

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®
MAGNESIUM SUPREME
EXTRA STRENGTH**
120 tablets

FIND YOUR
MAGNESIUM MATCH!
Scan to explore our Quick
Guide to Magnesium.



ON SALE!

33⁴⁹



**SALUS
FLORADIX®**
Assorted sizes

Clinically proven to
quickly raise iron
levels and restore
your energy.
Easily absorbed,
non-constipating
formula.
**All Salus products
on sale!**

ON SALE!

20%^{off}



**WHOLE EARTH
& SEA® MEN'S
OR MEN'S 50+
MULTIVITAMIN
& MINERAL**
60 tablets each

Raw, whole-food
bioenergetic
formulas that
feature active
vitamins for direct
use, and are made
with farm-fresh,
organic, and
sustainably grown
ingredients.



ON SALE!

37⁹⁹



**HEALTH FIRST®
CAL MAG OR
CAL MAG PLUS
K2 SUPREME**
450 ml each

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



Cal Mag

26⁹⁹

Plus K2

27⁹⁹

WOMENSENSE®
Natural Solutions for Women of All Ages



ALL
BONUS
SIZES

ESTROSENSE®
150 vegetarian capsules (30 FREE)

Painful periods - Hormonal acne - PMS

150 vcaps

47⁹⁹

MENOUSENSE®
210 vegetarian capsules (30 FREE)

Hot flashes - Night sweats - Irritability

210 vcaps

38⁹⁹

THYROSENSE®
210 vegetarian capsules (30 FREE)

Thyroid health - Nutrient metabolism

210 vcaps

43⁹⁹

• SALE DATES: JULY 3 - 19, 2025 • HEALTHFIRST.CA •

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VIEW OUR FLYER ON

A-1



PROGRESSIVE® MULTIVITAMIN FOR ACTIVE WOMEN OR WOMEN 50+ 120 vegetable capsules each

Complexes of supporting nutrients designed to support an active lifestyle and address the health needs of active women or the needs of an aging body.

ON SALE!
42⁹⁹



FLORA SUPER 8 PLUS PROBIOTIC 60 vegetarian capsules

Contains only medicinal strains of probiotics: 42 billion at manufacture and 25 billion at expiry. Supports healthy yeast balance.

ON SALE!
47⁹⁹



NUTRASEA® OMEGA-3 OR HP OMEGA-3 Lemon Flavour - 500 ml or 200 ml

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

ON SALE!
20%^{off}



ST. FRANCIS HERB FARM CANADIAN BITTERS® 100 or 50 ml

Provides relief from indigestion, gas, bloating and stomach upset.

ON SALE!
27⁹⁹
ON SALE!
17⁹⁹



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!
41⁹⁹



SCHMIDT'S® NATURAL DEODORANTS Assorted varieties - 75 g

Award-winning formulas using innovative ingredients derived from plants and minerals.

ON SALE!
10%^{off}

BEAUTY BOUTIQUE



ALAFFIA® SKIN, BODY & HAIRCARE ESSENTIALS Assorted varieties - 946 ml

Made with fair trade and cruelty-free ingredients, handcrafted at women-led co-ops in West Africa.

ON SALE!
19⁹⁹

prairienaturals®

The Colours of Health®

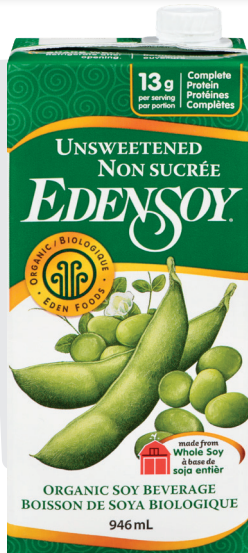
Super FOODS

30⁹⁹



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

GROCERY CORNER



**EDENSOY®
ORGANIC
SOY
BEVERAGE**
Original or
Unsweetened -
946 ml

Smooth and
rich in flavour.
A delicious
and nutritious
alternative to
dairy containing
12 grams of
protein per
serving.



ON SALE!

5⁹⁹



**RISE
KOMBUCHA**
Assorted
varieties -
414 ml

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



ON SALE!

3⁹⁹



**HERBAMARE®
ORGANIC
HERBED SEA
SALT**
Original or
Spicy - 250 g

A great replacement
for conventional
table salt. Free from
artificial flavours and
preservatives.



ON SALE!

6⁴⁹



**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!

7⁴⁹



**INARI ORGANIC BLACK
CHIA SEEDS**
500 g

Abundant in essential fatty acids
and an excellent source of fibre.



ON SALE!

6⁹⁹



**NUTS TO YOU® PEANUT
BUTTER**
Crunchy or Smooth - 500 g

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



ON SALE!

5⁷⁹



**CALIFIA
FARMS®
BARISTA
BLENDS**
Assorted
varieties -
946 ml

Froths, foams,
and steams
perfectly for all
your espresso
creations, or
simply stir into
hot or iced
coffee.



ON SALE!

4⁹⁹



**NATURE CLEAN® NATURAL
LAUNDRY LIQUID**
Assorted varieties - 3L

Gets your clothes clean using
only naturally derived, powerful
ingredients.



ON SALE!

14⁹⁹

HEALTH FIRST®



**HEALTH FIRST®
ALOE VERA JUICE**
Unflavoured or
pomegranate - 500 ml



ON SALE!

9⁹⁹

**HEALTH FIRST®
CHLOROPHYLL**
Unflavoured or
mint - 500 ml



ON SALE!

20⁹⁹



**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!

25⁹⁹



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

Contains
KSM-66® organic
ashwagandha
root extract
and helps to
promote healthy
testosterone
production in
males.



ON SALE!

19⁹⁹



**HEALTH
FIRST®
PROSTATE
PROTECT
SUPREME**
120 vegetable
capsules

Is used in herbal
medicine to
help relieve the
urologic symptoms
associated
with mild to
benign prostatic
hyperplasia.
Contains Flowens®
Cranberry and Saw
Palmetto.



ON SALE!

71⁹⁹

PROBIOTICS and RELIEFIBRE®: A Symbiotic Relationship

Fibre is important when taking probiotics because it acts as a prebiotic – fuel that helps beneficial bacteria grow and thrive in the gut.

Natural Factors Reliefibre provides organic, soluble, low-FODMAP fibre that is easier on the digestive system. It helps improve intestinal regularity and supports your probiotic's effectiveness, making it a smart companion for daily digestive care.



43⁹⁹
120 vegetarian capsules



TOTAL BODY COLLAGEN™
Assorted flavours - 500 g

Supports formation of collagen and connective tissue for joint health and helps to nourish skin, hair and nails.



ON SALE!
57⁴⁹



HEALTH FIRST® JOINTS FIRST
500 ml

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



ON SALE!
30⁹⁹



NOW® SUPER ENZYMES
180 capsules

A comprehensive blend of enzymes that supports healthy digestion and helps to optimize nutrient availability and the breakdown of fats, carbohydrates, and protein.

ON SALE!
41⁹⁹



GARDEN OF LIFE® DR. FORMULATED PROBIOTICS ONCE DAILY WOMEN'S
30 vegetarian capsules

Helps support women's gastrointestinal health with 16 probiotic strains and 50 billion CFU per capsule.



ON SALE!
40⁹⁹



HEALTH FIRST® ACTIVE B SUPREME
90 vegetable capsules

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



ON SALE!
35⁹⁹

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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