

A PROUD MEMBER OF

HEALTH FIRST

ONE BIG FAMILY. ONE BIG COMMUNITY.

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

Is a high potency glycinate with 250mg per tablet. Helps to maintain proper muscle function, bone maintenance and development.



ON SALE!

33⁴⁹



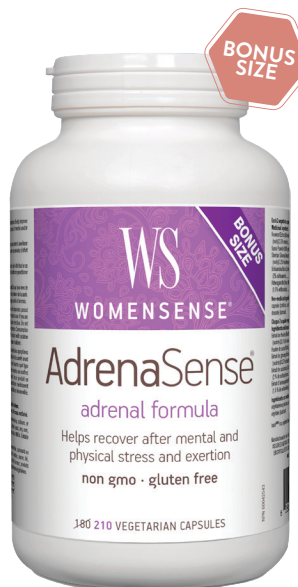
HEALTH FIRST® OMEGA FIRST 120 gelcaps

A concentrated fish oil sourced from wild caught, sustainably harvested, small fish species which helps support cardiovascular health, cognitive health and brain function.



ON SALE!

39⁹⁹



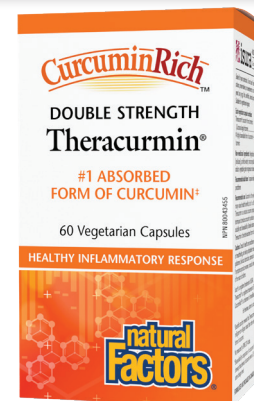
WOMENSENSE® ADRENSENSE® 210 vegetarian capsules (30 FREE)

Improves mental and physical performance after periods of mental and/or physical exertion, and helps to temporarily promote relaxation.



ON SALE!

43⁹⁹



NATURAL FACTORS® CURCUMINRICH™ DOUBLE STRENGTH THERACURMIN® 60 vegetarian capsules

Helps to relieve joint pain associated with osteoarthritis. Theracurmin® is more bioavailable than other leading forms of curcumin.



ON SALE!

45⁹⁹



NOW® SUPER ENZYMES 180 or 90 capsules

A comprehensive blend of bromelain, ox bile, pancreatin and papain that supports healthy digestive function and optimizes the breakdown of macronutrients.

180 caps

38⁹⁹

90 caps

21⁹⁹



NEW ROOTS HERBAL D-STRESS 60 softgels

Organic lavender oil softgels that deliver relaxing effects for both body and mind, reducing restlessness, mental stress and exhaustion.



ON SALE!

31⁴⁹



BOTANICA Select varieties - 574 - 840 g or 154 - 216 g

Perfect Protein is a complete plant protein blend packed with 20g of protein, made with just a few simple organic ingredients. Perfect Greens is crafted with 100% organically grown ingredients. Stevia-free.



ON SALE!

15% off



SALUS FLORAVIT® OR FLORADIX® 500 ml each

Clinically proven to raise serum ferritin levels (iron levels) quickly and restore your energy. Easily absorbed, non-constipating formula.

ON SALE!

41⁴⁹

• SALE DATES: OCTOBER 4 - 19, 2024 • HEALTHFIRST.CA •

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VIEW OUR FLYER ON

A-1

prairienaturals® Men's Health



28⁹⁹
Prostate Health



32⁹⁹
Libido Support



35⁹⁹
Hormone Health



44⁹⁹
Promote Testosterone



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.



32⁹⁹
ON SALE!



NATURE'S WAY® 60 gummies each

Zinc Gummies provide 11 mg of zinc per gummy to help support immune function. Sambucus Immune Gummy for Kids contains elderberry, vitamin C and zinc for immune support.

Zinc
10⁴⁹
Immune Kids

16⁹⁹



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

500 ml
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.



30⁹⁹
ON SALE!



WOMENSENSE® D-MANNOSE 500MG

120 vegetarian capsules

This naturally occurring simple sugar helps reduce the risk of recurrent urinary tract infections in women.



22⁹⁹
ON SALE!



PROGRESSIVE® VITAMIN C COMPLEX

150 vegetable capsules (25% MORE)

Provides isolated sources of vitamin C for increased potency as well as whole food sources for their natural balance and bioavailability.



25⁹⁹
ON SALE!



CANPREV™ NAC+ N-ACETYL-L-CYSTEINE

120 vegetable capsules

Designed for superior defence against oxidative stress from over-exercise, pollutants and respiratory conditions, with 600mg of N-Acetyl-L-Cysteine with L-Glycine and selenium for enhanced cell protection against free radicals.



26⁹⁹
ON SALE!



