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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® PROBIO SUPREME 60 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!

59⁹⁹



FLORA IMMEDIATE RELIEF ENZYMES 120 vegetarian capsules

Especially helpful for those with diets high in protein and fibre, this vegetarian formula can help provide relief from occasional heartburn, gas, bloating, and indigestion.



ON SALE!

34⁹⁹



NATURAL FACTORS® REGENERLIFE™ NMNSURGE 60 vegetarian capsules

Contains metabolically active nicotinamide mononucleotide, a unique anti-aging ingredient used to rejuvenate cellular health.



ON SALE!

47⁹⁹



HEALTH FIRST® MAGNESIUM BISGLYCINATE 200 SUPREME 180 vegetable capsules

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



ON SALE!

29⁹⁹



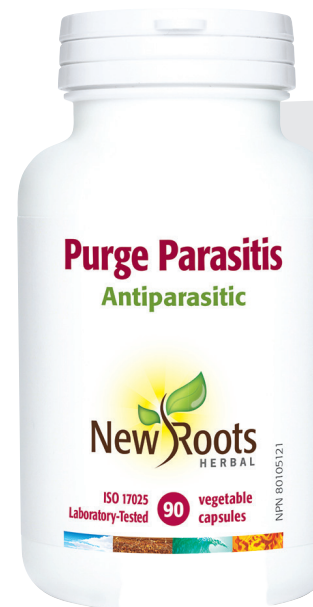
NEW ROOTS HERBAL CANDIDA STOP 90 vegetable capsules

Helps to alleviate mild cases of fungal infections, such as Candida overgrowth, and can help you return fungal levels to normal.



ON SALE!

44⁹⁹



NEW ROOTS HERBAL PURGE PARASITIS 90 vegetable capsules

Formulated with 12 potent parasite-killing ingredients, this natural product offers effective elimination of a broad range of intestinal parasites.



ON SALE!

37⁹⁹

• SALE DATES: JUNE 6 – 21, 2025 • HEALTHFIRST.CA •

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VIEW OUR FLYER ON

A-1



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



HEALTH FIRST® LION'S MANE

60 vegetable capsules

High potency to help support cognitive health and immune function.



ON SALE!

39⁹⁹



HEALTH FIRST® OMEGA FIRST FISH OIL

Lemon - 500 ml

Contains wild, sustainably caught, small fish species, quality verified by IFOS™.



ON SALE!

56⁹⁹



NOW® D-MANNOSE

120 vegetarian capsules

A simple sugar that occurs in plants that can adhere to undesirable foreign substances, preventing them from sticking to the bladder.



ON SALE!

26⁹⁹



ENER-C™

Assorted flavours - 30 sachets

A caffeine-free way to boost your immunity, energy and hydration. Available in sugar-free and regular!



ON SALE!

17⁹⁹



PRAIRIE NATURALS® HAIR-FORCE

180 + 20 softgels

Combines a blend of 22 natural nutrients recognized for their role in restoring, repairing and nourishing hair.



ON SALE!

59⁹⁹



ULTIMATE® MACA ENERGY

90 vegetarian capsules

Helps support emotional aspects of sexual health in men and women and provides a source of antioxidants.



ON SALE!

18⁹⁹



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!

13⁹⁹



NATURTINT® PERMANENT COLOURING GEL

Assorted colours

A plant-based permanent hair colour formulated with a botanical base that is eco-friendly, and ammonia- and paraben-free.



ON SALE!

15⁹⁹



KOOPE MOISTURIZER

Assorted varieties - 50 ml

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



ON SALE!

33⁹⁹



LILY OF THE DESERT® 99% ALOE VERA GELLY

Assorted sizes

Instantly cools and moisturizes the skin after prolonged sun exposure, hydrating at least 3 epidermal layers.



ON SALE!

30%^{ff}

prairienaturals®

Canada's #1 Men's Health Supplement Brand





Clean'em Before You Eat'em!

with Nature Clean 98% natural Fruit & Veggie Concentrate and Spray

• 3rd Party Certified • Vegan • Gluten-free • Biodegradable

5⁹⁹



MADE BY
REALLY NICE
CANADIANS!®
4⁹⁹



**EDEN®
ORGANIC
SAUERKRAUT**
796 ml

An authentic, organic, exceptional sauerkraut that is grown, fermented, and packed by a single family.



ON SALE!

