's.

* Henry Ford's First Model-T was built to run on hemp gasoline & the car itself was constructed from hemp!

DOWNTOWN STRATFORD - 30 REBECCA STREET
MON-FRI 9AM-7PM, SAT 9AM-6PM, SUN 10AM-5PM
519-271-0388 - www.thegentlerain.ca

*Sale items and/or while supplies last. Some restrictions may apply.