CANPREV™ COLLAGEN

Assorted varieties - 213 - 300 g

Offers hydrolyzed peptides in the right size and sequence for enhanced collagen building for skin, muscle, joint and cartilage, tendon and bone.



39⁹⁹
ON SALE!



PLATINUM NATURALS® TOTAL VISION CARE™

60 softgels

Supports visual acuity in conditions such as age-related macular degeneration and helps reduce the risk of developing cataracts. Also available in a vegan formula.

53⁹⁹
ON SALE!

GENUINE HEALTH



- ✓ Complete Convenient Daily Nutrition
- ✓ A Powerful Antioxidant Boost
- ✓ Extra Stress & Immune Support

55⁹⁹



- ✓ Uniquely aligned for a woman's design
- ✓ Support through every stage of life

39⁹⁹



GENUINEHEALTH.COM



PROUDLY CANADIAN

HEALTH
FIRST

GROCERY CORNER



MĀNUKA HEALTH MĀNUKA HONEY

Assorted varieties and sizes

Mānuka honey is extensively researched and recognized for its remarkable natural qualities. Mānuka Health is certified for natural MGO content and New Zealand origin.



ON SALE!

10%^{off}



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



BOB'S RED MILL® ALMOND FLOUR

453 g

Made from blanched almonds that have been ground to a super-fine texture. Provides a rich, buttery flavour that is perfect for baking.



ON SALE!

13⁴⁹



RISE KOMBUCHA

Assorted varieties - 1L or 414 ml

A delicious, sparkling beverage that is raw, unpasteurized and contains health benefiting bacteria.



1L

8⁹⁹

414ml

3⁷⁹



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.



1.33kg

11⁹⁹

662g

7⁹⁹



SCHÄR ARTISAN BAKER BREAD

Assorted varieties - 400 g

Made without the use of preservatives, using healthy whole ingredients. The taste and texture of this bread will amaze you!



ON SALE!

7⁴⁹



Cha's
ORGANICS

CHA'S ORGANICS COCONUT MILK OR CREAM

Select varieties - 400 ml

3⁹⁹

CHA'S ORGANICS CURRY KITS

Assorted varieties - 55 g

5⁴⁹

CHA'S ORGANICS THAI RED CURRY

INGREDIENTS

- 1 cup Cha's Organics pearl rice,
- 2 Tbsp Cha's Organics virgin coconut oil
- 1 medium onion, thinly sliced
- 1 Cha's Organics Thai red curry kit
- ½ cup carrots, peeled and chopped
- 1 can Cha's Organics coconut milk
- ½ cup water
- 1 tsp sea salt (or to taste)
- 2 Tbsp maple syrup or sweetener of choice
- 1 block tofu, cubed & fried (or choice of protein, cooked)
- 1 small bunch rapini or broccoli, cut into florets
- ½ cup baby corn
- ½ red bell pepper, sliced
- 1 small lime, cut in wedges
- 2 green onions, sliced
- 2 small fresh chili peppers, sliced
- 1 sprig of fresh Thai basil

DIRECTIONS

1. Rinse and drain 1 cup of pearl rice, then add to a medium saucepan along with 2 cups of water and a pinch of salt.
2. Bring to a boil over medium heat, stir, cover and reduce heat to low.
3. Cook for 20 minutes until water is absorbed then let stand 5 minutes and fluff with a fork before serving.
4. While rice is cooking, heat oil in a large saucepan or wok over medium heat. Add the onion and sauté until translucent.
5. Stir in contents of red curry paste and herb pouches and sauté 1 minute.
6. Add carrots, stir to combine and sauté 5 minutes.
7. Add coconut milk, water, salt and sweetener then simmer about 10 minutes, stirring occasionally.
8. Add tofu or alternate protein, rapini or broccoli, baby corn and bell pepper along with the juice from 2 lime wedges then simmer 3 to 5 minutes until vegetables are tender but not overcooked.
9. Serve over pearl rice and garnish with lime wedges, green onions, chilli peppers and Thai basil.

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FROZEN FOODS



ENLIGHTENED® KETO ICE CREAM

Assorted varieties - 473 ml

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

ON SALE!

8⁴⁹



BUBBIES® DILL PICKLES

Assorted varieties - 1L

Naturally fermented dill pickles with a balance of both a special spice blend and the science of fermentation, giving these salt brine pickles their signature taste and crunch!



ON SALE!

9⁴⁹



STAHLBUSH ISLAND FARMS® FROZEN VEGETABLES

Assorted 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!

3⁹⁹



O'DOUGHS® BAGELS

Assorted varieties - 300 g

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



ON SALE!

