

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



Iron Free

42⁹⁹

Support your every day well-being with our highly absorbable multivitamin formulas featuring Aquamin™ calcium, buffered vitamin C and phytonutrients.

With Iron

47⁹⁹

25⁹⁹ HOT DEAL!
UNTIL JULY 6 ONLY



**NATURAL
FACTORS®
COENZYME
Q10 100 MG**
120 softgels

Helps maintain cardiovascular health and supports healthy heart function and cellular energy production.



ON SALE
FROM JULY 7!

27⁹⁹

**PREFERRED NUTRITION®
MAGNESIUM
L-THREONATE**
120 vegetarian capsules



ON SALE!

24⁹⁹

Helps maintain normal muscle function and the body's ability to metabolize nutrients.



**NEW ROOTS HERBAL
LECTRO-LYTES**
Assorted sizes

Scientifically balanced with key electrolytes and vitamins, and naturally flavoured with no artificial ingredients and zero sugar.



ON SALE!

31⁹⁹



**WOMENSENSE®
MENOSENSE®**
210 vegetarian capsules
(30 FREE)



ON SALE!

38⁹⁹

Helps relieve the symptoms of menopause including hot flashes, night sweats and other symptoms of menopause.

**NUTRASEA®
OMEGA-3
+ VITAMIN
D3 OR
OMEGA-3**
500 ml each

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



ON SALE!

53⁹⁹



**Perform.
Recover. Digest.
Thrive.**

ON SALE!
15% off



Citrulline 750mg

- Precursor to L-Arginine
- Healthy Protein Balance



**GABA
500mg + B-6**

- Helps to temporarily promote relaxation
- With Vitamin B-6



**Whole
Psyllium Husks**

- Source of soluble fibre
- Helps maintain regularity



Super Enzymes

- Features Ox Bile for fat digestion
- Fast acting delivery

nowfoods.ca



@nowfoodscanada

• SALE DATES: JULY 3 - 18, 2026 • HEALTHFIRST.CA •

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VIEW OUR FLYER ON **flipp**

13⁹⁹ HOT DEAL!
UNTIL JULY 6 ONLY



NATURAL FACTORS® B12 METHYLCOBALAMIN 5000 MCG
60 sublingual tablets

The biologically active form of vitamin B12, the form most readily absorbed into the body. Supports the nervous system and helps boost energy.



ON SALE
FROM JULY 7!
14⁹⁹



ST. FRANCIS HERB FARM SINGLE HERB CAPSULES
Assorted varieties - 60 capsules

Made by an evaporation process from an initial liquid form - receive the convenience of capsules with the therapeutic effectiveness of liquid tinctures.

ON SALE!
10% off



HEALTHOLOGY LUNG-FX FORMULA
90 vegetable capsules

Contains expectorants to help break down mucous, promotes detoxification to protect the lungs from damage caused by pollutants and toxins.



ON SALE!
34⁹⁹

goodprotein®

**Protein.
Fibre.
Probiotics.
Digestive Enzymes.
Vitamins.
Minerals.**
It's all in here.



And, it's Canadian.

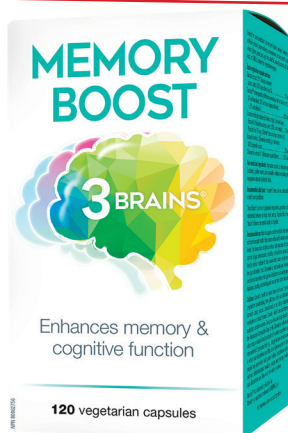


GOOD PROTEIN® ALL-IN-ONE SHAKE
440 g each

32⁹⁹

GOOD PROTEIN® HIGH PROTEIN PLANT-BASED SHAKE
940 g

54⁹⁹



3 BRAINS® MEMORY BOOST
120 vegetarian capsules

This comprehensive formula contains seven brain-boosting nutrients, extracts and antioxidants that enhance both memory and cognitive function.



ON SALE!
31⁹⁹



LEAFSOURCE® SHILAJIT
60 veggie caps or 60 ml
100% filtered water-extracted and sourced from a single, exclusive reserve. Contains 77 organically bound trace minerals, amino acids, vitamins, and 70% Fulvic Acid.



60 veggie caps
31⁹⁹
60 ml
56⁹⁹



SPROOS® LATTES
Assorted flavours - 200 - 204 g

A blend of wild-caught marine collagen and MCT powder. Just add to your favourite steamed milk or water!



