

A PROUD MEMBER OF

HEALTH  
FIRST

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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® ACTIVE B SUPREME**  
90 vegetable capsules

With highly bioavailable forms of B vitamins to support energy production in the body.



ON SALE!

35<sup>99</sup>



BONUS SIZE

**WOMENSENSE® THYROSENSE®**

210 vegetarian capsules (30 FREE)



ON SALE!

43<sup>99</sup>

Supports thyroid health and helps with weight management, fatigue and thinning hair.



**PREFERRED NUTRITION® MAGNESIUM BISGLYCINATE 200 MG**  
300 vegetarian capsules



ON SALE!

27<sup>49</sup>

A gentle magnesium formula that helps support bones, teeth, nutrient metabolism, and muscle function, including the heart.



**GOOD PROTEIN® ALL-IN-ONE SHAKE**  
440 g



ON SALE!

30<sup>99</sup>

Made with real plant-based ingredients and packed with a balanced intake of nutrients.



**BIOSIL™**  
120 vegetarian capsules

Nourish your skin, reduce fine lines and wrinkles, and thicken and strengthen your hair and nails.



ON SALE!

69<sup>99</sup>



**SALUS FRESH PLANT JUICES**  
Assorted varieties - 200 ml or 200 g

Provide a high bioavailability of nutrients, absorbed quickly, and are all natural, without any sweeteners.

Juices - 200 ml

15<sup>99</sup>

Red Beet - 200 g

30<sup>99</sup>

Redefining *beauty*  
from the inside out



- Includes 5 types of collagen, including NEM®
- Provides 10 g of non-GMO hydrolyzed collagen peptides per scoop

**isura**  
VERIFIED | TESTED  
CLEAN | NON-GMO

36<sup>99</sup>  
267 g powder



54<sup>99</sup>  
500 g powder

- A unique formula featuring VERISOL® BIOACTIVE COLLAGEN PEPTIDES®, hyaluronic acid, L-tryptophan, L-glutamine, vitamin C, and biotin to help in collagen synthesis
- Provides 10 g of protein per serving

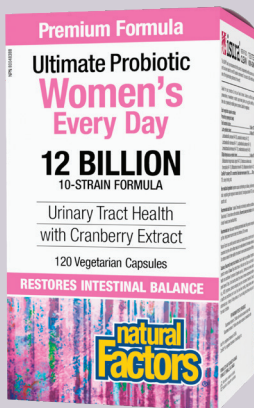
• SALE DATES: APRIL 30 - MAY 16, 2026 • HEALTHFIRST.CA •

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VIEW OUR FLYER ON *flipp*

A-1

# WOMEN'S WELLNESS



**NATURAL FACTORS®**  
**ULTIMATE PROBIOTIC WOMEN'S EVERY DAY**  
120 vegetarian capsules

Combines 12 billion live probiotic cultures from 10 strains with CranRich to help prevent recurrent urinary tract infections.



ON SALE!  
**46<sup>99</sup>**



**CANPREV™**  
**ADRENAL CHILL**  
90 vegetable capsules

Combines ashwagandha and L-Theanine to help increase resistance to stress and anxiety and improve overall quality of life.



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



**ST. FRANCIS HERB FARM**  
**MENOPAUSE SUPPORT**  
90 capsules

Helps relieve uncomfortable symptoms associated with menopause.



ON SALE!  
**34<sup>99</sup>**



**NIYAMA®**  
**STRONG LIKE A WOMAN™**  
Assorted flavours - 355 - 389 g

Combines creatine, vitamin D3, and electrolytes to fuel strength, energy, and cognitive health.



ON SALE!  
**38<sup>49</sup>**



**FLORA LIQUID TONICS**  
Assorted varieties and sizes

Offer an easy and effective way to support vitality with high-quality, plant-based ingredients.



ON SALE!  
**15% off**



**CANPREV™**  
**PRENATAL MULTI**  
120 vegetable capsules

Provides 24 vitamins and minerals in therapeutic doses to support the nutritional needs of pregnancy and prenatal development.



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



**SMART SOLUTIONS™**  
**PRODUCTS**  
Assorted varieties and sizes

Provide effective solutions to women's common health concerns including hormone imbalance, nutrient deficiencies, weight management, sleep issues, stress, and more.



ON SALE!  
**15% off**



**NIYAMA®**  
**YOU'VE GUT THIS**  
207 g

Contains prebiotic fibre, resistant starch, and probiotics to support improved digestion and regularity, less bloating, and a balanced microbiome.



