

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



**HEALTH  
FIRST® SLEEP  
SUPREME AND  
CALMING MIST**  
60 vegetable  
capsules and 60 ml

A melatonin-free sleep formula made with PharmaGABA®, inositol and adaptogens to promote relaxation and sleep. Pair with Calming Mist to further promote relaxation.



60 veg caps

24<sup>99</sup>

60 ml

9<sup>99</sup>



**HEALTHOLOGY GUT-FX  
FORMULA**  
180 g

The ultimate formula to repair your intestinal tract lining, heal inflammation, support healthy gut flora, and restore your gut health.



ON SALE!

38<sup>99</sup>



**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>



**NATURAL  
FACTORS®  
STRESS-  
RELAX®**  
100%  
NATURAL  
GABA  
100 MG  
60 chewable  
tablets -  
Tropical fruit  
flavour

Fast-acting relief for nervousness and acute stress.



ON SALE!

21<sup>99</sup>



**PRAIRIE  
NATURALS®  
LIQUID B  
COMPLEX  
SOLUTION**  
500 ml

Contains high-potency B vitamins to help reduce stress, energize, and improve mood.



ON SALE!

39<sup>99</sup>



**NEW ROOTS  
HERBAL  
MEDICINAL  
MUSHROOMS**  
Select varieties -  
60 vegetable  
capsules each

Hot water extracted, which gently releases the mushroom's medicinal components and standardized for a consistent therapeutic dose in every capsule.



ON SALE!

32<sup>49</sup>



**PREFERRED NUTRITION®  
COLLAGEN POWDER**  
500 g

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



ON SALE!

43<sup>99</sup>



**PREFERRED  
NUTRITION®  
BERBERINE 500 MG**  
240 vegetarian capsules

Helps maintain healthy glucose metabolism and cardiovascular health.



ON SALE!

69<sup>99</sup>

• SALE DATES: APRIL 3 - 19, 2025 • [HEALTHFIRST.CA](http://HEALTHFIRST.CA) •

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VIEW OUR FLYER ON

A-1





### NUTRASEA® OMEGA-3

500 ml or 240 softgels

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



500 ml

53<sup>49</sup>

240 softgels

46<sup>99</sup>



### PRAIRIE NATURALS® BILE-FORCE

60 capsules

Supports healthy liver and gallbladder function and relieves abdominal bloating, gas and fullness.



ON SALE!

22<sup>99</sup>



### ST. FRANCIS HERB FARM ALLERGY RELIEF NASAL SPRAY

30 ml

Helps relieve seasonal allergy symptoms.

ON SALE!

18<sup>99</sup>



### GENUINE HEALTH FERMENTED ORGANIC VEGAN PROTEINS+

600 g

Contains 20 grams of fermented protein from a mix of 7 plant-based organic sources.



ON SALE!

47<sup>99</sup>



### PROGRESSIVE® VEGE GREENS®

Assorted flavours - 255 - 265 g

A great-tasting comprehensive combination of over 60 land, sea and cruciferous vegetables, EFAs, and herbal extracts. Each scoop provides the nutrient equivalent of 6 to 8 servings of fresh vegetables.

ON SALE!

41<sup>99</sup>



### BOIRON® ARNICARE® GEL

120 + 120 g

A quick-absorbing gel made from 100% naturally sourced medicinal ingredients that helps to relieve muscle and joint pain.

ON SALE!

41<sup>99</sup>



### NOW® ZINC PICOLINATE

25 MG

100 vegetarian capsules

Helps to maintain healthy skin and immune function and aids the body in metabolizing carbohydrates, proteins and fats.

ON SALE!

12<sup>49</sup>



### ITL HEALTH

Assorted varieties - 150 g or 120 vegan capsules

Mag365 helps promote stress relief, sleep, muscle relaxation, and more! PrizMAG Pure Magnesium Bisglycinate helps promote restful, uninterrupted sleep.



