

A PROUD MEMBER OF

HEALTH
FIRST®

PROUDLY
CANADIAN
SINCE
1999.



healthfirst.ca



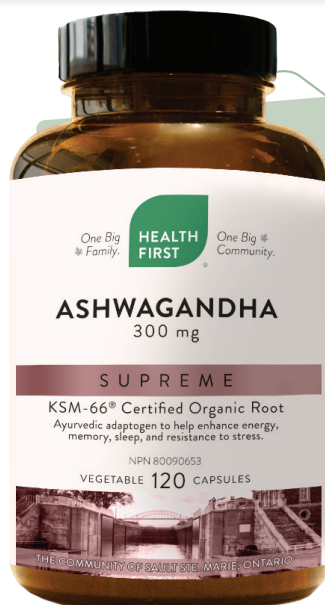
gentlerain

CELEBRATING 40 YEARS SERVING STRATFORD

HEALTH FOOD STORE

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

www.thegentlerain.ca



HEALTH FIRST® ASHWAGANDHA SUPREME 120 vegetable capsules

Uses KSM-66®, a clinically-studied, certified-organic ashwagandha root extract that helps increase energy, support a healthy stress response and improve sleep quality.



ON SALE!

29⁹⁹



PRAIRIE NATURALS® ENZYME- FORCE 120 or 60 V-Capsules

A full spectrum digestive enzyme blend of fermented and plant-derived enzymes. Promotes better digestion of proteins, fats, carbs and fibre.



120 V-Caps

49⁹⁹

60 V-Caps

26⁹⁹



NATURAL FACTORS® WELLBETX® BERBERINE 120 vegetarian capsules

A natural option for supporting blood sugar balance. Evidence shows berberine plays a role in blood sugar metabolism and supports cardiovascular health by maintaining healthy blood lipid levels.



ON SALE!

39⁹⁹



HEALTH FIRST® MEMORY SUPREME 60 vegetable capsules

Features Synapsa® bacopa, SunPS®, citicoline, lion's mane, and magnesium threonate to support all aspects of cognitive health, including mental acuity and immediate recall.



ON SALE!

44⁹⁹



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!

29⁹⁹



NATURAL FACTORS® PS PHOSPHATIDYLSERINE 100 MG 60 softgels

Boosts the efficiency of cell membranes, especially in the nerve cells of the brain, leading to improved concentration, learning, vocabulary, and memory.



ON SALE!

38⁹⁹

• SALE DATES: JULY 31 – AUGUST 16, 2025 • HEALTHFIRST.CA •

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VIEW OUR FLYER ON *flipp*

A-1



FLORA ORGANIC UDO'S OIL™ OMEGA 3+6+9 BLEND

A plant-based source of omega-3, -6 and -9 fatty acids from fresh-pressed, unrefined seed oils, including organically grown flax, sesame, sunflower and evening primrose.



500 ml

31⁴⁹

250 ml

17⁴⁹



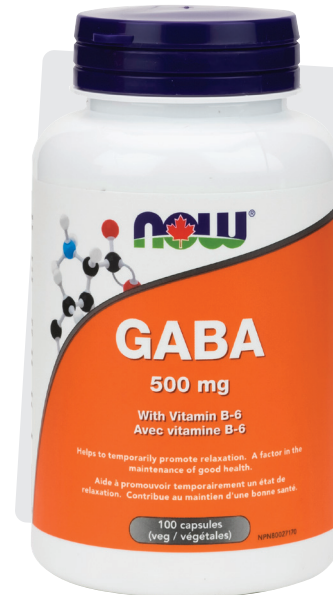
PREFERRED NUTRITION® COLLAGEN GUMMIES

110 gummies
These elderberry-flavoured gummies help reduce eye wrinkles within four weeks by helping promote healthy collagen and elastin production.



ON SALE!

32⁹⁹



NOW® GABA 500 MG WITH VITAMIN B-6

100 veg capsules
Works synergistically to help temporarily promote relaxation and support natural mood.



ON SALE!

16⁹⁹



YOUNITED ALL-IN ONE PLANT PROTEIN + SUPERFOODS

Assorted flavours - 775 - 825 g
With 21 g of organic plant protein and 53 organically grown veggies, fruits, mushrooms and herbs, this great-tasting powder is a nutrition powerhouse.



ON SALE!

64⁹⁹



SUKU™ VITAMINS

Assorted varieties - 60 gummies
Delicious, plant-based gummy vitamins that are sugar-free, ensuring both clean ingredients and high potency.



ON SALE!

20%ff



LAFE'S™ NATURAL DEODORANTS

Assorted varieties and sizes
Effectively eliminate odour-causing bacteria and are clinically proven to offer 24-hour protection.



ON SALE!

20%ff



GENUINE HEALTH GREENS+

Assorted varieties - 399 - 459 g
Highly alkaline-forming and rich in antioxidants, nourishes and protects your body, increases energy, promotes healthier bones – and so much more!



ON SALE!