ON SALE!  
**35<sup>99</sup>**



**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!  
**61<sup>99</sup>**

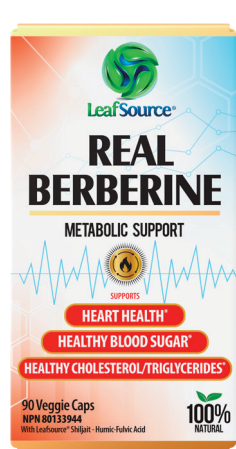


**ITL HEALTH**  
**MAG3N8**  
120 capsules

Highly absorbable magnesium L-threonate with no fillers or extras.



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



**LEAFSOURCE®**  
**REAL BERBERINE**  
90 veggie caps

Helps balance blood sugar, improves insulin sensitivity, and provides metabolic support.



ON SALE!  
**35<sup>99</sup>**



**PRAIRIE NATURALS®**  
**QUERCETIN**  
500 MG  
120 v-capsules

Supports healthy immunity by preventing cell damage by free radicals and inhibits certain chemical pathways from generating inflammation.



ON SALE!  
**48<sup>99</sup>**



**GENUINE HEALTH GREENS+**  
Assorted varieties - 199 - 228 g

Highly alkaline-forming and rich in antioxidants, nourishes and protects your body, increases energy, promotes healthier bones - and so much more!



ON SALE!  
**34<sup>99</sup>**



**MEGAFOOD®**  
**MULTIVITAMINS**  
Assorted varieties and sizes

Premium supplements that support your body, and a more sustainable future. Crafted with real food from trusted farm partners committed to organic and regenerative agriculture.



ON SALE!  
**15% off**



**HEALTHOLOGY**  
**LIV-GREAT LIVER FORMULA**  
60 vegetable capsules

Provides the liver with daily support by boosting its detox capacity and helps protect it from damage.



ON SALE!  
**39<sup>99</sup>**



**NATURAL CALM®**  
**GUMMIES**  
100 gummies

The solution to both restoring a healthy magnesium level and balancing your calcium intake, providing natural stress relief.



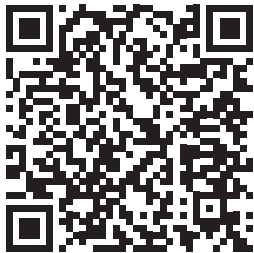
ON SALE!  
**40<sup>99</sup>**

HEALTH  
FIRST

# FUEL YOUR BODY WITH B VITAMINS

Busy schedules, stress, and dietary gaps can leave your body running low on essential B vitamins. This collection features active forms of key B vitamins to help support energy production and a healthy nervous system.

Scan the QR code for a quick guide to B vitamins and how each formula can help support energy and resilience to stress. For personalized guidance, speak with the knowledgeable team at your local Health First store.



## ACTIVE B COLLECTION



ON SALE!  
**35<sup>99</sup>**

### ACTIVE B SUPREME 90 vegetable capsules

Support energy production in the body with active and highly bioavailable forms of all 8 key B vitamins plus inositol and choline.



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

### P-5-P SUPREME 60 vegetable capsules

Contains 50 mg of pyridoxal 5'-phosphate, the active form of vitamin B6, to help support energy metabolism, tissue formation, and the production of red blood cells.



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

### BENFOTIAMINE SUPREME 60 vegetable capsules

Provides 100 mg of benfotiamine, the active form of vitamin B1, to help prevent deficiency, support normal growth and assist in energy production.



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

### ACTIVE FOLATE SUPREME 100 vegetable capsules

Provides 1 mg of 5-MTHF, the active form of vitamin B9. Helps reduce the risk of neural tube defects when taken daily before and during early pregnancy.



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

### B12 SUPREME 120 natural cherry lozenges

When diet alone doesn't meet your needs, supplementing with B12 Supreme can help prevent deficiency. Formulated with 1,200 mcg of methylated B12, plus P-5-P B6 and L-5-MTHF folate.



ON SALE!  
**16<sup>79</sup>**

### IRON SUPREME 60 vegetable capsules

Features Ferrochel® iron and additional minerals, along with active forms of B vitamins and vitamin C to enhance absorption and help prevent iron deficiency.

VISIT YOUR LOCAL HEALTH FIRST STORE FOR TRUSTED PRODUCTS & VALUABLE WELLNESS RESOURCES.

healthfirst.ca   



# BRIDGING THE NUTRIENT GAP

Even with a balanced diet, it can be difficult to get all the nutrients your body needs every day. A well-formulated multivitamin helps support energy, immunity, bone health, and healthy aging with key nutrients your body can absorb and use.

