

A PROUD MEMBER OF



PROUDLY CANADIAN SINCE 1999.



healthfirst.ca



gentlerain

CELEBRATING 40 YEARS SERVING STRATFORD

HEALTH FOOD STORE

30 Rebecca Street, Stratford, ON N5A 3P1 • 519-271-0388

www.thegentlerain.ca



HEALTH FIRST® BERRY C SUPREME® 180 vegetable capsules

Contains calcium ascorbate, a highly bioavailable and buffered form of vitamin C, along with BioPerine®, antioxidants, red bioflavonoids and quercetin for the maintenance of good health.



ON SALE!
33⁹⁹



PREFERRED NUTRITION® COLLAGEN 500 g

Made from grass-fed, pasture-raised bovine collagen. Provides 10 g of collagen peptides and 9 g of protein per scoop.



ON SALE!
43⁹⁹



SALUS FLORAVIT® OR FLORADIX® 500 ml

Clinically proven to quickly raise iron levels and restore your energy. Easily absorbed, non-constipating formula.

ON SALE!
43⁹⁹



NATURAL FACTORS® MAGNESIUM BISGLYCINATE 200 MG 250 vegetarian capsules

Helps maintain proper muscle function, including the heart muscle, and helps maintain the body's ability to metabolize nutrients.



ON SALE!
32⁹⁹



NUTRASEA® OMEGA-3 Lemon Flavour - 500 ml

Great-tasting, ultra-pure omega-3 for the maintenance of good health, cardiovascular health and cognitive and brain function.



ON SALE!
53⁹⁹



NOW® L-ARGININE 500 MG 100 veg capsules

Supports protein and creatine synthesis, nitric oxide production, and the detoxification of ammonia in the body.



ON SALE!
20% off

WS

WomenSense® is a proud supporter of the Canadian Women's Foundation

AdrenaSense® 43⁹⁹
Stressed | No energy | Lack of sleep

EstroSense® 47⁹⁹
Painful periods | Hormonal acne | PMS

MenoSense® 38⁹⁹
Hot flashes | Night sweats | Irritability

ThyroSense® 43⁹⁹
Thyroid health | Nutrient metabolism
Antioxidants

\$5 from the sale of each bonus bottle will be donated to the Canadian Women's Foundation.

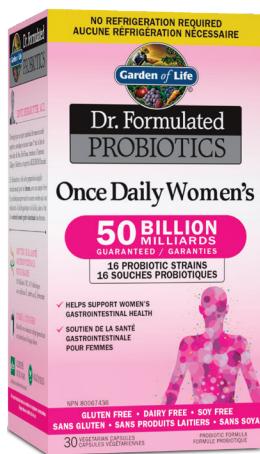


• SALE DATES: MARCH 5 - 21, 2026 • HEALTHFIRST.CA •

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VIEW OUR FLYER ON

A-1



GARDEN OF LIFE® DR. FORMULATED PROBIOTICS ONCE DAILY WOMEN'S
30 vegetarian capsules

Helps support women's gastrointestinal health with 16 probiotic strains and 50 billion CFU per capsule.



ON SALE!

39⁹⁹



GENUINE HEALTH FAST JOINT CARE WITH NEM® & TURMERIC
60 + 60 capsules

Reduces pain and stiffness caused by inflammation and osteoarthritis with NEM® and fermented turmeric.



ON SALE!

61⁹⁹



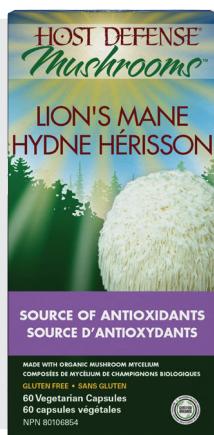
NATURAL FACTORS® VITAMIN K2 100 MCG
360 vegetarian capsules

Helps increase calcium absorption to strengthen bone density and inhibits the calcification of arteries and other soft tissues.



ON SALE!

31⁹⁹



HOST DEFENSE® MUSHROOMS
Select varieties and sizes

Certified organic medicinal mushrooms formulated and grown by world-renowned mycologist Paul Stamets.



ON SALE!

10% off



HARMONIC ARTS
60 capsules each

Radiance supports healthy aging and vitality. Resilience supports recovery from mental and physical stress.



ON SALE!

15% off



ST. FRANCIS HERB FARM HEPATODR®
100+50 ml

Full-spectrum liver detox support to help cleanse the body, and helps regenerate and cleanse the liver.



ON SALE!

28⁹⁹



FLORA DIGESTIVE ENZYMES
Assorted varieties and sizes

Help maintain the overall health of your digestive system.



ON SALE!

15% off



HOMEOCAN REAL RELIEF™ MAGNESIUM+ RESTLESS LEGS
45 chewable tablets

Helps overcome symptoms of magnesium deficiency including fatigue, nervousness, agitation, twitching and cramps.



ON SALE!