Mag365

12<sup>49</sup>

PrizMAG

18<sup>99</sup>

## BEAUTY BOUTIQUE



### DERMA E NATURAL BEAUTY PRODUCTS

Assorted varieties and sizes

Cruelty-free natural skincare products that are rich in vitamins, antioxidants and botanicals.



ON SALE!

25% 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!

30% off



### ORGANYC® Assorted products

Made with 100% certified organic cotton inside and out, offering complete protection for you and your sensitive skin.

ON SALE!

25% off



### DESERT ESSENCE® TOOTHPASTE

Assorted varieties - 176 g

A purifying infusion of botanical extracts, essential oils and minerals to help keep your breath fresh with the potent power of plants.



ON SALE!

8<sup>99</sup>



# GROCERY CORNER

HEALTH  
FIRST



**FLORA ORGANIC  
FLAX OIL**  
500 or 250 ml

Made with fresh-pressed,  
100% Canadian flax seeds.

250 ml

11<sup>99</sup>

500 ml

19<sup>49</sup>



**MANITOBA HARVEST®  
HEMP HEARTS**  
Natural - 454 g or  
Organic - 340 g

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

Natural - 454 g

12<sup>99</sup>

Organic - 340 g

14<sup>99</sup>



**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!

27<sup>99</sup>



**ENJOY LIFE® BAKING  
CHIPS**  
Assorted varieties - 255 - 283 g

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

ON SALE!

6<sup>99</sup>



**FILSINGER'S ORGANIC  
APPLE CIDER VINEGAR**  
500 or 945 ml

Made with only Canadian organic  
apples, and contains no additives  
or preservatives.

500 ml

5<sup>49</sup>

945 ml

7<sup>99</sup>



**NUTS TO YOU® ORGANIC  
FAIR TRADE SESAME  
TAHINI**  
500 or 250 g

Can be used just like any other  
nut and seed butter. It also makes  
tasty sauces, dressings and dips!

500 g

8<sup>99</sup>

250 g

5<sup>29</sup>



**BOB'S RED MILL® 1 TO 1  
GLUTEN-FREE BAKING  
FLOUR**  
1.81 kg or 624 g

It's easy to transform traditional  
recipes to gluten-free with this  
great tasting flour. Ideal for  
cookies, cakes, brownies, muffins,  
and more!

1.81 kg

16<sup>99</sup>

624 g

6<sup>49</sup>



**WHOLESOME  
SWEETENERS®  
ORGANIC MOLASSES**  
1.33 kg or 662 g

Rich, full-bodied, robust  
flavour and adds natural  
colour and opulent caramel  
molasses tones to recipes.

1.33 kg

10<sup>99</sup>

662 g

7<sup>99</sup>





Rice-obsessed  
since 1937.

LUNDBERG® ORGANIC  
THIN STACKERS  
Assorted varieties - 168 g

6<sup>49</sup>



## Thin in size, thick with goodness.

We grow Regenerative Organic Certified® rice  
in California to create some land-restoring,  
habitat-preserving, community-building wonder.

The rice is milled and popped with ingredients that  
won't make you tongue tied.

- 100% Whole Grain — spoiler: it's rice!
- Naturally gluten-free — because, like we said... rice!
- Less than 30 calories per cake — but high in yum!

Enjoy a faceful of flavor in a thin, delightful snack.



Dig deeper while you dig in at [lundberg.com](http://lundberg.com).

FROZEN FOODS



AMY'S®  
BURRITOS  
Select varieties -  
156 - 170 g

Made by hand  
and come  
in a variety  
of delicious  
flavours.



ON SALE!

2/<sup>\$9</sup>



GARDEIN™ PLANT-BASED  
MEALS

Assorted varieties - 190 - 390 g

Completely meatless, healthy  
alternatives to common meat dishes,  
fit for both vegetarians and vegans.



ON SALE!

7<sup>49</sup>



O'DOUGHS®  
BAGEL  
THINS

Assorted  
varieties -  
300 g

Great-tasting  
and healthier  
gluten-free  
baked goods  
that your family  
will enjoy!



ON SALE!