## WHAT SETS OUR MULTIVITAMINS APART

- ✓ Made in Canada with high-quality, non-GMO ingredients
- ✓ Easy-to-absorb nutrients that are gentle on digestion
- ✓ Clean formulas free from artificial colours, flavours, and preservatives
- ✓ Tailored options for men, women, and ages 50 plus



**MULTI ONE DAILY SUPREME WITH IRON OR MULTI SUPREME IRON FREE**  
180 tablets or 180 vegetable capsules

Multi One Daily Supreme and Multi Supreme are all-in-one multis packed with phytonutrients, Aquamin™ calcium and magnesium, and buffered vitamin C for optimum bioavailability. They help build strong bones and teeth and support eye, skin and immune health.



**MEN'S OR WOMEN'S 50 PLUS MULTI SUPREME**  
60 vegetable capsules each

Formulated to meet the nutritional needs of men and women over 50, featuring highly bioavailable vitamins and minerals, plus ElderCraft® elderberry for immune and joint health and Kaneka Ubiquinol® for heart health.



**PROTECT YOUR VISION AS YOU AGE**



**VISION SUPREME**  
100 capsules

As we age, vision changes are common. Formulated to meet the renowned AREDS2 eye study, Vision Supreme helps slow progression of macular degeneration and reduces the risk of cataracts.

# SUPPORT MEMORY, FOCUS AND MENTAL CLARITY

Just like the rest of your body, your brain needs key nutrients to maintain memory, processing speed, and overall cognitive health. Omega-3s, magnesium, and targeted ingredients help support focus, mental clarity, and long-term brain health.



**ON SALE!**  
**70<sup>99</sup>**

## **OMEGA ONE DAILY SUPREME** *120 gelcaps*

Contains 700mg of EPA and 280mg of DHA per serving. Assists in supporting normal cardiovascular health, cognitive health and brain function.



**ON SALE!**  
**39<sup>99</sup>**

## **OMEGA FIRST** *120 gelcaps*

Each serving provides 480 mg of EPA and 240 mg of DHA in a 2:1 ratio to support mood balance and cardiovascular and cognitive health.



**ON SALE!**  
**39<sup>99</sup>**

## **LION'S MANE** *60 vegetable capsules*

Our high potency Lion's Mane extract has been shown to help support cognitive health and immune function. Our mushrooms are certified organic, and 3rd-party tested for consistency and efficacy.



**ON SALE!**  
**44<sup>99</sup>**

## **MAGTEIN® MAGNESIUM L-THREONATE SUPREME** *90 vegetable capsules*

Features Magtein®, a patented, clinically studied form of magnesium L-threonate shown to cross the blood brain barrier. Magnesium helps to support energy metabolism, tissue formation, and normal muscle function.

# SUPPORT A HEALTHY, BALANCED GUT

Bloating, gas, and heaviness after meals are common signs your digestion may need support. These targeted formulas help break down food and restore balance for everyday comfort.

## TRY OUR ALOE VERA HYDRATOR RECIPE

Scan for a refreshing drink to support digestion.



### PROBIO SUPREME 60 or 30 delayed release capsules

A high-potency probiotic that supports intestinal health and promotes a favourable gut flora. Clinically shown to help manage acute infectious diarrhea and reduce the risk of antibiotic associated diarrhea.



### PRIMEZYME 60 vegetable capsules

PrimeZyme is a full-spectrum digestive enzyme formula made from plant and bacterial sources, combined with betaine HCl to help break down proteins, carbohydrates, and fats.



### ALOE VERA JUICE Pomegranate or unflavoured - 500 ml

Contains certified organic aloe, a source of antioxidants to help soothe inflammation of the intestinal tract. Delicious on its own or mixed into water, juice, or smoothies!



### CHLOROPHYLL Mint or unflavoured - 500 ml

Preservative free and sourced from non-GMO alfalfa, chlorophyll acts as an internal deodorizer to reduce body odour.



## GROCERY CORNER



### ALPHA® ORGANIC MCT OIL 1000 ml

Ready-made fuel for the body and the brain. 100% pure, composed of 60% caprylic acid and 40% capric acid.



ON SALE!

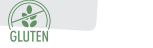
30<sup>99</sup>



### LILY'S® CHOCOLATE BARS

Assorted varieties - 80 - 85 g

All the flavour you crave, with thoughtful ingredients and no added sugar.



ON SALE!

6<sup>49</sup>



### MARY'S ORGANIC CRACKERS™

Assorted varieties - 156 g

Providing a rich, earthy flavour with a satisfying crunch. Delicious on their own or with your favourite toppings.



ON SALE!

8<sup>29</sup>



### CHA'S ORGANICS COCONUT MILK

Select varieties - 400 ml

Fair trade certified with 1% of profits going towards protecting Sri Lanka's wild elephants.