ON SALE!
31⁹⁹

HEALTH & BEAUTY



- 100% Natural
- Lake friendly
- Easy to use

Suncare
22⁹⁹

ON SALE!
10% off



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!
20% off



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!
30⁹⁹

GROCERY CORNER



FLORA

Organic Flax Oil
From Seed to Bottle

- An excellent source of omega-3 fatty acids
- Unrefined, fresh-pressed, virgin flax oil
- We press the seeds and bottle the oil in-house

Certified Kosher + Non-GMO + Organic + Vegan

11⁹⁹ 29⁹⁹ 19⁹⁹



EDEN® ORGANIC BEANS

Assorted varieties - 398 ml

Grown on family farms, soaked overnight and canned in BPA-free cans with no added salt.



ON SALE!

2/\$8



BIO STEEL® SPORTS HYDRATION DRINKS

Assorted varieties - 500 ml

Designed to keep you hydrated throughout the day with great-tasting, instant hydration. With 5 essential electrolytes, and no artificial flavours and preservatives.

ON SALE!

2²⁹



PÜR® GUM

Select varieties and sizes

Sweetened with 100% xylitol and contains no artificial sweeteners or flavours.



ON SALE!

10% off



VITA COCO® COCONUT WATER

Select varieties - 1 L

Full of nutrients, electrolytes, and vitamins that give you a boost and is responsibly sourced from small farms.



ON SALE!

5⁴⁹



R.W. KNUDSEN® ORGANIC JUST PRUNE™

946 ml

Certified organic juice made without the need for harmful pesticides or fertilizers. 100% PURE premium juice. Nothing else.



ON SALE!

15⁴⁹



NATURE CLEAN® CLEANING STRIPS

Assorted varieties - 32 - 36 strips

These easy to use and easy to store strips are non-toxic, biodegradable, and are made with 100% recyclable packaging for a tidier home and a tidier planet!

ON SALE!

7⁹⁹



FRUITOR PATIENCE™ ORGANIC 100% PURE CRANBERRY JUICE

946 ml

Pure, unsweetened organic cranberry juice, made without added water or sugar.



ON SALE!

10⁹⁹



NUTS TO YOU® PEANUT BUTTER

Smooth or Crunchy - 750 g

A great source of protein for a healthy snack. This natural butter will leave you wanting more.



ON SALE!

7⁴⁹



RISE KOMBUCHA

Assorted varieties - 414 ml

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



ON SALE!

3⁹⁹



IRON VEGAN™ SPROUTED PROTEIN™ BARS

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!

3²⁹

HEALTH FIRST®



HEALTH FIRST® CURCUMIN SUPREME EXTRA STRENGTH

120 vegetable capsules

Contains Meriva®, a highly bioavailable curcumin clinically proven to help relieve joint pain and inflammation.



ON SALE!

69⁹⁹



HEALTH FIRST® CAL MAG SUPREME

Natural - 450 ml or 120 tablets

Features Aquamin™ plant source calcium plus vitamin D3 and trace minerals to support bone health.



450 ml

28⁹⁹

120 tabs

48⁹⁹



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



HEALTH FIRST® OMEGA FIRST

60, 120 or 240 gelpcaps

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!

10% off

18⁹⁹ HOT DEAL!
UNTIL JULY 6 ONLY



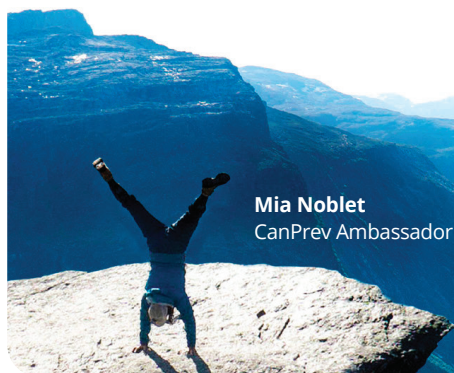
NATURAL FACTORS®
VITAMIN K2 100 MCG
180 vegetarian capsules

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



ON SALE
FROM JULY 7!
20⁴⁹

THE NUTRIENTS ACTIVE BODIES NEED



Mia Noblet
CanPrev Ambassador



40⁹⁹

39⁹⁹

44⁹⁹



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



prairien**naturals**®

The Colours of Health®

Super FOODS



ON SALE!
15% off



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

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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