4<sup>49</sup>



STAHLBUSH ISLAND  
FARMS® FROZEN  
VEGETABLES

Select varieties - 300 - 397 g

Left in the field or on the vine until  
perfectly ripe, then immediately frozen  
to seal in the flavour and freshness.



ON SALE!

4<sup>29</sup>



EARTH BALANCE® VEGAN  
BUTTERY SPREADS

Select varieties - 368 - 425 g

Creamy, spreadable texture and  
rich buttery taste. Use for cooking,  
spreading and baking.



ON SALE!

7<sup>49</sup>



KARTHEIN'S ORGANIC SAUERKRAUT

Assorted flavours - 750 ml

Made with simple organic ingredients,  
this sauerkraut is unpasteurized and  
naturally fermented and contains  
naturally occurring enzymes and  
probiotics, which are beneficial for  
your gut health.



ON SALE!

12<sup>49</sup>



ENLIGHTENED® KETO ICE  
CREAM

Assorted varieties - 473 ml

A lighter way to enjoy your ice cream,  
in the same indulgent flavours.

ON SALE!

8<sup>49</sup>



STAHLBUSH ISLAND  
FARMS® FROZEN  
FRUIT

Select varieties - 283 - 300 g

Add to smoothies, cereal, baked  
goods and more! Enjoy fruit year-  
round.



ON SALE!

5<sup>99</sup>





**GLUTINO® GLUTEN FREE PRETZELS**  
Assorted varieties - 400 g



ON SALE!

**10<sup>49</sup>**

Delicious and free of wheat, gluten, milk, and casein.



**WATKINS ASSORTED FOOD COLOURING**  
4 x 8.9 ml bottles



ON SALE!

**10<sup>49</sup>**

Made with 100% natural vegetable juices and spices.



**SUNBUTTER® SUNFLOWER BUTTER**  
Select varieties - 454 g



ON SALE!

**7<sup>99</sup>**

The leading peanut-free spread for parents, which contains 7 g of protein per serving. Creamy and delicious on everything!



**SIMPLY ORGANIC® NON-ALCOHOLIC VANILLA EXTRACT**  
118 ml

Contains vanilla derived exclusively from Madagascar beans. Has a rich, floral and fruity vanilla flavour.



ON SALE!

**24<sup>99</sup>**



**GOBIO!™ ORGANIC BOUILLON CUBES**  
Select varieties - 54 - 66 g



ON SALE!

**3<sup>99</sup>**

All-natural certified organic bouillon cubes.



**ALTER ECO® CHOCOLATE BARS**  
Assorted varieties - 75 - 80 g



ON SALE!

**2/\$9**

Great-tasting chocolate made from organically grown and fair trade cocoa.



**CLIF® ENERGY BARS**  
Assorted varieties - 68 g

ON SALE!

**2/\$4**

Delicious energy bars to help energize you before or during activity and help you feed your next adventure.



**LET'S DO...ORGANIC® SWEETENED CONDENSED COCONUT MILK**  
195 ml



ON SALE!

**5<sup>99</sup>**

The perfect dairy-free substitute for decadent desserts as it boasts wonderful taste and versatility.



**ELMHURST® OAT BEVERAGE FOR COFFEE**  
Assorted flavours - 473 ml

Enjoy a perfectly creamy coffee experience made with whole grain oats. Velvety and rich without any added gums or oils.



ON SALE!

**7<sup>49</sup>**



**WEDDERSPOON™ 100% RAW MANUKA HONEY**  
Select varieties and sizes



ON SALE!

**15% off**

A true gem of New Zealand, always raw and unpasteurized, Wedderspoon sources the purest Manuka available.



**NOW® BETTER STEVIA®**  
100 Packets



ON SALE!

**10<sup>49</sup>**

A zero-calorie, low glycemic, plant-derived sweetener that makes a healthy substitute for table sugar and artificial sweeteners.



**JUSTJUICE ORGANIC CRANBERRY JUICE**  
1 L

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



ON SALE!

**10<sup>49</sup>**





**GT'S ORGANIC RAW KOMBUCHA™**  
Assorted varieties - 480 ml

A blissful blend of spices, organic and raw ingredients and Kombucha.



