

A PROUD MEMBER OF

HEALTH  
FIRST

PROUDLY  
CANADIAN  
SINCE  
1999.



healthfirst.ca



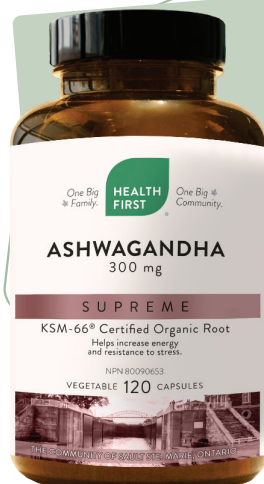
# gentlerain

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® 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>**



### PREFERRED NUTRITION® FULL SPECTRUM DIGESTIVE ENZYME FORMULA 60 delayed- release capsules

Helps digest proteins and decrease bloating after high-calorie, high-fat meals.



ON SALE!  
**24<sup>99</sup>**



EXTRA VALUE!  
BONUS SIZES  
INCLUDED!

### RENEW LIFE® SUPPLEMENTS Assorted varieties and sizes

Products formulated with high-quality ingredients to help you achieve and maintain optimal health.

ON SALE!  
**15%<sup>off</sup>**



### 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.



ON SALE!  
**57<sup>49</sup>**



### PRAIRIE NATURALS® SPORT CREATINE MONOHYDRATE POWDER 300+100 g

Increases muscle mass and improves performance. It also supports healthy aging by maintaining lean muscle and strength.



ON SALE!  
**27<sup>99</sup>**



### BOTANICA PRODUCTS Select varieties - 216 - 840 g

Are formulated by herbalists, naturopaths, and nutritionists, made of whole plant ingredients - never isolates or synthetics - Canadian-owned. Proudly B Corp.



ON SALE!  
**15%<sup>off</sup>**



### NEW ROOTS HERBAL VITAMIN E8 400 IU 60 softgels

Contains all eight forms of vitamin E, providing all of the benefits you would naturally obtain from food.

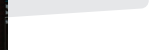


ON SALE!  
**21<sup>49</sup>**



### AQUAOMEGA OMEGA-3 SUPPLEMENTS Line Drive

Made from non-farmed, wild-caught fish, sourced from the South Pacific Ocean. Their products are certified by the International Fish Oil Standards Program (IFOS™), and Friend of the Sea (FOS®).



ON SALE!  
**20%<sup>off</sup>**

• SALE DATES: FEBRUARY 5 - 21, 2026 • [HEALTHFIRST.CA](http://HEALTHFIRST.CA) •

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VIEW OUR FLYER ON

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!

79<sup>99</sup>



**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!

33<sup>99</sup>



**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%<sup>off</sup>



**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!

69<sup>99</sup>



**SURO®  
ORGANIC  
ELDERBERRY  
SYRUP**  
236 ml

Fights cold, cough and sore throat.

ON SALE!

22<sup>99</sup>



**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!

55<sup>99</sup>



**BOIRON®  
OSCILLOCOCCINUM®**  
12 doses

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

ON SALE!

19<sup>99</sup>



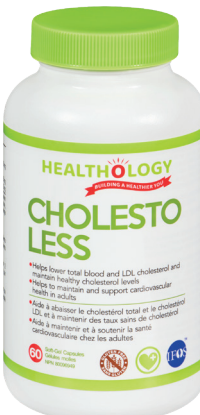
**ST. FRANCIS  
HERB  
FARM DEEP  
IMMUNE®**  
100 ml

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



ON SALE!

28<sup>99</sup>



**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!

40<sup>99</sup>



**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%<sup>off</sup>



**MYONATURAL™**  
85 g

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

ON SALE!

32<sup>99</sup>



**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.

ON SALE!

25%<sup>off</sup>

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!

15<sup>99</sup>



**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!

30<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®  
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!

39<sup>99</sup>





## 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!

30<sup>99</sup>



## 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!

13<sup>49</sup>



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

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



ON SALE!

5<sup>99</sup>



## 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!

19<sup>99</sup>



## 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!

6<sup>49</sup>



## 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!

5<sup>29</sup>



## NEAL BROTHERS® TORTILLA CHIPS OR SALSA Assorted varieties - 300 g or 410 ml

Extraordinary taste yet deliciously simple ingredients.



CHIPS

4<sup>99</sup>

SALSA

5<sup>79</sup>



## 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%<sup>ff</sup>



## NOW® SWEETENERS Assorted varieties and sizes

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



ON SALE!

25%<sup>ff</sup>



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

Organic, ethically sourced ingredients and no compromise on flavour.



ON SALE!

8<sup>99</sup>



## 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!

14<sup>49</sup>

## BEAUTY BOUTIQUE



## 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.

ON SALE!

20<sup>99</sup>



## 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.



ON SALE!

15%<sup>ff</sup>



## RADIUS® ORAL CARE Assorted products

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

ON SALE!

25%<sup>ff</sup>



## 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.



ON SALE!

25%<sup>ff</sup>

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





**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.



ON SALE!

20% off



**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.



ON SALE!

52<sup>99</sup>

## Natural Support for your Aging Heart

Try our  
**Clinically Researched  
Products!**

**Lower  
Total  
Cholesterol**

ON SALE!

45<sup>99</sup>



prairien**naturals**®

**Healthy  
Blood  
Pressure**

ON SALE!

44<sup>99</sup>



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

Helps maintain healthy glucose metabolism and cardiovascular health.



ON SALE!

36<sup>99</sup>



**A.VOGEL  
ECHINAFORCE®  
EXTRA**  
30 tablets

Helps relieve cold and flu symptoms.



ON SALE!

18<sup>99</sup>



**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.



ON SALE!

48<sup>99</sup>

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

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