ON SALE!

4<sup>29</sup>



### NUTS TO YOU® ALMOND BUTTER

Crunchy or Smooth - 365 g

Made without added salt, sugar or hydrogenated oils. Makes a great spread or delicious addition to sauces, dressings or smoothies.



ON SALE!

10<sup>49</sup>



### NATURE CLEAN® DISH SOAP

Assorted varieties - 740 ml

Beats out grease and grime without the use of harsh or irritating chemicals.



ON SALE!

4<sup>99</sup>



### SAN-J COOKING SAUCES

Select varieties - 296 ml

Perfectly balanced with rich flavours. These sauces are very versatile, from a marinade to a stir-fry, you can create delicious meals in a snap!



ON SALE!

6<sup>29</sup>



### RISE KOMBUCHA

Assorted varieties - 414 ml

A naturally sparkling beverage with beneficial cultures and acids. Available in low and zero sugar flavours!



ON SALE!

3<sup>99</sup>



### ORGANIC TRADITIONS® LATTES WITH PROBIOTICS

Assorted varieties - 150 g

Made with a base of coconut milk powder for a delicious, creamy texture and lightly sweetened with coconut sugar. 1 billion heat and shelf stable probiotics per serving.



ON SALE!

19<sup>99</sup>



### KETTLE® BRAND POTATO CHIPS

Assorted varieties - 198 g

Cooked to perfection in the finest oils, and then gently seasoned with all-natural ingredients.



ON SALE!

3<sup>99</sup>



### 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%<sup>off</sup>



### NOW® SWEETENERS

Assorted varieties and sizes

An ideal replacement for refined cane sugar in all of your favourite recipes.



ON SALE!

25%<sup>off</sup>

## BEAUTY BOUTIQUE



### ATTITUDE® NATURAL PRODUCTS

Assorted varieties and sizes

High performance and clean ingredients to pamper your skin the right way.



ON SALE!

15%<sup>off</sup>



### GREEN BEAVER® 100% NATURAL MINERAL SUNSCREEN

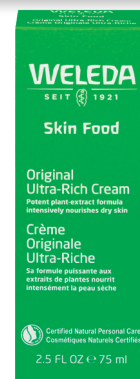
Assorted varieties - 60 - 90 ml

Naturally reliable sunscreens that contain healthy, organic ingredients, are chemical-free and leave no sticky residue.



ON SALE!

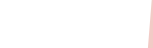
22<sup>99</sup>



### WELEDA SKIN CARE PRODUCTS

Assorted varieties and sizes

An intensely nourishing, deeply hydrating collection of body products.



ON SALE!

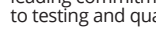
10%<sup>off</sup>



### NOW® ESSENTIAL OILS

Assorted varieties and sizes

Crafted with ingredients that are non-GMO, processed using gentle methods, and have industry-leading commitment to testing and quality.



ON SALE!

25%<sup>off</sup>



**NATURAL FACTORS® LIPOSOMAL VITAMIN C**  
180 liquid softgels

Supports immune function, helps in wound healing and collagen formation, and provides antioxidants that help protect against free radicals.



**ON SALE!**  
**36<sup>99</sup>**

**46<sup>49</sup> TARGET OVERGROWTH, RESTORE BALANCE**

**ADVANCED PARASITE DEFENSE**

**38<sup>99</sup>**

- TARGETS UP TO 57 PARASITE SPECIES, INCLUDING RINGWORM
- EVIDENCE-BASED FORMULA FEATURING 11 ANTIPARASITIC BOTANICALS

**New Roots Purge Parasitis Antiparasitic**

Made in Canada

NON GMO, ISO 17025 ACCREDITED LABORATORY, cGMP CERTIFIED, ND Approved, SINCE 1985

**prairienaturals®**

**Add More SuperFoods | to Your Everyday**

**20% OFF**

Fermented & Organic Superfoods

LIVE THE HEALTHY LIFE®

prairienaturals.ca

f i n

**goodprotein®**

High Protein Plant-Based Shake

32g PROTEIN, 5g BCAAs, 4g NET CARBS, 0g SUGAR

940 g or 470 g

Contains 32 g of plant-based protein with 5 g BCAAs and 0 g of sugar.

VEGAN, GMOs, GLUTEN

**52<sup>99</sup>** (940 g), **31<sup>99</sup>** (470 g)

**HEALTH FIRST® SLEEP SUPREME 60 vegetable capsules**

PharmaGABA® with inositol, magnesium and key adaptogens to promote relaxation and sleep.

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

**gentlerain**

CELEBRATING 40 YEARS SERVING STRATFORD

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

**HEALTH FIRST®**

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