4⁷⁹



SAN-J™ TAMARI SOY SAUCE
296 ml

Made with 100% whole fermented soybeans. Its rich delectable flavour enhances any type of cuisine.



ON SALE!

4⁹⁹



GROWN IN ONTARIO

NUTS TO YOU® PUMPKIN SEED BUTTER
365 g

A delicious and healthy alternative to traditional peanut butter. It's versatile and can be used just like any other spread!



ON SALE!

8⁹⁹



FARMER'S MARKET® ORGANIC PUREES
Assorted varieties - 398 ml

Made using organic ingredients and come in BPA free cans. These purees can be used for all your cooking and baking needs!



ON SALE!

4⁷⁹



SWERVE® SWEETENERS
Assorted varieties - 340 g

Great-tasting, zero-calorie, natural sweeteners that measure cup-for-cup just like sugar!



ON SALE!

11⁴⁹



LAKWOOD® ORGANIC PURE LEMON OR LIME JUICE
370 ml each

NOT from concentrate, all-natural, organic pure lemon and lime juices.



ON SALE!

5⁴⁹



RAINCOAST GLOBAL™ WILD PACIFIC SARDINES
Assorted varieties - 120 g

Wild-caught and high in healthy, natural proteins. Can be served as-is or added to your favourite recipe.



ON SALE!

4⁹⁹



LILY'S® CHOCOLATE BARS
Assorted varieties - 80 - 85 g

Made from premium, fair trade chocolate without any added sugar! Unbelievably delicious chocolate for snacking and baking. The good kind of "sweet."



ON SALE!

4⁷⁹



MANITOBA HARVEST® HEMP HEARTS
227 g

A simple and delicious ingredient that adds plant protein and nutrients to any recipe or meal.



ON SALE!

8⁴⁹



R.W. KNUDSEN® ORGANIC JUICES
Assorted varieties - 946 ml

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



ON SALE!

13⁹⁹



THE GOOD CRISP COMPANY™ POTATO CRISPS
Assorted varieties - 160 g

Loaded with flavour, and made without the top allergens so we can all snack together.



ON SALE!

3⁷⁹



GIN GINS® GINGER CANDY
Assorted varieties - 128 g

Made with 10% fresh ginger so whether you're treating a belly ache, a bout of nausea or simply indulging yourself, always have these delicious ginger candies on-hand!



ON SALE!

6⁷⁹



YOGI® ORGANIC TEAS
Assorted varieties - 16 bags

Formulated with delicious taste and healthful benefits in mind. Made with organic ingredients.



ON SALE!

5⁹⁹



INARI ORGANIC GRAINS, SEEDS AND FLOURS

Assorted varieties and sizes

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



ON SALE!

20% off



LUNDBERG® ORGANIC RICE
Select varieties - 907 g

Full-flavoured and an excellent source of whole grains. The perfect side dish for any meal.



ON SALE!

12⁹⁹



BRAGG® ORGANIC APPLE CIDER VINEGAR

946 ml

Made from organically grown apples and contains the amazing 'Mother' of vinegar. The 'Mother' consists of strands of proteins, enzymes, and friendly bacteria.



ON SALE!

9⁹⁹



NATURE CLEAN® CLEANING STRIPS

Assorted 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!

8⁹⁹



PRANA® TRAIL MIXES

Assorted varieties - 150 g

A healthy snack designed to promote wholesome living through good nourishment.



ON SALE!

5⁹⁹



ALTER ECO® CHOCOLATE BARS

Assorted varieties - 75 - 80 g

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



ON SALE!

2/\$8

Discover the Health Benefits of
Cal Mag Supreme and Multi Supreme with

AQUAMIN™

HEALTH
FIRST

Aquamin™, sourced from Iceland's pristine Westfjords, is a powerful, whole food red algae rich in calcium, magnesium and 72+ trace minerals. Studies show its unique honeycomb structure helps optimize mineral absorption, preserves bone strength and acts as an anti-inflammatory. This is why Health First chooses Aquamin™ in our Cal Mag Supreme and Multi Supreme products.

ESSENTIAL MINERALS FOR BONE HEALTH

Women's bone density naturally declines with age, especially post-menopause. Prioritizing key nutrients and an active lifestyle is essential for lifelong bone health.



Our Cal Mag Supreme collection supports bone health and helps reduce the risk of osteoporosis with Aquamin™ calcium and magnesium, along with vitamin D3, vitamin K2, potassium, and boron.