66⁹⁹



BIO-STRATH® ORIGINAL

200 tablets or 500 ml
A unique blend of 61 nutrients in a fermented herbal yeast format to support stress, nutrient depletion and overall well-being.



ON SALE!

38⁹⁹

BEAUTY BOUTIQUE



THAYERS® FACIAL TONER

Assorted varieties - 355 ml
Cleanses and tones. Leaves you feeling refreshed while soothing skin and tightening pores.



ON SALE!

14⁹⁹

LOOK FOR THIS LOGO  IN OUR FLYER TO FIND PRODUCTS PROUDLY MADE IN CANADA!



NUTS TO YOU® ORGANIC ALMOND BUTTER

Smooth or Crunchy - 365 g

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



ON SALE!

13⁹⁹



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!

2/\$8



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



LUNDBERG FAMILY FARMS® THIN BROWN RICE CAKES

Assorted varieties - 168 g

Light, crunchy, flavourful, and thin. Great alone or with your favourite toppings!



ON SALE!

6⁴⁹



ORGANIC TRADITIONS® GRASS JUICE POWDERS

Assorted varieties - 150 g

Made using young, nutrient-dense grasses grown outdoors in ancient, mineral-rich soil beds. The grasses are juiced, rather than dried and ground, allowing for optimal absorption and assimilation of phytonutrients. A real difference that you can taste and feel!



ON SALE!

10%^{off}



HEALTH FIRST® L-THEANINE SUPREME

120 chewable tablets - Natural chocolate

Contains 100 mg of Suntheanine® L-theanine, which helps to promote a relaxed, yet alert, state.



ON SALE!

39⁹⁹



HEALTH FIRST® VITAMIN C

180 caplets

Is a timed-release formula, where 1000 mg of vitamin C is slowly released through the body over 6-8 hours, making its benefits available for a longer period.



ON SALE!

20⁹⁹



HEALTH FIRST® MAGNESIUM BISGLYCINATE 200 SUPREME

180 vegetable capsules

Magnesium glycinate complex for enhanced absorption to help maintain bones, tissues and muscle function.



ON SALE!

29⁹⁹



HEALTH FIRST® OREGA SUPREME

25 ml

Contains wild oregano plus thyme to help relieve coughs and bronchitis symptoms.



ON SALE!

22⁴⁹



HEALTH FIRST® WOMEN'S OR MEN'S 50 PLUS MULTI

60 vegetable capsules each

Featuring highly bioavailable vitamins and minerals plus phytonutrients to support immune, joint and heart health.



ON SALE!

37⁹⁹



HEALTH FIRST® RESPIR FIRST

500 ml
Delicious herbal formula that helps to relieve bronchitis, coughs, colds, and seasonal allergy symptoms.



ON SALE!

20⁹⁹



NATURAL FACTORS®
LUTEIN 40 MG
60 softgels

Supports eyesight in conditions associated with exposure to sunlight, such as cataracts and age-related macular degeneration.



ON SALE!
27⁹⁹

ACTIVE B-VITAMINS WITHOUT THE FLUSH



27⁹⁹

- DELIVERS A COMPLETE RANGE OF 8 B VITAMINS, INCLUDING KEY ACTIVE FORMS
- FLUSH-FREE FORMULA DESIGNED TO REDUCE THE RISK OF FACIAL REDNESS

40 YEARS
New Roots
MAKING LIFE BETTER

TESTED IN AN
ISO 17025
ACCREDITED
LABORATORY

YOUR BEST SECRET FOR PEAK LIVER PERFORMANCE



46⁹⁹

- SYNERGISTIC 8-INGREDIENT FORMULA INCLUDES POTENCY-VALIDATED MILK THISTLE
- HELPS YOUR LIVER BREAK DOWN AND EXCRETE WASTE MATERIAL AND TOXINS



PROUDLY CANADIAN-MADE AND CANADIAN FAMILY-OWNED



GARDEN OF LIFE® RAW ORGANIC PROTEIN

Assorted flavours - 568 - 660 g

Contains 22 g of protein per serving and is made from 13 raw-sprouted proteins. Contains no soy.



ON SALE!
49⁹⁹



PREFERRED NUTRITION®
PROBIOTIC 1 BILLION
50 gummies

Delicious, mixed-berry-flavoured vegan gummies to help support intestinal health. Suitable for kids aged three and older!



ON SALE!
19⁹⁹



IRON VEGAN™ SPROUTED PROTEIN™ BARS

Assorted flavours - 12 x 64 g or 2 x 64 g

Made with 5 plant-based proteins, sprouted for greater nutrition and impact on your performance. Fuel your body, accelerate recovery and build lean muscle!



ON SALE!
40⁹⁹
72⁹⁹



HEALTH FIRST®
PROBIO SUPREME
30 delayed release capsules

All strains grown in Quebec! Contains 55 billion CFU and 14 evidence-based strains selected for efficacy to help support gastrointestinal health.



ON SALE!
29⁹⁹

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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

HEALTH FIRST

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