ON SALE!

**2/\$10**



**BRAGG® SAVOURY LIQUID SEASONING**  
946 or 473 ml

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



946 ml

**11<sup>99</sup>**

473 ml

**7<sup>49</sup>**



**NATURE CLEAN® CLEANING STRIPS**  
Select varieties and sizes

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



ON SALE!

**8<sup>49</sup>**



**ATTITUDE™ HOUSEHOLD CLEANERS**

Assorted varieties - 800 ml

Spray away dirt and household stains safely and effectively with this range of natural household cleaners containing only worry-free ingredients.



ON SALE!

**4<sup>99</sup>**



**CHA'S ORGANICS GOURMET SPICES**

Assorted varieties and sizes

Grown and harvested with care from biodiverse family-owned forest gardens.



ON SALE!

**20%<sup>off</sup>**



**CHA'S ORGANICS ORGANIC COCONUT ROLLS**

Assorted varieties - 100 g

Delightfully crispy wafer rolls made from pure organic coconut milk combined with wholesome, real food ingredients all rolled into an unparalleled bite-sized indulgence.



ON SALE!

**5<sup>99</sup>**



## HEALTHY JOINTS AND BONES



### HEALTH FIRST® JOINTS FIRST 500 ml or 180 capsules

Combines a double glucosamine complex with collagen and traditional herbs to help prevent inflammation and relieve joint pain.



500 ml

30<sup>99</sup>

180 capsules

30<sup>99</sup>



### HEALTH FIRST® CURCUMIN SUPREME EXTRA STRENGTH 60 vegetable capsules

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



ON SALE!

36<sup>99</sup>



### HEALTH FIRST® EVENING PRIMROSE OIL 120 gelscaps

Cold pressed and hexane free, with 130 mg of gamma-linolenic acid per gelscap to support overall good health.



ON SALE!

37<sup>99</sup>



### HEALTH FIRST® WHOLE WOMAN SUPREME 60 vegetable capsules

Features EstroG-100® plus adaptogens to boost the vitality and well-being of mature women! Helps to relieve menopausal symptoms, manage blood sugar and stress, and nurture immunity.



ON SALE!

34<sup>99</sup>



### HEALTH FIRST® CAL MAG SUPREME

Support bone health and help reduce the risk of osteoporosis with Aquamin™ calcium and magnesium, along with vitamin D3, vitamin K2, potassium, and boron.



ON SALE!

Cal Mag Supreme  
Natural - 450 ml

26<sup>99</sup>

Cal Mag Plus K2  
Supreme  
450 ml

27<sup>99</sup>

Cal Mag Supreme  
120 tablets

48<sup>99</sup>



### HEALTH FIRST® MACA 180 vegetable capsules

A source of antioxidants that helps to support the emotional aspects of sexual health. Gelatinized for easy digestion. Organic Peruvian source.



ON SALE!

29<sup>99</sup>



### HEALTH FIRST® UTI SUPREME 60 vegetable capsules

Contains clinically-studied ELLIROSE™ hibiscus along with cranberry and D-mannose which are shown to reduce recurrent urinary tract infections.



ON SALE!

25<sup>99</sup>

## STRESS SUPPORT



### 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!

29<sup>99</sup>



### HEALTH FIRST® L-THEANINE SUPREME 120 chewable tablets - Natural chocolate

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



ON SALE!

39<sup>99</sup>



### HEALTH FIRST® B100 COMPLEX SUPREME 120 vegetable capsules

Contains 100 mg of the major B vitamins to metabolize carbohydrates, fats and proteins, together with the popular adaptogen maca root.



ON SALE!

32<sup>99</sup>



### HEALTH FIRST® MAGNESIUM SUPREME EXTRA STRENGTH 120 tablets

A high potency magnesium glycinate complex with 250 mg per tablet. Helps to maintain proper muscle function, tissue formation and bone maintenance.



ON SALE!