14⁴⁹



A. VOGEL CALIFORNIA POPPY
30 tablets

Relieves restlessness and/or nervousness and is used as a sleep aid during times of mental stress.



ON SALE!

25⁹⁹



PROGRESSIVE® GRASS-FED WHEY PROTEIN
Assorted flavours - 375 - 850 g

Features a gently processed, low-temperature filtered whey protein concentrate imported from New Zealand. Contains zero artificial flavours, colours, or sweeteners.



ON SALE!

25% off



PROGRESSIVE® PHYTOBERRY® OR VEGEGREENS®
Assorted varieties and sizes

A single serving has the equivalent nutrient content of 6 to 8 servings of fresh fruit or vegetables.

ON SALE!

25% off



PRAIRIE NATURALS® ORGANIC SUPERFOODS
Assorted varieties and sizes

Antioxidant-rich, nutrient-dense foods that will help boost your overall health and wellness.



ON SALE!

20% off



HERBATINT® PERMANENT HAIR COLOUR GEL
Assorted colours

Formulated using safe ingredients balanced with extracts from natural herbs. No ammonia, no damage, just healthy shine.

ON SALE!

15% off



PRAIRIE NATURALS® SHAMPOOS OR CONDITIONERS
Select varieties - 350 - 500 ml

Made from herbal extracts and natural plant emollients, leaving your hair shiny and manageable.



ON SALE!

14⁹⁹



SKIN ESSENCE ORGANICS
Assorted varieties and sizes

A premium, certified organic skin care line that sources the highest quality ingredients from around the world to nourish and heal the skin.



ON SALE!

10% off



KOOPE MOISTURIZER
Assorted varieties - 50 ml

Absorbs quickly, helps balance hydration, soothes, strengthens the skin's barrier, and restores the skin.



ON SALE!

33⁹⁹

BEAUTY BOUTIQUE



REDMOND REAL SALT® 737 g

Unrefined and contains important minerals not found in table salt. In an earth-friendly refill pouch, the screw top lid makes refilling shakers a breeze while saving money and the environment!



ON SALE!

15⁴⁹



ENJOY LIFE™ BAKING CHIPS

Assorted varieties - 225 - 255 g

Delicious dairy-free baking chips that can be incorporated into any recipe or enjoyed straight from the bag!



ON SALE!

10% off



BLUE DIAMOND® ALMOND BREEZE® Assorted varieties - 946 ml

A non-dairy solution that is delicious in everything, from cereals and smoothies to cooking and baking. Creamy and smooth with just a hint of almond taste and half the calories of milk.



ON SALE!

2⁷⁹



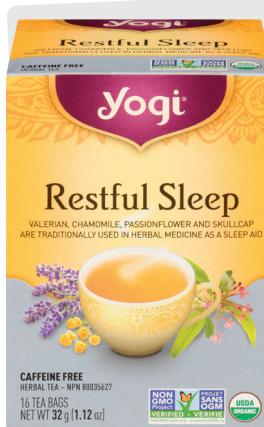
JUSTJUICE ORGANIC CRANBERRY JUICE 946 ml

Freshly squeezed juice containing 2-3 lbs of organic cranberries in every bottle. No water or sugar added - just 100% juice!



ON SALE

14⁹⁹



YOGI® ORGANIC TEAS Assorted varieties - 16 bags

Formulated with delicious taste and healthful benefits in mind. Made with organic ingredients.



ON SALE!

5⁹⁹



LILY'S® CHOCOLATE BARS Assorted varieties - 80 - 85 g

Made from premium, fair trade chocolate without any added sugar! Unbelievably delicious chocolate for snacking and baking. The good kind of "sweet."



ON SALE!

6⁴⁹



UNCLE LEE'S TEA® BODY BALANCE DIETER TEAS Assorted varieties - 30 tea bags

Based on a centuries-old recipe blending premium herbs and spices to assist you on your health journey.



ON SALE!

8⁷⁹



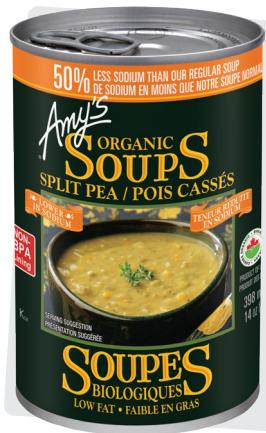
ELMHURST® Select varieties - 946 ml

Made without using gums or fillers. Just a few simple ingredients so that you experience the flavour and nutrition in each creamy glass.



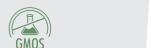
ON SALE!

8⁹⁹



AMY'S® SOUPS Assorted varieties - 398 ml

Delicious soups made from the finest ingredients. Tastes just like homemade!



ON SALE!

5⁴⁹



NATURE CLEAN® NATURAL LAUNDRY LIQUID Assorted varieties - 3L

Gets your clothes clean using only naturally derived, powerful ingredients.



ON SALE!