Cal Mag Supreme
450 ml..... **25⁹⁹**

Cal Mag Plus K2 Supreme
450 ml..... **26⁹⁹**

Cal Mag Supreme
120 tablets..... **48⁹⁹**

ESSENTIAL MINERALS IN YOUR MULTIS

Our Multi Supreme collection blends scientifically studied ingredients with highly bioavailable vitamins and key phytonutrients. Featuring essential minerals like Aquamin™ calcium and magnesium, our formulations support overall health to help meet your daily nutritional needs.



Pre and Post Natal Multi Supreme
90 vegetable capsules..... **25⁹⁹**

Supports adequate iron levels, general health and helps reduce the risk of neural tube defects when taken 3 months prior to conception and during early pregnancy.



Men's or Women's 50 Plus Multi Supreme
60 vegetable capsules **36⁹⁹**

Key nutrients for immune support, arthritis and cardiovascular health. Additional prostate support in Men's 50 Plus and cognitive support in Women's 50 Plus.



Multi One Daily Supreme with Iron
180 tablets..... **47⁹⁹**

Multi Supreme Iron Free
180 vegetable capsules..... **42⁹⁹**

Superior absorption to help build strong bones and teeth and support eye, skin and immune health.

THE SCIENCE BEHIND AQUAMIN™!

Explore the research and health benefits of Aquamin™, along with bone-building recipes and tips in the **Health First Guide to Building Better Bones**.

SCAN
HERE



Aquamin™ is a registered trademark of Marigot Ltd. of Cork, Ireland.

BEAUTY BOUTIQUE



ANDALOU FACE CARE PRODUCTS

Select varieties and sizes

Products that are certified organic, nature derived, and always cruelty free.



ON SALE!
20% off



ATTITUDE® SUPER LEAVES™ ESSENTIALS ALUMINUM SHAMPOOS AND CONDITIONERS

Assorted varieties - 473 ml
Plastic-free beauty products made with naturally sourced ingredients that cleanse and hydrate hair. Perfect to create an at-home spa sensory experience!

ON SALE!
15⁹⁹



WELEDA SKIN FOOD
Assorted varieties - 75 - 150 ml
The ultimate moisturizer for dry, rough skin. Can be used on faces, elbows, hands and feet.

ON SALE!
20⁹⁹



SKIN ESSENCE ORGANICS SKIN CARE

Assorted varieties and sizes
A premium, organic skin care line that sources the highest quality ingredients from around the world.



ON SALE!
15% off



**ST. FRANCIS
HERB FARM
ECHINASEAL®**
100 ml + FREE
Oregano 1:3 15 ml

Take at the first sign of a sore throat. Unique formula with 2 species of echinacea to fight back against viral infections.

ON SALE!
28⁹⁹



**HEALTH
FIRST®
VITAMIN
D3 EXTRA
STRENGTH
2,500 IU**
180 gelscaps

Supports Canadians through long winters to avoid deficiency which may impact immune and bone health.

ON SALE!
13⁹⁹



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

Supports liver function, while helping to relieve digestive disturbances.

ON SALE!
37⁹⁹

WEBINAR

Better Sleep for Energy & Vitality

Do you have trouble falling asleep? Staying asleep? Do you toss and turn all night? Stress, anxiety, diet, and hormonal changes can be some of the causes of insomnia. This seminar will reveal which nutrients and lifestyle habits have been proven to help you get a better night's sleep and manage stress.

OCTOBER 22, 2024
7:00 PM EST | 7:00 PM PST



KATE RHÉAUME, ND
(INACTIVE)

Licensed naturopathic doctor and popular media guest, Kate Rhéaume is also the

bestselling author of the book *Vitamin K2 and the Calcium Paradox: How a Little-Known Vitamin Could Save Your Life*.



JENNIFER BRIX, ND

Jennifer Brix is a licensed, practising naturopathic doctor, health educator, and public speaker with a passion for

empowering her patients to achieve optimal health. Dr. Jen is an expert in treating digestive complaints, hormonal imbalances, and brain-related health conditions.

SCAN HERE TO REGISTER



**HEALTH
FIRST**

In partnership with Health First Network.
Exclusive to Health First Member stores.

Understanding Stress & Sleep Quality



Naturally effective stress management

When the body's natural "control mechanisms" become taxed, it may be time to get a little extra help. Natural Factors' superior, fast-acting Stress-Relax® products can help you cope with occasional and chronic stress, and promote sound, healthy sleep. These supplements provide a comprehensive approach for calmer days and restful nights. Each non-habit-forming product can be used alone or in combination for personalized stress management.

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VERIFIED | TESTED
CLEAN | NON-GMO

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