



gentlerain

CELEBRATING 40 YEARS SERVING STRATFORD

HEALTH FOOD STORE

30 Rebecca Street, Stratford, ON N5A 3P1 • 519-271-0388

www.thegentlerain.ca

TOTAL BODY COLLAGEN®
Assorted flavours - 430 - 500 g

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

• SALE DATES: FEBRUARY 5 - 21, 2026 • HEALTHFIRST.CA •

A-1



**NATURAL FACTORS®
CURCUMINRICH™
DOUBLE STRENGTH
THERACURMIN®**
120 vegetarian capsules

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



ON SALE!

79⁹⁹



**GENUINE
HEALTH
GREENS+
EXTRA ENERGY**
Assorted flavours -
199 - 222 g

Provides an all-natural, immediate, long-lasting energy boost along with essential nutrients for a healthier, energized body in just one scoop a day.



ON SALE!

33⁹⁹



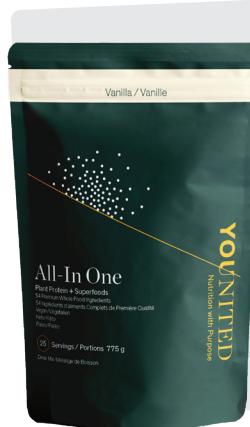
**NUTRASEA®
OMEGA-3 + D
OR OMEGA-3
240 softgels each**

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



ON SALE!

20% off



**YOUNITED ALL-
IN ONE PLANT
PROTEIN +
SUPERFOODS**
Assorted flavours -
775 - 837.5 g

With 21 g of organic plant protein and 53 organically grown veggies, fruits, mushrooms and herbs, this great-tasting powder is a nutrition powerhouse.



ON SALE!

69⁹⁹



**SURO®
ORGANIC
ELDERBERRY
SYRUP**
236 ml

Fights cold, cough and sore throat.



ON SALE!

22⁹⁹



**SISU ESTER-C®
600 MG**
240 veg caps

An easy-to-digest, non-acidic form of vitamin C that stays in the body for a full 24 hours, for around-the-clock immune system support.



ON SALE!

55⁹⁹



**BOIRON®
OSCILLOCOCCINUM®**
12 doses

Reduces the duration of flu-like symptoms such as body aches, headaches, fever, and chills. It does not cause drowsiness.



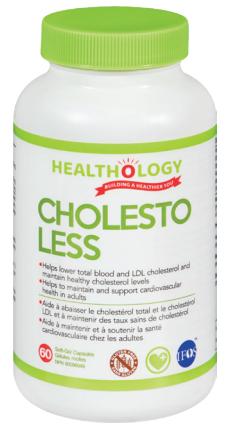
**ST. FRANCIS
HERB
FARM DEEP
IMMUNE®**
100 ml

Made from powerful adaptogenic herbs that work to balance and optimize the immune system.



ON SALE!

28⁹⁹



**HEALTHOLOGY
CHOLESTO-LESS**
60 soft-gel capsules

Helps maintain and support cardiovascular health by lowering total blood and LDL cholesterol and maintaining healthy cholesterol levels.



ON SALE!

40⁹⁹



**SMART
SOLUTIONS™
MENOSMART+™**
120 vegetarian
capsules

Reduces hot flashes, night sweats and other symptoms of menopause. Contains 300 mg of sage per daily dose to help treat excessive perspiration associated with menopause.



ON SALE!

20% off



**MYONATURAL™
85 g**

A fast-acting cream to help relieve the pain of sore muscles, arthritis and backache.



**NOW®
ESSENTIAL
OILS**
Assorted varieties
and sizes

Crafted with ingredients that are non-GMO, processed using gentle methods, and have industry-leading commitment to testing and quality.



HEALTH FIRST®



**HEALTH FIRST®
CORE PROBIO
SUPREME**
30 delayed release
capsules

Supports everyday digestive health with 10 billion CFU and 15 shelf stable probiotic strains that are grown right here in Canada!



ON SALE!

15⁹⁹



**HEALTH FIRST®
JOINTS FIRST**
180 capsules

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



ON SALE!

30⁹⁹



**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!

32⁹⁹



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

Contains 100 mg of Suntheanine® L-theanine, which helps to promote a relaxed, yet alert, state.



ON SALE!

39⁹⁹



**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



**NAVITAS®
ORGANICS
CACAO
POWDER
227 g**

Perfect additions to smoothies and delicious used in raw baking. It also contains naturally occurring minerals and antioxidants.



ON SALE!

13⁴⁹



**TRADITIONAL
MEDICINALS®
WELLNESS TEAS
Assorted varieties -
16 bags**

Carefully crafted, high-quality herbal teas that are made with all-natural ingredients.