10⁴⁹



**LET'S DO GLUTEN-FREE®
ICE CREAM CONES**
36 g

Just like the classic cones we all loved while growing up - only free of gluten and anything artificial!



ON SALE!

5⁹⁹



**NAKED &
SAUCY™
SAUCES**

Select varieties - 296 ml

Organic, ethically sourced ingredients and no compromise on flavour.



ON SALE!

7²⁹



BLUME SUPERBELLY
Assorted flavours - 15 packets

A delicious juicy refresher that gently hydrates while supporting your gut with probiotics, prebiotics and superfoods.



ON SALE!

25⁹⁹



**DANDIES® VEGAN
MARSHMALLOWS**
Assorted varieties - 283 g

Classic marshmallows that are made with no artificial flavours, colours, corn syrup or gelatin.



ON SALE!

5⁷⁹



**CHA'S
ORGANICS
COCONUT ROLLS**
Assorted varieties - 100 g

Made from wholesome ingredients, these delightful wafer rolls are the ultimate clean snack.



ON SALE!

5⁹⁹



**NAVITAS®
ORGANICS
SUPERFOOD POWDERS**
Assorted varieties and sizes

Perfect additions to smoothies and delicious used in raw baking.



ON SALE!

25%^{off}



**HARDBITE™
AVOCADO
OIL CHIPS**
Assorted varieties - 128 g

Chips cooked in small batches using avocado oil.



ON SALE!

2/\$8



**JUSTJUICE
ORGANIC
CRANBERRY JUICE**
1 L

No water or sugar added - just 100% juice!



ON SALE!

11⁴⁹



**BRAGG®
SAVOURY
LIQUID
SEASONING**
473 ml

Use to enhance flavour in savoury dishes, and can be used as a stand-in for soy sauce.



ON SALE!

7⁴⁹



**RAINCOAST
TRADING™
WILD PINK
SALMON**
Select varieties - 160 g

Comes in BPA free cans and is a product of Canada.



ON SALE!

4⁷⁹



**MANITOBA
HARVEST®
ORGANIC
HEMP
HEARTS**
340 g

A delicious way to get your protein, omegas and other essential vitamins and minerals.



ON SALE!

15⁴⁹



NATURAL FACTORS® PYCNOGENOL® 100 MG
30 vegetarian capsules

Helps fight free radical damage, improve circulation, and strengthens capillaries and blood vessel walls.



ON SALE!
45⁹⁹



NATURAL FACTORS® RESVERATROLRICH® SUPER STRENGTH RESVERATROL CONCENTRATE 500 MG
60 vegetarian capsules

Helps protect against free radical damage to promote healthy aging.



ON SALE!
39⁴⁹



ST. FRANCIS HERB FARM
250 ml or 30 ml

Castor Oil helps relieve pain and improves digestion. **Ear Oil** provides relief from pain associated with ear infections.



ON SALE!
14⁴⁹
ON SALE!
15⁹⁹



NATURE'S WAY
30 or 120 softgels

NutraVege™ Plant-Based Omega-3 Veggie Gels contain 500 mg of EPA+DHA per softgel. **NutraSea® Dry Eye** helps to relieve and improve symptoms of dry eye syndrome.

ON SALE!
22⁹⁹
ON SALE!
49⁹⁹



HEALTH FIRST® IRON SUPREME
60 vegetable capsules

Is an easily absorbed iron supplement that helps to form red blood cells, is well tolerated by the body and is non-constipating.



ON SALE!
16⁷⁹



GENUINE HEALTH ADVANCED GUT HEALTH PROBIOTIC WOMEN'S DAILY
30 vegan capsules

Each capsule contains 15 diverse and active probiotic strains that help support women's stress, gut, skin, vaginal and immune health.



ON SALE!
40⁹⁹



PROGRESSIVE® COMPLETE COLLAGEN™
Assorted flavours - 500 g

A source of essential amino acids and assists in the building of lean muscle mass. Each scoop contains 10 g of non-GMO collagen per serving.



ON SALE!
51⁹⁹



CANPREV™ ADRENAL CHILL MEN OR ADRENAL CHILL
90 vegetable capsules each

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



ON SALE!
29⁹⁹



HEALTH FIRST® B12 SUPREME
120 lozenges

Helps to prevent B12 deficiency and form red blood cells. Contains synergistic vitamins B6 and folic acid.



ON SALE!
17⁹⁹

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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

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