33<sup>49</sup>



# Healthy Soil = A HEALTHY EARTH

**ABOV™** Agriculture Beyond Organic Verification was founded in 2017 to recognize and certify farms using **REGENERATIVE FARMING** methods. As a non-profit organization, we work with farmers to promote biodiversity and restore ecosystem health for long-term sustainability.

**Our soil is alive!** In fact, 1 g of soil can contain up to 10 billion microorganisms, comprised of thousands of different species. As soil is the literal foundation for our food system, regenerative farming prioritizes its health and vitality. As a result, synthetic fertilizers or pesticides are never used.



## Whole Earth & Sea®

Many of the nutrient-dense plant ingredients in Whole Earth & Sea are grown on our own **Factors Farms®** in the **Okanagan Valley of British Columbia**, where we've been harvesting 100% organic crops from our non-GMO seeds for almost a quarter of a century. It takes strong roots to flourish.



Receive an  
**ECHINACEA SEED PACKET**  
with the purchase of any  
Whole Earth & Sea product

This retailer and  
Whole Earth & Sea support

plant a seed  
& see what  
**grows**  
FOUNDATION®

Discover more at [seewhatgrows.org](http://seewhatgrows.org)



**WHOLE EARTH & SEA** Pure Food Organic GREENS 100% PLANT-BASED PROTEIN BAR 17g BARRE PROTÉINÉE 100% À BASE DE PLANTES 3<sup>99</sup> 75 g protein bar

**WHOLE EARTH & SEA** Pure Food VEGAN BIOENHANCED VITAMIN D3 1000 IU NON-GMO 32<sup>99</sup> 100 mL

**WHOLE EARTH & SEA** Pure Food DEEP OCEAN MINERALS A source of over 20 highly concentrated essential minerals & trace elements. NON-GMO Sustainably harvested from the ocean water protected by nature's elements. Feel the Difference. Suitable for Vegans 100 mL

**WHOLE EARTH & SEA** Pure Food VEGAN BIOENHANCED VITAMIN D3 1000 IU NON-GMO "This bioenergetic formula is the 'SEED OF NUTRITION'." Feel the Difference. Small - Easy-to-Swallow 90 Vegetarian Capsules 16<sup>99</sup> 90 vegetarian capsules

**WHOLE EARTH & SEA** Pure Food FERMENTED WHOLE FOOD PROBIOTIC with Pre & Postbiotics 10 Billion Live Cultures 10 Strains 29<sup>99</sup> 60 Vegetarian Capsules

**WHOLE EARTH & SEA** Pure Food WOMEN'S 50+ MULTIVITAMIN & MINERAL NON-GMO Organic ingredients from our farms make this bioenergetic formula the "SEED OF NUTRITION" Feel the Difference. Suitable for Vegans 60 Tablets 37<sup>99</sup> 60 tablets

**WHOLE EARTH & SEA** Pure Food WOMEN'S 50+ MULTIVITAMIN & MINERAL NON-GMO Organic ingredients from our farms make this bioenergetic formula the "SEED OF NUTRITION" Feel the Difference. Suitable for Vegans 60 Tablets 37<sup>99</sup> 60 tablets

**VegiDay** Energy from the ground up! VEGAN ORGANIC ALL IN ONE NUTRITIONAL SHAKE Organic Vegan Protein and Organic Greens Harvested from our Farms, plus a Complete Range of Vitamins and Minerals. PREMIUM FORMULA 860 g 59<sup>99</sup> 860 g powder

**WHOLE EARTH & SEA** The Best of Nutrition from Our Organic Farms Enzymized Greens Using Our Patent Pending Process FERMENTED • ORGANIC PROTEIN & GREENS 21g VEGAN PROTEIN PER SERVING Plus Grasses, Fruits, Vegetables & a Comprehensive Mushroom Complex 640 grams. GLUTEN-FREE NON-DAIRY Unflavoured 66<sup>99</sup> 640 g powder

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

**gentlerain**  
CELEBRATING 40 YEARS SERVING STRATFORD  
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](http://www.thegentlerain.ca)

HEALTH  
FIRST®

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