ON SALE!

5⁹⁹



**FLORA
ORGANIC FLAX
OIL
500 ml**

Made with fresh-pressed, 100% Canadian flax seeds. Soak up the many benefits by adding it to your yogurt, cereal, salads and more!



ON SALE!

19⁹⁹



**UNCLE LEE'S
TEA® IMPERIAL
ORGANIC TEAS
Assorted varieties -
18 tea bags**

Using whole leaves in every bag offers a more flavourful distillation. Grown without the use of pesticides and full of health-promoting antioxidants.



ON SALE!

6⁴⁹



**SAN-J™
TAMARI
GLUTEN-FREE
SOY SAUCE
296 ml**

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



ON SALE!

5²⁹



**NEAL
BROTHERS®
TORTILLA CHIPS
OR SALSA**

Assorted varieties -
300 g or 410 ml

Extraordinary taste yet deliciously simple ingredients.



CHIPS

4⁹⁹

5⁷⁹



**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



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

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



ON SALE!

**10%
off**



**NOW®
SWEETENERS
Assorted varieties
and sizes**

An ideal replacement for refined cane sugar in all of your favourite recipes.



ON SALE!

**25%
off**



**NAKED &
SAUCY™
SAUCES
Select varieties -
296 ml**

Organic, ethically sourced ingredients and no compromise on flavour.



ON SALE!

8⁹⁹



**NUTS TO YOU®
ORGANIC
ALMOND
BUTTER
Smooth or
Crunchy - 365 g**

Made without added salt, sugar or hydrogenated oils. Makes a great spread or delicious addition to sauces, dressings or smoothies.



ON SALE!

14⁴⁹



**WELEDA SKIN
FOOD PRODUCTS
Assorted varieties - 75 ml**

This rich, multi-purpose cream nourishes the skin on your elbows, knees, hands, and heels. You can also add it to your makeup routine as a glow-boosting primer.



20⁹⁹



**SUKIN®
Assorted varieties
and sizes**

Made with ingredients from nature that are good for you, your wallet, and the environment too. Australian-made, vegan and cruelty-free.



**15⁰⁰
off**



**RADIUS® ORAL
CARE
Assorted products**

An environmentally sustainable line of dental care products that are unique, functional and effective.



**25%
off**



**NOW®
SOLUTIONS
CARRIER OILS
Assorted varieties
and sizes**

A gentle and natural way to maintain smooth, radiant skin and avoid harsh chemicals and synthetic ingredients.



**25%
off**

LOOK FOR THIS IN OUR FLYER TO FIND PRODUCTS FROM CANADIAN BRANDS!

Natural Support for your Aging Heart



NATURAL FACTORS® UBIQUINOL ACTIVE COQ10
100 mg
120 softgels or
200 mg 60 softgels

The active form of coenzyme Q10 which is naturally produced by our cells and better absorbed. Helps maintain cardiovascular health and offers antioxidant protection.



MEDI-C PLUS® Assorted varieties - 600 g

Helps to support and maintain cardiovascular health, reduce the recurrence of cold sores, while building strong bones, teeth, and gums.

NON-GMO • 600 g
BERRY
ON SALE!
52.99

Lower Total Cholesterol

ON SALE!
45.99



Healthy Blood Pressure

ON SALE!
44.99



PREFERRED NUTRITION® BERBERINE 500 MG
120 vegetarian capsules

Helps maintain healthy glucose metabolism and cardiovascular health.

ON SALE!
36.99



A.VOGEL ECHINAFORCE® EXTRA 30 tablets

Helps relieve cold and flu symptoms.

ON SALE!
18.99



SUKU™ VITAMINS Assorted varieties - 60 gummies

Delicious, plant-based gummy vitamins that are sugar-free, ensuring both clean ingredients and high potency.

ON SALE!
15% off



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

Addresses the needs of an aging body with a complex of supporting nutrients designed to address age-specific health needs for women and men.

ON SALE!
20% off



HEALTH FIRST® CAL MAG SUPREME
120 tablets

Features Aquamin™ plant source calcium. Over 30% calcium plus 73 other minerals, including all 13 key minerals for bone health.

CAL MAG
400 mg • 125 mg

SUPREME
Aquamin™ Calcium and Magnesium
Plant-sourced calcium and magnesium with key factors for bones.

TABLETS 120 TABLETS

ON SALE!
48.99

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Mon - Fri
9:00am - 7:00pm

Sat
9:00am - 5:00pm
www.thegentlerain.ca

Sun
Closed

HEALTH FIRST
®

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