14⁹⁹



NEW! NUTS TO YOU plus

The nut butters you love, and then some.

ON SALE

15% off

HEALTH FIRST®

WHICH OMEGA IS RIGHT FOR YOU?

Health First® Omega First and Omega One Daily Supreme are made to the highest standards, so you can feel confident in your choice. Omega-3s are an essential daily nutrient that support heart, brain, and overall health.

WHY HEALTH FIRST® OMEGA-3s

- ✓ **IFOS™ CERTIFIED**
Independently tested for quality, purity, and safety.
- ✓ **WILD-CAUGHT, SINGLE-SOURCE FISH**
Responsibly harvested Peruvian anchovy for consistent quality.
- ✓ **BALANCED EPA AND DHA**
Formulated in ratios to suit different needs.
- ✓ **TRIGLYCERIDE-BASED OMEGA-3**
A natural form that supports improved absorption.

10% off
Assorted gelpcaps

YOUR COMMUNITY CHOICE FOR NATURAL HEALTH AND WELLNESS. • HEALTHFIRST.CA

Delightfully crispy coconut rolls.
 Vegan and gluten free.






 ON SALE!
549

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Cha's
 ORGANICS

Energy support for every stage of *life*

Support energy and vitality with the Regenerlife™ healthy-aging line.

Mitochondrial Energy supports cellular powerhouses with CoQ10, acetyl-L-carnitine, and ElevATP™ to optimize energy production and reduce fatigue. **Creatine** builds strength and recovery with micronized creatine monohydrate, fuelling high-intensity activity and muscle health. **NMNSurge** replenishes NAD+ levels with nicotinamide mononucleotide (NMN) for cellular repair and sustained energy.



THE GOLDEN ROOT FOR INFLAMMATION

32.49

- OPTIMAL BIOAVAILABILITY
- CONTAINS PIPERINE TO IMPROVE ABSORPTION
- 95% CURCUMINOIDS
- CARBON 14-TESTED

Curcumin PLUS PIPERINE
95% Curcuminoids
500 mg
Anti-Inflammatory
New Roots

ANCIENT WISDOM, MODERN QUALITY

- SOURCED FROM GRASS-FED NEW ZEALAND CATTLE
- FREE OF ANTIBIOTICS, HORMONES, PESTICIDES, AND BSE
- 100% PURE, FREEZE-DRIED

13.99

40 YEARS
New Roots
MAKING LIFE BETTER

Grass-Fed Beef Liver
Pure Glutathione - 4000 mg
Herb- and Pesticide-Free
Supports Immunity
New Roots

Made in Canada
NON-GMO
TESTED IN AN ISO 17025 ACCREDITED LABORATORY
GMP
ND Approved

goodprotein®

Shakes That Go Beyond Protein

Good Protein's All-in-One Shake offers complete nutrition—without compromising on taste.

440 g each
33.99

- VEGAN
- GMOS
- GLUTEN

- 21g PROTEIN
- 7g FIBRE
- 25+ ESSENTIAL NUTRIENTS
- PROBIOTICS & DIGESTIVE ENZYMES
- NO ADDED SUGAR

CanPrev
Pro-Biotik 15B
Multi Strain Probiotic

Adults: 5 Therapeutic Species
Minimum 15 Billion CFU
Shelf Stable

PRO ESSENTIALS™

NPN 80020819 60 VEGETABLE CAPSULES VÉGÉTALES
PREMIUM NATURAL HEALTH PRODUCTS

CANPREV™ PRO-BIOTIK™ 15B
60 vegetable capsules

Shelf stable with a minimum 15 billion CFU from 5 critical, balanced, therapeutic species, and contains bacteria naturally found in the human GI tract.

ON SALE!
29.99

GMOS GLUTEN

Preferred NUTRITION
L-Theanine
250 mg
HELPS PROMOTE RELAXATION

isura
VERIFIED | TESTED CLEAN | NON-GMO
GLUTEN-FREE
150 VEGETARIAN CAPSULES
DOCTOR'S TRUSTED CHOICE

PREFERRED NUTRITION® L-THEANINE 250 MG
150 vegetarian capsules

Helps to temporarily promote relaxation.

ON SALE!
22.99

VEGAN GMOS GLUTEN

HEALTH FIRST®
MAGNESIUM CITRATE
180 capsules

150 mg of elemental magnesium in a bioavailable citrate form to help in the development and maintenance of bones and teeth.

Elemental Magnesium 150 mg
A factor in the maintenance of good health.

NPN 8009897
CAPSULES 180 CAPSULES

ON SALE!
28.99

GMOS GLUTEN

gentlerain

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HEALTH FOOD STORE

30 Rebecca Street, Stratford, ON N5A 3P1 • 519-271-0388

Mon - Fri
9:00am - 7:00pm

Sat
9:00am - 5:00pm

Sun
Closed

www.thegentlerain.ca

HEALTH FIRST®

* Not all products shown are available at all Health First Network stores